

Choi Kwang-Do Martial Arts International Syllabus



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PURPLE BELT

New Techniques

Front Leg Crescent Kick - Ahp Bahl Bahn-dahl Chah-gee
Rear Round Elbow Strike - Dwee Pahl-goop Dol-lyuh Chee-gee

Pattern

Humility 7 - One Direction - Gyeom son Chil Juhl (20 Techniques)

1. Parallel ready stance.
2. Step back with the left leg while performing an Open Hand Inward Block (Kihap while blocking).
3. Front Leg Swing Kick.
4. Back Fist Strike.
5. Rear Inward Punch.
6. Rear Leg Swing Kick (ball of foot).
7. Back Fist Strike.
8. Rear Inward Punch.
9. Front Upward Diagonal Punch (Front Dynamic).
10. Dodge.
11. Front Upward Diagonal Punch (Rear Dynamic) (Kihap while punching).
12. Decelerate into Rear Dynamic Guard Stance.
13. Front leg steps back to parallel ready stance.

Repeat opposite side.

Speed Drill

Junior Color belts perform left side twice, (towards the front), turn to the rear, then right side twice, (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 - Front Inward Punch.
3. Rear Inward Punch.
4. Dodge.
5. Rear Inward Punch.
6. Front Leg Downward Kick (Kihap while kicking)
7. Step forward - Front Inward Punch.
8. Rear Inward Punch.
9. Dodge.
10. Rear Inward Punch.
11. Front Leg Downward 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 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 7 (Bada Chagi)

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.

AirShield Bada Chagi Air Shield Attack

CloseRange All Previous Close Range (Adults Only)

Power Test Front Leg Crescent Kick
Rear Round Elbow Strike

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