



# GRECA CHOI KWANG-DO MARTIAL ARTS

## BLUE SASH NINJA WARRIOR SYLLABUS

### "WATER ELEMENT"

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#### NEW

**TECHNIQUES** Stomp Inward Leg Block, Round Palm Strike, Back Kick (Front & Rear Leg), Heel Kick (Front & Rear Leg), Skipping Heel Kick.

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#### PATTERN &

#### CARDIO

#### JEON-SA OH JAHNG

#### DRILLS

Start in Joon-Bee and do an open hand palm low block, front back kick, front back hand strike, rear round palm, rear back kick, back hand strike, rear punch, front round palm, dodge, front round palm shifting back. Add a rear round palm at the end.

1. Walking and Jogging
2. Running
3. Swimming

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#### SPEED &

#### ANAEROBIC

#### DRILLS

Front Punch, Rear Punch, dodge, Rear Punch, Front Back Kick  
Front Punch, Front Punch, dodge, Front Punch, Rear Punch, Rear Back Kick

1. Log Jump
2. Walking and Running Intervals

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#### 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

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#### AIR SHIELD

1. Heavy Bag Free Form Attack with Quick Bursts of Speed (with Legs Only)

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#### STRENGTH

1. Superman-Banana
2. Swimmers
3. Alternating Leg Lifts
4. Walk the Plank

## **AGILITY**

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1. Cartwheel
  2. Crow Hold
  3. Handstands
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