

Kajun Martial Arts Belt Assignments

Gold Belt Sr. (Page 1)

Basics Rear Leg Swing Kick
 Front Hand Upward Diagonal Punch

Pattern Gyum-soan SAHM Jang

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. Turn body to the right (DO NOT STEP BACK), while executing a front open hand outward block.
13. Execute a front leg front kick.
14. Execute a front inward punch.
15. Execute a rear inward punch.
16. Execute a rear front kick leaving down in front.
17. Execute a front inward punch.
18. Execute a rear inward punch.
19. Execute a front inward punch.
20. Execute a looping dodge.
21. Execute a front inward punch.
22. Turn body to the right (DO NOT STEP BACK), while executing a front open hand outward block.
23. Execute a front leg front kick.
24. Execute a front inward punch.
25. Execute a rear inward punch.
26. Execute a rear front kick leaving down in front.
27. Execute a front inward punch.
28. Execute a rear inward punch.
29. Execute a front inward punch.
30. Execute a looping dodge.
31. Execute a front inward punch.
32. Turn body to the right (DO NOT STEP BACK), while executing a front open hand outward block.
33. Execute a front leg front kick.
34. Execute a front inward punch.
35. Execute a rear inward punch.
36. Execute a rear front kick leaving down in front.
37. Execute a front inward punch.
38. Execute a rear inward punch.
39. Execute a front inward punch.
40. Execute a looping dodge.

Kajun Martial Arts Belt Assignments

Gold Belt Sr. (Page 2)

41. Execute a front inward punch.
42. Execute a rear inward punch w/Kihap.
43. Rear leg steps up to Joon Be stance.

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

Front Choke (Adults Only)

Power Test

Rear Leg Swing Kick
Front Hand Upward Diagonal Punch