

Choi Kwang-Do Martial Arts International

Syllabus


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YELLOW BELT SENIOR

New Techniques

Rear Leg Side Kick - Dwee Bahl Yuhp Chah-gee
 Front Round Punch (Front Dynamic) - Ahp Dong-juhk Suh Ahp Joo-muhk Dol-lyuh Gee-reuh-gee
 Front Round Punch (Rear Dynamic) - Dwee Dong-juhk Suh Ahp Joo-muhk Dol-lyuh Gee-reuh-gee

Pattern

Humility 2 - Gyeom son Ee Jahng (50 Techniques)

1. Parallel ready stance.
2. Step back with the left leg while performing an Outward Block (Kihap while blocking).
3. Front Leg Front Kick.
4. Front Inward Punch.
5. Rear Inward Punch.
6. Dodge.
7. Rear Inward Punch.
8. Decelerate into a Front Dynamic Reverse Guard Stance.
9. Turn towards the left into a Forward Guard Stance.
10. Step back with the left leg while performing an Outward Block.
11. Front Leg Front Kick.
12. Front Inward Punch.
13. Rear Inward Punch.
14. Dodge.
15. Rear Inward Punch.
16. Decelerate into a Front Dynamic Reverse Guard Stance.
17. Turn towards the left into a Forward Guard Stance.
18. Step back with the left leg while performing an Outward Block.
19. Front Leg Front Kick.
20. Front Inward Punch.
21. Rear Inward Punch.
22. Dodge.
23. Rear Inward Punch.
24. Decelerate into a Front Dynamic Reverse Guard Stance.
25. Turn towards the left into a Forward Guard Stance.
26. Step back with the left leg while performing an Outward Block.
27. Front Leg Front Kick.
28. Front Inward Punch.
29. Rear Inward Punch.
30. Dodge.
31. Rear Inward Punch.
32. Front Inward Punch (Kihap while punch).
33. Decelerate into a Front Dynamic Guard Stance.
34. Front leg steps back to parallel ready stance.

Repeat Other side.

Speed Drill

Color belts perform left side, then right side (towards the front), turn to the rear, then right side, left side (towards the rear), then turn back to the front. Note: Do not pause at the completion of the turn, both sides must flow.

1. Step forward into a Left Front Stance.
2. Step forward - Consecutive Front Inward Punch (note: consecutive punches are two full punches, same height).
3. Dodge.
4. Front Inward Punch.
5. Rear Inward Punch.
6. Rear Leg Front Kick (Kihap while kicking).
7. Step forward - Consecutive Front Inward Punch.
8. Dodge.
9. Front Inward Punch.
10. Rear Inward Punch.
11. Rear Leg Front Kick (Kihap while kicking).
12. Two-step turn: Left Leg moves over to be in line with Right Leg, turn to the rear by pivoting both feet, then bring Right Leg over into a Right Front Stance.
13. Continue Speed Drill with right side, then left side towards the rear.
14. Two-step turn: Right Leg moves over to be in line with Left Leg, turn to the front by pivoting both feet, then bring Left Leg over into a Left Front Stance.

Defense Drill

Defense Drill 4

One side attacks with punches and kicks while the partner moves backward freely while blocking.

AirShield

Air Shield Attack with free movement

CloseRange

Double Arm Single Forearm Grab (Adults Only)

Power Test

Rear Leg Side Kick
Front Round Punch (Front and Rear Dynamic)

Version: 9.5 / Version Date: 2015-02-25