

Choi Kwang-Do Martial Arts International

Syllabus



[Print](#)



BLUE BELT

New Techniques

Front Leg Downward Kick - Ahp Bahl Neh-ryuh Chah-gee
Rear Upward Diagonal Palm Strike - Dwee Sohn-bah-dahk Sah-Suhn Chee-gee

Pattern

Humility 6 - One Direction - Gyeom son Yook Juhl (12 Techniques)

1. Parallel ready stance.
2. Step back with the left leg while performing an Inward Block (Kihap while blocking).
3. Front Leg Swing Kick (instep).
4. Back Fist Strike.
5. Rear Upward Diagonal Punch.
6. Dodge.
7. Rear Upward Diagonal Punch (Kihap while punching).
8. Decelerate into 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.

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 Heel Front Kick (Kihap while kicking)
7. Step forward - Front Inward Punch.
8. Rear Inward Punch.
9. Dodge.
10. Rear Inward Punch.
11. Front Leg Heel 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 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 Under-Arm Bear Hug (Adults Only)

Power Test Front Leg Downward Kick
Rear Upward Diagonal Palm Strike

Version: 9.5 / Version Date: 2015-02-25