

Kajun Martial Arts Belt Assignments

Purple Belt

Basics Front Crescent Kick
Rear Round Elbow Strike

Pattern Gyum-soan CHIL 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 inward block w/Kihap.
3. Execute a front swing kick (instep/top of foot).
4. Execute a front back fist.
5. Execute a rear inward punch.
6. Execute a rear swing kick (ball of foot) leaving foot down in front.
7. Execute a front back fist.
8. Execute a rear inward punch.
9. Execute a front dynamic front upward diagonal punch.
10. Execute a looping dodge.
11. Execute a rear dynamic front upward diagonal punch.
12. Front leg steps back 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.
4. Dodge.
5. Rear inward punch.
6. Rear downward kick.
Repeat on right side.

Defense Drills Defense Drill 7
Starting from hands down natural stance, one side attempts to attack. The partner quickly counters with a kick and follows up with 3-5 techniques. The first partner dodges or blocks lightly to allow the second partner to execute multiple movements freely.

Air Shield Bada Chagi Air Shield Attack

Close Range All Previous Close Range(Adults Only)

Power Test Front Crescent Kick
Rear Round Elbow Strike