

Kajun Martial Arts Belt Assignments

Yellow Belt

Basics Front Leg Side Kick
Rear Hand Round Punch

Pattern Pattern Name - Gyum-soan EE 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 outward block w/Kihap.
3. Execute a front leg front kick.
4. Execute a front inward punch.
5. Execute a rear inward punch.
6. Execute a looping dodge.
7. Execute a rear inward 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 front kick.
Repeat on right side.

Defense Drills Defense Drill 3
One side attacks with punches and kicks while the partner moves backward in a straight line while blocking.

Air Shield Air Shield Attack with free movement

Close Range Double Arm Double Forearm Grab (Adults Only)

Power Test Front Leg Side Kick
Rear Hand Round Punch