



# GRECA CHOI KWANG-DO MARTIAL ARTS

## WHITE SASH NINJA WARRIOR SYLLABUS

### "WHITE SUNLIGHT"

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#### NEW

**TECHNIQUES** All Blocks – (Outward, Inward, Low), Front and Rear Punch, Strikes – (Sidefist, Backfist, Knife Hand), Front Kick (both Front and Rear), High Front Kick, Skipping Front Kick, Knee Strikes (Front, Rear, and Spinning).

#### PATTERN

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##### JEON-SA IL JAHNG

Start in Joon-Bee and do ALL of the Hand Only Patterns with a White Belt Senior Turn. Start off with Outward Block and Rear Punch, then Inward Block and Round Punch, Low Block and Vertical Round Punch. Add a front version of the same punch at the end at higher ranks.

1. Walking and Jogging

#### ANAEROBIC

##### DRILLS

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Front Punch, Rear Punch, dodge, Rear Punch, Front Leg Knee Strike  
Front Punch, Front Punch, dodge, Front Punch, Rear Punch, Rear Knee Strike (Round and Spinning too!)

1. Jumping Jacks – Three Varieties
2. Walking and Jogging Intervals

#### PRACTICAL

##### APPLICATION

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1. Quintuple Steps
  2. Balance Bridge
  3. Monkey Bars
  4. Plyometric Jumps
  5. Army Crawl

#### AIR SHIELD

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1. Heavy Bag Free Form Attack – Single Technique

#### STRENGTH

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1. Push-Ups
  2. Squats
  3. Crunches
  4. Step-Ups

#### AGILITY

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1. Agility Ladder
  2. Hit the Floor
  3. Rings