

# Choi Kwang-Do Martial Arts International

## Syllabus


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### ORANGE BELT

#### New Techniques

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

#### Pattern

Humility 4 - One Direction - Gyeom son Sah Juhl (12 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 (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 Swing Kick (Instep) (Kihap while kicking)
7. Step forward - Front Inward Punch.
8. Rear Inward Punch.
9. Dodge.
10. Rear Inward Punch.
11. Front Leg Swing Kick (Instep)(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 5 (Block/Counter Attack)

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).

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**AirShield**      Air Shield Attack with free movement

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**CloseRange**      Front Over-Arm Bear Hug (Adults Only)

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**Power Test**      Front Leg Reverse Swing Kick  
Rear Upward Punch

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