

# Kajun Martial Arts Belt Assignments

## Green Belt

**Basics** Front Leg Heel Front Kick  
Rear hand Inward Palm Strike

**Pattern** Gyum-soan OH 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 side kick.
4. Execute a front side fist.
5. Execute a rear inward punch.
6. Execute a rear side kick leaving down in front.
7. Execute a front side fist.
8. Execute a rear inward punch.
9. Execute a front dynamic front round punch.
10. Execute a looping dodge.
11. Execute a rear dynamic front round punch.
12. Front leg steps back to Joon Be stance 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.
4. Dodge.
5. Rear inward punch.
6. Rear reverse swing kick.

Repeat on right side.

**Defense Drills** Defense Drill 6  
Both side starting from hands down natural stance. 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** Side Choke (Adults Only)

**Power Test** Front Leg Heel Front Kick  
Rear hand Inward Palm Strike