

# Kajun Martial Arts Belt Assignments

## Orange Belt Sr. (Page 1)

**Basics**      Rear Leg Reverse Swing Kick  
                 Front Hand Upward Punch

**Pattern**      Gyum-soan SAH 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 outward block w/Kihap.
3. Execute a front side kick.
4. Execute a front side fist.
5. Execute a rear round punch.
6. Execute a looping dodge.
7. Execute a rear round punch.
8. Turn body to the left into a left guard stance.
9. Step back with the left leg into a right guard stance, while executing a front outward block.
10. Execute a front side kick.
11. Execute a front side fist.
12. Execute a rear round punch.
13. Execute a looping dodge.
14. Execute a rear round punch.
15. Turn body to the left into a left guard stance.
16. Step back with the left leg into a right guard stance, while executing a front outward block.
17. Execute a front side kick.
18. Execute a front side fist.
19. Execute a rear round punch.
20. Execute a looping dodge.
21. Execute a rear round punch.
22. Turn body to the left into a left guard stance.
23. Step back with the left leg into a right guard stance, while executing a front outward block.
24. Execute a front side kick.
25. Execute a front side fist.
26. Execute a rear round punch.
27. Execute a looping dodge.
28. Execute a rear round punch.
29. Execute a front inward punch w/Kihap.
30. Front leg steps back to Joon-Be stance when instructed to.

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

# **Kajun Martial Arts Belt Assignments**

## **Orange Belt Sr. (Page 2)**

### **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 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 Under-Arm Bear Hug (Adults Only)

### **Power Test**

Rear Leg Reverse Swing Kick  
Front Hand Upward Punch