



GRECA CHOI KWANG-DO MARTIAL ARTS

BLUE SASH NINJA WARRIOR SYLLABUS

“WATER ELEMENT”

NEW TECHNIQUES	Stomp Inward Leg Block, Round Palm Strike, Back Kick (Front & Rear Leg), Heel Kick (Front & Rear Leg), Skipping Heel Kick.
PATTERN & CARDIO DRILLS	JEON-SA OH JAHNG 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. <ol style="list-style-type: none">1. Walking and Jogging2. Running3. Swimming
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 <ol style="list-style-type: none">1. Log Jump2. Walking and Running Intervals
PRACTICAL APPLICATION	<ol style="list-style-type: none">1. Quintuple Steps2. Balance Bridge3. Monkey Bars4. Plyometric Jumps5. Army Crawl6. Body Prop7. Post Balance8. Nunchaku/Cone Grab9. Cliff Hanger/Rock Climb
AIR SHIELD	<ol style="list-style-type: none">1. Heavy Bag Free Form Attack with Quick Bursts of Speed (with Legs Only)
STRENGTH	<ol style="list-style-type: none">1. Superman-Banana2. Swimmers3. Alternating Leg Lifts4. Walk the Plank

AGILITY

1. Cartwheel
2. Crow Hold
3. Handstands
