

# Kajun Martial Arts Belt Assignments

## Red Belt Sr. (Page 1)

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

**Pattern**      Gyum-soan PAL 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 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. 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 low block.
10. Execute a front reverse swing kick.
11. Execute a front knife hand.
12. Execute a rear upward punch.
13. Execute a dodge.
14. Execute a rear upward 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 low block.
17. Execute a front reverse swing kick.
18. Execute a front knife hand.
19. Execute a rear upward punch.
20. Execute a dodge.
21. Execute a rear upward 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 low block.
24. Execute a front reverse swing kick.
25. Execute a front knife hand.
26. Execute a rear upward punch.
27. Execute a dodge.
28. Execute a rear upward punch.
29. Execute a rear defensive front elbow w/Kihap.
30. Front leg steps back to Joon Be when instructed to.

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

# **Kajun Martial Arts Belt Assignments**

## **Red 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 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