

Choi Kwang-Do Martial Arts International

Syllabus


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	YELLOW BELT
New Techniques	Front Leg Side Kick - Ahp Bahl Yuhp Chah-gee Rear Round Punch - Dwee Joo-muhk Dol-lyuh Gee-reuh-gee Dodge - Pee-hah-gee
Pattern	Humility 2 - One Direction - Gyeom son Ee Juhl (12 Techniques) <ol style="list-style-type: none"> 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 (Kihap while punching). 8. Decelerate into a Front Dynamic Reverse Guard Stance. 9. Rear leg steps up 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. <ol style="list-style-type: none"> 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 Front Kick (Kihap while kicking) 7. Step forward - Front Inward Punch. 8. Rear Inward Punch. 9. Dodge. 10. Rear Inward Punch. 11. Front 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 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 3 <p>One side attacks with punches and kicks while the partner moves backward in a straight</p>

line while blocking.

AirShield Air Shield Attack with free movement

CloseRange Double Arm Double Forearm Grab (Adults Only)

Power Test Front Leg Side Kick
Rear Round Punch

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