

Kajun Martial Arts Belt Assignments

Gold Belt

Basics Front Leg Swing Kick
Rear Hand Upward Diagonal Punch

Pattern Gyum-soan SAHM JUL

RIGHT SIDE

1. Begin in Joon Be stance.
2. Step back with the left leg into a right guard stance, while executing an front open-hand outward block w/Kihap.
3. Execute a front leg front kick.
4. Execute a front inward punch.
5. Execute a rear inward punch.
6. Execute a rear front kick leaving down in front.
7. Execute a front inward punch.
8. Execute a rear inward punch.
9. Execute a front inward punch.
10. Execute a looping dodge.
11. Execute a front inward punch.
12. Rear leg steps up to Joon be when instructed to.

Repeat on LEFT SIDE - stepping back with the right leg

Speed Drills

1. Left forward guard stance.
2. Step forward - front inward punch.
3. Rear inward punch. Dodge.
5. Rear inward punch.
6. Rear side kick.

Repeat on right side.

Defense Drills Defense Drill 5
One side attacks with one punch or kick while the partner blocks and counter attacks with 3-5 techniques. The first partner dodges or blocks lightly to allow the second partner to execute multiple movements freely.

Air Shield Air Shield Attack with free movement

Close Range Dobok Grab (Adults Only)

Power Test Front Leg Swing Kick and Rear Hand Upward Diagonal Punch