



GRECA CHOI KWANG-DO MARTIAL ARTS

LIGHT BROWN SASH NINJA WARRIOR SYLLABUS

“ANIMAL ELEMENT”

NEW TECHNIQUES	Round Claw Finger Strike, Leopard Punch, Claw Inward & Upward Block, Inside Crescent Kick, Skipping Crescents Kick (Front & Rear and Inside & Outside).
PATTERN & CARDIO DRILLS	JEON-SA PAHL JAHNG Start in Joon-Bee and do a claw inward & upward block, front inside crescent kick, spinning back kick, knife hand strike, rear claw, front round claw strike, dodge, front round claw strike shifting back. Add a rear leopard punch at the end. <ol style="list-style-type: none">1. Walking and Jogging2. Running3. Bear Walk
SPEED & ANAEROBIC DRILLS	<ol style="list-style-type: none">1. Front Punch, Rear Punch, dodge, Rear Punch, Front Inside (Downward or Crescent) Kick.2. Front Punch, Front Punch, dodge, Front Punch, Rear Punch, Rear (Downward or Crescent) Kick.
	Step-Up Front Punch, Spinning Back Kick, Knife Hand, Rear Punch, dodge, Rear Punch, Rear Heel Kick. <ol style="list-style-type: none">1. Log Jump2. Walking and Running Intervals3. High Knees
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 Climb10. Peg Wall Climb

11. Globe Grab
12. Salmon Latter

AIR SHIELD

1. Heavy Bag Free Form Attack with Quick Bursts of Speed – ALL with 40 Technique Combo

STRENGTH

1. Super Box Jumps
2. Monkey Push-Ups
3. Tiger Claw Planks

AGILITY

1. Downward Dog with Leg Up
2. Headstand
3. Head Spring
