



GRECA CHOI KWANG-DO MARTIAL ARTS

RED SASH NINJA WARRIOR SYLLABUS

"FIRE ELEMENT"

NEW

TECHNIQUES Double Pull Backarm Block, Double Backfist, Inside & Outside Downward Kick, Rapid Fire Punch, Skipping Downward Kicks.

PATTERN &

CARDIO

JEON-SA CHIL JAHNG

DRILLS

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.

1. Walking and Jogging
2. Running
3. Jump Ropes (in the heat)

SPEED &

ANAEROBIC DRILLS

Front Punch, Rear Punch, dodge, Rear Punch, Front Outside Downward Kick
Front Punch, Front Punch, dodge, Front Punch, Rear Punch, Rear Outside Downward Kick.

1. Log Jump
2. Walking and Running Intervals

PRACTICAL

APPLICATION

1. Quintuple Steps
2. Balance Bridge
3. Monkey Bars
4. Plyometric Jumps
5. Army Crawl
6. Body Prop
7. Post Balance
8. Nunchaku/Cone Grab
9. Cliff Hanger/Rock Climb
10. Peg Wall Climb
11. Globe Grab

AIR SHIELD

1. Heavy Bag Free Form Attack with Quick Bursts of Speed – All with 20 Techniques Combo

STRENGTH

1. Plank with One Arm Wave

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

AGILITY

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