



# GRECA CHOI KWANG-DO MARTIAL ARTS

## GOLD SASH NINJA WARRIOR SYLLABUS

### "EARTH ELEMENT"

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#### NEW

**TECHNIQUES** Open Hand Blocks (All) with Grab, Back Hand Strike, Back Elbow, Side Kick (Front & Rear Leg), Skipping Side Kick.

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#### PATTERN &

#### CARDIO

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##### JEON-SA EE JAHNG

#### DRILLS

Start in Joon-Bee and do an open hand outward block, front knee strike, front punch, rear punch, rear round knee strike, spin around, front punch, rear punch, front punch, dodge, front punch. Add a rear punch at the end.

1. Walking and Jogging
2. Squat Walk

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#### SPEED &

#### ANAEROBIC

#### DRILLS

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Front Punch, Rear Punch, dodge, Rear Punch, Front Side Kick  
Front Punch, Front Punch, dodge, Front Punch, Rear Punch, Rear Side Kick.

1. Log Jump
2. Walking and Jogging Intervals

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#### PRACTICAL

#### APPLICATION

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1. Quintuple Steps
  2. Balance Bridge
  3. Monkey Bars
  4. Plyometric Jumps
  5. Army Crawl
  6. Body Prop

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#### AIR SHIELD

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1. Heavy Bag Free Form Attack – Single Technique

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#### STRENGTH

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1. Pull-Ups (Assisted)
  2. Leg Lifts
  3. Lunges

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#### AGILITY

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1. Log Roll
  2. Side Roll
  3. Front Roll
  4. Back Roll