



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 DRILLS	JEON-SA SAH JAHNG 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. <ol style="list-style-type: none">1. Walking and Jogging2. 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). <ol style="list-style-type: none">1. Log Jump2. Walking and Running Intervals3. Mountain and Rock Climbers
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 Grab
AIR SHIELD	<ol style="list-style-type: none">1. Heavy Bag Free Form Attack with Quick Bursts of Speed – Only Speed Hands
STRENGTH	<ol style="list-style-type: none">1. Box Jumps2. Hanging Leg Lifts3. Sagi 6-Way with Dumbbells4. Bridge Crunch

AGILITY

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