



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.

1. Walking and Jogging
2. Running
3. Bear Walk

SPEED &

ANAEROBIC

DRILLS

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.

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

PRACTICAL

APPLICATION

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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. Salmon Latter

AIR SHIELD

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

STRENGTH

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

AGILITY

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