

# Kajun Martial Arts Belt Assignments

## Brown Belt Sr. (Page 1)

**Basics**      Spinning Downward Kick  
                 Spinning Twisting Kick  
                 Front Inward Claw Finger Strike

**Pattern**      Gyum-soan GOO Jang

### RIGHT SIDE

1. Begin in Joon Be stance.
2. Step back with the left leg into a right guard stance, while executing a front open-hand low block w/Kihap.
3. Execute a front reverse swing kick.
4. Execute a front knife hand.
5. Execute a rear inward punch.
6. Execute a rear reverse swing kick leaving down in front.
7. Execute a front knife hand.
8. Execute a rear inward punch.
9. Execute a front upward punch.
10. Execute a dodge.
11. Execute a front upward punch.
12. Turn body to the right (DO NOT STEP BACK), while executing a front open hand low block.
13. Execute a front reverse swing kick.
14. Execute a front knife hand.
15. Execute a rear inward punch.
16. Execute a rear reverse swing kick leaving down in front.
17. Execute a front knife hand.
18. Execute a rear inward punch.
19. Execute a front upward punch.
20. Execute a dodge.
21. Execute a front upward punch.
22. Turn body to the right (DO NOT STEP BACK), while executing a front open hand low block.
23. Execute a front reverse swing kick.
24. Execute a front knife hand.
25. Execute a rear inward punch.
26. Execute a rear reverse swing kick leaving down in front.
27. Execute a front knife hand.
28. Execute a rear inward punch.
29. Execute a front upward punch.
30. Execute a dodge.
31. Execute a front upward punch.
32. Turn body to the right (DO NOT STEP BACK), while executing a front open hand low block.
33. Execute a front reverse swing kick.
34. Execute a front knife hand.
35. Execute a rear inward punch.
36. Execute a rear reverse swing kick leaving down in front.
37. Execute a front knife hand.
38. Execute a rear inward punch.
39. Execute a front upward punch.

# Kajun Martial Arts Belt Assignments

## Brown Belt Sr. (Page 2)

40. Execute a dodge.
41. Execute a front upward punch.
42. Execute a rear round elbow w/Kihap.
43. Rear leg steps up to Joon Be when instructed to.

**Repeat on LEFT SIDE** - stepping back with the right leg, turning to the left

### **Speed Drills**

1. Left forward guard stance.
  2. Step forward - consecutive front inward punch.
  3. Dodge.
  4. Front inward punch.
  5. Rear inward punch.
  6. Rear twisting kick.
- Repeat on right side.

### **Defense Drills**

Defense Drill 7

Starting from hands down natural stance, one side attempts to attack. The partner quickly counters with a kick and follows up with 3-5 techniques. The first partner dodges or blocks lightly to allow the second partner to execute multiple movements freely.

### **Air Shield**

Bada Chagi Air Shield Attack

### **Close Range**

All Previous Close Range (Adults Only)

### **Power Test**

Spinning Downward Kick  
Spinning Twisting Kick  
Front Inward Claw Finger Strike