

# Choi Kwang-Do Martial Arts International

## Syllabus


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### ORANGE BELT SENIOR

#### New Techniques

Rear Leg Reverse Swing Kick - Dwee Bahl Bahn-deh Hoo-lyuh Chah-gee  
Front Upward Punch - Ahp Joo-muhk Ohl-lyuh Gee-reuh-gee

#### Pattern

Humility 4 - Gyeom son Sah 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 Side Kick.
  4. Side Fist Strike.
  5. Rear Round Punch.
  6. Dodge.
  7. Rear Round Punch.
  8. Decelerate into a Front Dynamic Reverse Guard Stance.
  9. Turn towards the left into Forward Guard Stance.
  10. Step back with the left leg while performing an Outward Block.
  11. Front Leg Side Kick.
  12. Side Fist Strike.
  13. Rear Round Punch.
  14. Dodge.
  15. Rear Round Punch.
  16. Decelerate into a Front Dynamic Reverse Guard Stance.
  17. Turn towards the left into Forward Guard Stance.
  18. Step back with the left leg while performing an Outward Block.
  19. Front Leg Side Kick.
  20. Side Fist Strike.
  21. Rear Round Punch.
  22. Dodge.
  23. Rear Round Punch.
  24. Decelerate into a Front Dynamic Reverse Guard Stance.
  25. Turn towards the left into Forward Guard Stance.
  26. Step back with the left leg while performing an Outward Block.
  27. Front Leg Side Kick.
  28. Side Fist Strike.
  29. Rear Round Punch.
  30. Dodge.
  31. Rear Round Punch.
  32. Front Inward Punch (Kihap while punching).
  33. Decelerate into Front Dynamic Guard Stance.
  34. Front leg steps back to parallel ready stance.
- Repeat Opposite Side.

<b>Speed Drill</b>	<p>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.</p> <ol style="list-style-type: none"> <li>1. Step forward into a Left Front Stance.</li> <li>2. Step forward - Consecutive Front Inward Punch (note: consecutive punches are two full punches, same height).</li> <li>3. Dodge.</li> <li>4. Front Inward Punch.</li> <li>5. Rear Inward Punch.</li> <li>6. Rear Swing Kick (Ball of foot)(Kihap while kicking).</li> <li>7. Step forward - Consecutive Front Inward Punch.</li> <li>8. Dodge.</li> <li>9. Front Inward Punch.</li> <li>10. Rear Inward Punch.</li> <li>11. Rear Leg Swing Kick (Ball of foot)(Kihap while kicking).</li> <li>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.</li> <li>13. Continue Speed Drill with right side, then left side towards the rear.</li> <li>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.</li> </ol>
<b>Defense Drill</b>	<p>Defense Drill 5 (Block/Counter Attack)</p> <p>Both side starting from hands up guard stance. 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. (note: there are no kihaps by either side before the first attack takes place).</p>
<b>AirShield</b>	Air Shield Attack with free movement
<b>CloseRange</b>	Front Under-Arm Bear Hug (Adults Only)
<b>Power Test</b>	<p>Rear Leg Reverse Swing Kick</p> <p>Front Upward Punch</p>

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