



GRECA CHOI KWANG-DO MARTIAL ARTS

GREEN SASH NINJA WARRIOR SYLLABUS

“WOOD ELEMENT”

NEW

TECHNIQUES Lift Upward Leg Block, Double Fist Punch (Straight and Side), Sweep Kick, Reverse Swing (Front & Rear Leg), Skipping Reverse Swing Kick.

PATTERN &

CARDIO

JEON-SA SAH JAHNG

DRILLS

Start in Joon-Bee and do a lift upward leg block, front reverse swing kick, double fist punch, rear reverse swing kick, double fist, dodge, double fist. Add a side double fist at the end.

1. Walking and Jogging
2. Bouncing Shoulders/Arm Circles

SPEED &

ANAEROBIC

DRILLS

Front Punch, Rear Punch, dodge, Rear Punch, Front (Swing or Reverse Swing) Kick

Front Punch, Front Punch, dodge, Front Punch, Rear Punch, Rear (Swing or Reverse Swing Kick – use back of heel).

1. Log Jump
2. Walking and Running Intervals
3. Mountain and Rock Climbers

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

AIR SHIELD

1. Heavy Bag Free Form Attack with Quick Bursts of Speed – Only Speed Hands

STRENGTH

1. Box Jumps
2. Hanging Leg Lifts
3. Sagi 6-Way with Dumbbells
4. Bridge Crunch

AGILITY

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1. Shoulder Roll (Front and Rear)
 2. Shoulder Stand
 3. Plank Walk
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