

Kajun Martial Arts Belt Assignments

Purple Belt Sr. (Page 1)

Basics Rear Leg Crescent Kick
 Front Round Elbow Strike

Pattern Gyum-soan CHIL 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 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. Turn body to the right (DO NOT STEP BACK), while executing a front open hand inward block.
13. Execute a front swing kick (instep/top of foot).
14. Execute a front back fist.
15. Execute a rear inward punch.
16. Execute a rear swing kick (ball of foot) leaving foot down in front.
17. Execute a front back fist.
18. Execute a rear inward punch.
19. Execute a front dynamic front upward diagonal punch.
20. Execute a looping dodge.
21. Execute a rear dynamic front upward diagonal punch.
22. Turn body to the right (DO NOT STEP BACK), while executing a front open hand inward block.
23. Execute a front swing kick (instep/top of foot).
24. Execute a front back fist.
25. Execute a rear inward punch.
26. Execute a rear swing kick (ball of foot) leaving foot down in front.
27. Execute a front back fist.
28. Execute a rear inward punch.
29. Execute a front dynamic front upward diagonal punch.
30. Execute a looping dodge.
31. Execute a rear dynamic front upward diagonal punch.
32. Turn body to the right (DO NOT STEP BACK), while executing a front open hand inward block.
33. Execute a front swing kick (instep/top of foot).
34. Execute a front back fist.
35. Execute a rear inward punch.
36. Execute a rear swing kick (ball of foot) leaving foot down in front.
37. Execute a front back fist.
38. Execute a rear inward punch.
39. Execute a front dynamic front upward diagonal punch.
40. Execute a looping dodge.

Kajun Martial Arts Belt Assignments

Purple Belt Sr. (Page 2)

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

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

Rear Crescent Kick
Front Round Elbow Strike