



# GRECA CHOI KWANG-DO MARTIAL ARTS

## WHITE SASH NINJA WARRIOR SYLLABUS

### “WHITE SUNLIGHT”

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<b>NEW TECHNIQUES</b>	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).
<b>PATTERN</b>	<b>JEON-SA IL JAHNG</b> 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. <ol style="list-style-type: none"><li>1. Walking and Jogging</li></ol>
<b>ANAEROBIC DRILLS</b>	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!) <ol style="list-style-type: none"><li>1. Jumping Jacks – Three Varieties</li><li>2. Walking and Jogging Intervals</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></ol>
<b>AIR SHIELD</b>	<ol style="list-style-type: none"><li>1. Heavy Bag Free Form Attack – Single Technique</li></ol>
<b>STRENGTH</b>	<ol style="list-style-type: none"><li>1. Push-Ups</li><li>2. Squats</li><li>3. Crunches</li><li>4. Step-Ups</li></ol>
<b>AGILITY</b>	<ol style="list-style-type: none"><li>1. Agility Ladder</li><li>2. Hit the Floor</li><li>3. Rings</li></ol>