

Kajun Martial Arts Belt Assignments

White Belt

Basics Outward Block
 Inward Block
 Low Block
 Inward Punches (Front Hand and Rear Hand)
 Front Kick (Front Leg and Rear Leg)

Pattern Pattern Name - Gyum-soan IL Jul

RIGHT SIDE

1. Begin in Joon-Be (ready stance)
2. Step back with left leg into a right guard stance, while executing a front outward block with a Kihap.
3. Execute a rear inward punch.
4. Return to Joon-Be stance when instructed to.
5. Rear leg steps up to parallel ready stance.

Repeat on LEFT SIDE - stepping back with the right leg

Speed Drills NA

Defense Drills Defense Drill #1
 One side attacks with punches only while the partner moves backward in a straight line with guard stance.

Air Shield Stationary Air Shield Attack using single basic technique

Close Range Forearm Outside Grab (Adults Only)

Power Test Front Kick (Front Leg and Rear Leg)
 Inward Punches (Front Hand and Rear Hand)