



GRECA CHOI KWANG-DO MARTIAL ARTS

PURPLE SASH NINJA WARRIOR SYLLABUS

“ICE ELEMENT”

NEW TECHNIQUES	Upset Upward Punch, Casting Punch, Skipping Back Kick, Spinning Back Kick, Double Swing Kick (Front/Rear).
PATTERN & CARDIO DRILLS	<u>JEON-SA YOOK JAHNG</u> Start in Joon-Bee and do a stomp inward leg block, front heel kick, front casting punch, rear upset punch, rear heel kick, front casting punch, rear casting punch, front upward upset punch, dodge, front upward upset punch. Add a rear upset upward punch at the end. <ol style="list-style-type: none">1. Walking and Jogging2. Running3. Swimming
SPEED & ANAEROBIC DRILLS	Front Punch, Rear Punch, dodge, Rear Punch, Front Heel Kick Front Punch, Front Punch, dodge, Front Punch, Rear Punch, Rear Heel Kick. <ol style="list-style-type: none">1. Log Jump2. Walking and Running Intervals
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
AIR SHIELD	<ol style="list-style-type: none">1. Heavy Bag Free Form Attack with Quick Bursts of Speed (with Legs Only)
STRENGTH	<ol style="list-style-type: none">1. Superman-Banana2. Swimmers3. Alternating Leg Lifts

4. Walk the Plank

AGILITY

1. Cartwheel
2. Crow Hold
3. Handstands
