



GRECA CHOI KWANG-DO MARTIAL ARTS

BROWN SASH NINJA WARRIOR SYLLABUS

"METAL ELEMENT"

NEW

TECHNIQUES Hammer Fist Strike, Twisting Kick (Front & Rear Leg), Skipping Twisting Kick, Spinning Heel Kick.

PATTERN &

CARDIO

JEON-SA GOO JAHNG

DRILLS

Start in Joon-Bee and do a double open hand inward block (weapon block), front outside crescent kick, spinning heel kick, side fist, rear hammer fist strike, front hammer fist, dodge, front hammer fist. Add a double fist 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 Twisting Kick (instep).
 2. Front Punch, Front Punch, dodge, Front Punch, Rear Punch, Rear Twisting Kick (ball of foot).
 3. Step-Up Front Punch, Spinning Heel Kick, Knife Hand, Rear Punch, dodge, Rear Punch, Rear Heel Kick.
1. Log Jump
 2. Walking and Running Intervals
 3. High Knees

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
9. Cliff Hanger/Rock Climb
10. Peg Wall Climb
11. Globe Grab
12. Spider Climb

13. Salmon Ladder

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. Arm Only Rope Climb (Hang)
 2. Rock Climb
 3. Globe Grasp Pull-Ups

AGILITY

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