

Kajun Martial Arts Belt Assignments

Orange Belt

Basics Front Leg Reverse Swing Kick
Rear Hand Upward Punch

Pattern Gyum-soan SAH JUL

RIGHT SIDE

1. Begin in Joon Be stance.
2. Step back with the left leg into a right guard stance, while executing a front outward block w/Kihap.
3. Execute a front side kick.
4. Execute a front side fist strike.
5. Execute a rear round punch.
6. Execute a looping dodge.
7. Execute a rear round punch.
8. Rear leg steps up 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 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 Front Over-Arm Bear Hug (Adults Only)

Power Test Front Leg Reverse Swing Kick
Rear Hand Upward Punch