

Choi Kwang-Do Martial Arts International

Syllabus



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GREEN BELT SENIOR

New Techniques

Rear Leg Heel Front Kick - Dwee Bahl Dwee-goom-chee Ahp Chah-gee
Front Inward Palm Strike - Ahp Sohn-bah-dahk Ahn-uh-ro Chee-gee

Pattern

Humility 5 - Gyeom son Oh Jahng (82 Techniques)

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

38. Shift into Rear Dynamic Stance while performing an Open Hand Outward Block.
 39. Front Leg Side Kick.
 40. Side Fist Strike.
 41. Rear Inward Punch.
 42. Rear Leg Side Kick.
 43. Side Fist Strike.
 44. Rear Inward Punch.
 45. Front Round Punch (Front Dynamic).
 46. Dodge.
 47. Front Round Punch (Rear Dynamic).
 48. Rear Inward Punch (Kihap while punching).
 49. Decelerate into a Front Dynamic Reverse Guard Stance.
 50. Rear leg steps up to parallel ready stance.
- Repeat Other 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 Reverse Swing Kick (Kihap while kicking).
 7. Step forward - Consecutive Front Inward Punch.
 8. Dodge.
 9. Front Inward Punch.
 10. Rear Inward Punch.
 11. Rear Leg Reverse Swing 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.
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Defense Drill

Defense Drill 6 (Block/Counter Attack)

Both sides starting from hands down natural stance, no Kihaps prior to attacking. One side attacks with one punch or kick while the partner blocks and counter attacks with 3-5 techniques. The first partner dodges or blocks lightly to allow the second partner to execute multiple movements freely.

AirShield

Air Shield Attack with free movement

CloseRange

Rear Choke (Adults Only)

Power Test

Rear Leg Heel Front Kick
Front Inward Palm Strike

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