



GRECA CHOI KWANG-DO MARTIAL ARTS

BLACK SASH NINJA WARRIOR SYLLABUS

"AIR & NIGHT ELEMENT"

NEW

TECHNIQUES Upward Elbow, Spinning Crescent Kick, Double Open Hand Outward Block with Upward Catch, Reverse Round Palm, Tornado Kick, Butterfly Kick, Spinning Kicks (ALL), Skipping Spinning Kicks.

PATTERN &

CARDIO

JEON-SA SHIP JAHNG

DRILLS

Start in Joon-Bee and do a double open hand outward block with upward catch, front twisting kick, spinning outside crescent kick, reverse round palm, rear reverse knife hand, front upward elbow, dodge, front upward elbow. Add a rear elbow and an upward elbow at the end.

1. Walking and Jogging
2. Running
3. Burpees/Spin Jumps

SPEED &

ANAEROBIC DRILLS

1. Step-Up Front Punch, Spinning Outside Crescent Kick, Knife Hand, Rear Punch, dodge, Rear Punch, Front Outside Downward Kick.

2. Front Punch, Front Punch, Dodge, Front Punch, Rear Punch, Tornado Kick

1. Log Jump
2. Walking and Running Intervals
3. High Knees

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
12. Spider Climb
13. Salmon Ladder
14. Warped Wall

AIR SHIELD

1. Heavy Bag Free Form Attack with Quick Bursts of Speed – 100
Technique Combo

STRENGTH

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1. Inclined Push-Ups/Handstand Push-Ups
 2. One Arm Push-Ups
 3. Hold Head Level Kick

AGILITY

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1. Spin Flip
 2. Cartwheel Kick
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