



# GRECA CHOI KWANG-DO MARTIAL ARTS

## PURPLE SASH NINJA WARRIOR SYLLABUS

### "ICE ELEMENT"

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#### NEW

**TECHNIQUES** Upset Upward Punch, Casting Punch, Skipping Back Kick, Spinning Back Kick, Double Swing Kick (Front/Rear).

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#### PATTERN &

##### CARDIO

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#### JEON-SA YOOK JAHNG

##### DRILLS

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.

1. Walking and Jogging
2. Running
3. Swimming

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#### SPEED &

##### ANAEROBIC

##### DRILLS

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Front Punch, Rear Punch, dodge, Rear Punch, Front Heel Kick  
Front Punch, Front Punch, dodge, Front Punch, Rear Punch, Rear Heel Kick.

1. Log Jump
2. Walking and Running Intervals

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#### 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

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#### AIR SHIELD

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1. Heavy Bag Free Form Attack with Quick Bursts of Speed (with Legs Only)

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#### STRENGTH

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1. Superman-Banana
  2. Swimmers
  3. Alternating Leg Lifts

**AGILITY**

4. Walk the Plank

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1. Cartwheel
  2. Crow Hold
  3. Handstands
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