



GRECA CHOI KWANG-DO MARTIAL ARTS

LIGHT GREEN SASH NINJA WARRIOR SYLLABUS

"PLANT ELEMENT"

NEW

TECHNIQUES Double Outward Block, Palm Strike, Concentrated Push and Double Push, Outside Crescent Kick (Front & Rear Leg), Swing Kick (Front & Rear Leg), Skipping Swing Kick, Double Front Jump Kick (Front/Rear or at same time).

PATTERN &

CARDIO

DRILLS

JEON-SA SAHM JAHNG

Start in Joon-Bee and do an open hand Inward block, front outside crescent kick, front palm, rear palm, rear outside crescent kick, front punch, rear punch, front palm, dodge, front palm. Add a rear palm at the end.

1. Walking and Jogging
2. Bouncing Shoulders/Arm Circles

SPEED &

ANAEROBIC

DRILLS

Front Punch, Rear Punch, dodge, Rear Punch, Front Outside Crescent Kick

Front Punch, Front Punch, dodge, Front Punch, Rear Punch, Rear Outside Crescent Kick

1. Log Jump
2. Walking and Running Intervals
3. Mountain and Rock Climbers

PRACTICAL

APPLICATION

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

AIR SHIELD

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1. Heavy Bag Free Form Attack with Quick Bursts of Speed – Only Speed Hands

STRENGTH

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1. Box Jumps
 2. Hanging Leg Lifts
 3. Sagi 6-Way with Dumbbells

AGILITY

4. Bridge Crunch

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1. Shoulder Roll (Front and Rear)
 2. Shoulder Stand
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