



# GRECA CHOI KWANG-DO MARTIAL ARTS

## LIGHT GREEN SASH NINJA WARRIOR SYLLABUS

### “PLANT ELEMENT”

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<b>NEW TECHNIQUES</b>	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).
<b>PATTERN &amp; CARDIO DRILLS</b>	<b><u>JEON-SA SAHM JAHNG</u></b> 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.  <ol style="list-style-type: none"><li>1. Walking and Jogging</li><li>2. Bouncing Shoulders/Arm Circles</li></ol>
<b>SPEED &amp; ANAEROBIC DRILLS</b>	Front Punch, Rear Punch, dodge, Rear Punch, Front Outside Crescent Kick  Front Punch, Front Punch, dodge, Front Punch, Rear Punch, Rear Outside Crescent Kick  <ol style="list-style-type: none"><li>1. Log Jump</li><li>2. Walking and Running Intervals</li><li>3. Mountain and Rock Climbers</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></ol>
<b>AIR SHIELD</b>	<ol style="list-style-type: none"><li>1. Heavy Bag Free Form Attack with Quick Bursts of Speed – Only Speed Hands</li></ol>
<b>STRENGTH</b>	<ol style="list-style-type: none"><li>1. Box Jumps</li><li>2. Hanging Leg Lifts</li><li>3. Sagi 6-Way with Dumbbells</li></ol>

4. Bridge Crunch

**AGILITY**

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

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