

Kajun Martial Arts Belt Assignments

White Belt Sr.

Basics Side Fist Strikes
 Back Fist Strikes
 Knife Hand Strikes
 Rear Knee Strike

Pattern Pattern Name - Gyum-soan IL Jang

RIGHT SIDE

1. Begin in Joon-Be stance.
2. Step back with the left leg into a right guard, while executing a front outward block with Kihap.
3. Execute a rear inward punch.
4. Turn body to the left into a left guard stance.
5. Step back with the left leg into a right guard stance, while executing a front outward block.
6. Execute a rear inward punch.
7. Turn body to the left into a left guard stance.
8. Step back with the left leg into a right guard stance, while executing a front outward block.
9. Execute a rear inward punch.
10. Turn body to the left into a left guard stance.
11. Step back with the left leg into a right guard stance, while executing a front outward block.
12. Execute a rear inward punch.
13. Execute a front inward punch with Kihap.
14. Front leg steps back to to Joon-Be stance when instructed to.

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

Speed Drills NA

Defense Drills Defense Drill #2
 One side attacks with punches only while the partner moves backward in a straight line while blocking.

Air Shield Stationary Air Shield Attack

Close Range Forearm Inside Grab (Adults Only)

Power Test Rear Knee Strike, Side Fist Strike, Back Fist Strike, Knife Hand Strike