

Choi Kwang-Do Martial Arts International

Syllabus



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BROWN BELT SENIOR

New Techniques

Spinning Downward Kick (start in side stance, land in front stance) - Dohl-myuh Neh-ryuh Chah-gee
 Spinning Twisting Kick (ball of foot) (start in side stance, land in front stance) - Dohl-myuh Bee-tuhl-uh Chah-gee
 Front Claw Finger Strike - Ahp Sohn-geut Chee-gee

Pattern

Humility 9 - Gyeom son Goo Jahng (82 Techniques)

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

35. Front Upward Punch.
 36. Decelerate into Front Dynamic Guard Stance.
 37. Turn towards the right into a Forward Guard Stance.
 38. Shift into Rear Dynamic Stance while performing an Open Hand Low Block.
 39. Front Leg Reverse Swing Kick.
 40. Knife Hand Strike.
 41. Rear Inward Punch.
 42. Rear Leg Reverse Swing Kick.
 43. Knife Hand Strike.
 44. Rear Inward Punch.
 45. Front Upward Punch.
 46. Dodge.
 47. Front Upward Punch.
 48. Rear Round Elbow Strike (Kihap while striking).
 49. Decelerate into Front Dynamic Reverse Guard Stance.
 50. Rear leg steps up to parallel ready stance.
- Repeat opposite side.
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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 Twisting Kick (ball of foot) (Kihap while kicking).
 7. Step forward - Consecutive Front Inward Punch.
 8. Dodge.
 9. Front Inward Punch.
 10. Rear Inward Punch.
 11. Rear Leg Twisting Kick (ball of foot) (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.
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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 Spinning Downward Kick
 Spinning Twisting Kick (ball of foot)
 Front Claw Finger Strike

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