



# GRECA CHOI KWANG-DO MARTIAL ARTS

## RED SASH NINJA WARRIOR SYLLABUS

### “FIRE ELEMENT”

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<b>NEW TECHNIQUES</b>	Double Pull Backarm Block, Double Backfist, Inside & Outside Downward Kick, Rapid Fire Punch, Skipping Downward Kicks.
<b>PATTERN &amp; CARDIO DRILLS</b>	<b>JEON-SA CHIL JAHNG</b> Start in Joon-Bee and do a double front back arm block, front outside crescent kick, double backfist strike, rear outside crescent kick, rapid fire punches (front, rear, front, rear), dodge, rapid fire punches (front and rear). Add a rear elbow at the end.  <ol style="list-style-type: none"><li>1. Walking and Jogging</li><li>2. Running</li><li>3. Jump Ropes (in the heat)</li></ol>
<b>SPEED &amp; ANAEROBIC DRILLS</b>	Front Punch, Rear Punch, dodge, Rear Punch, Front Outside Downward Kick  Front Punch, Front Punch, dodge, Front Punch, Rear Punch, Rear Outside Downward Kick.  <ol style="list-style-type: none"><li>1. Log Jump</li><li>2. Walking and Running Intervals</li></ol>
<b>PRACTICAL APPLICATION</b>	<ol style="list-style-type: none"><li>1. Quintuple Steps</li><li>2. Balance Bridge</li><li>3. Monkey Bars</li><li>4. Plyometric Jumps</li><li>5. Army Crawl</li><li>6. Body Prop</li><li>7. Post Balance</li><li>8. Nunchaku/Cone Grab</li><li>9. Cliff Hanger/Rock Climb</li><li>10. Peg Wall Climb</li><li>11. Globe Grab</li></ol>
<b>AIR SHIELD</b>	<ol style="list-style-type: none"><li>1. Heavy Bag Free Form Attack with Quick Bursts of Speed – All with 20 Techniques Combo</li></ol>
<b>STRENGTH</b>	<ol style="list-style-type: none"><li>1. Plank with One Arm Wave</li></ol>

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2. Russian One Leg Squat
3. Plank Flip around to Walk Crab

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## AGILITY

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1. Dive Side Roll
2. Dive Front Roll
3. Cattarunga (Dive Bombers)

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