

# Kajun Martial Arts Belt Assignments

## Red Belt

**Basics** Front Leg Twisting Kick  
Rear Reverse Knife Hand Strike

**Pattern** Gyum-soan PAL 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 low block w/Kihap.
3. Execute a front reverse swing kick.
4. Execute a front knife hand.
5. Execute a rear upward punch.
6. Execute a dodge.
7. Execute a rear upward punch.
8. Rear leg steps up 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 crescent 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 Leg Twisting Kick  
Rear Reverse Knife Hand Strike