



# GRECA CHOI KWANG-DO MARTIAL ARTS

## BROWN SASH NINJA WARRIOR SYLLABUS

### “METAL ELEMENT”

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<b>NEW TECHNIQUES</b>	Hammer Fist Strike, Twisting Kick (Front & Rear Leg), Skipping Twisting Kick, Spinning Heel Kick.
<b>PATTERN &amp; CARDIO DRILLS</b>	<b>JEON-SA GOO JAHNG</b> 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. <ol style="list-style-type: none"><li>1. Walking and Jogging</li><li>2. Running</li><li>3. Bear Walk</li></ol>
<b>SPEED &amp; ANAEROBIC DRILLS</b>	<ol style="list-style-type: none"><li>1. Front Punch, Rear Punch, dodge, Rear Punch, Front Twisting Kick (instep).</li><li>2. Front Punch, Front Punch, dodge, Front Punch, Rear Punch, Rear Twisting Kick (ball of foot).</li><li>3. Step-Up Front Punch, Spinning Heel Kick, Knife Hand, Rear Punch, dodge, Rear Punch, Rear Heel Kick.</li></ol> <ol style="list-style-type: none"><li>1. Log Jump</li><li>2. Walking and Running Intervals</li><li>3. High Knees</li></ol>
<b>PRACTICAL APPLICATION</b>	<ol style="list-style-type: none"><li>1. Quintuple Steps</li><li>2. Balance Bridge</li><li>3. Monkey Bars</li><li>4. Plyometric Jumps</li><li>5. Army Crawl</li><li>6. Body Prop</li><li>7. Post Balance</li><li>8. Nunchaku/Cone Grab</li><li>9. Cliff Hanger/Rock Climb</li><li>10. Peg Wall Climb</li><li>11. Globe Grab</li><li>12. Spider Climb</li></ol>

13. Salmon Latter

**AIR SHIELD**

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- 1. Heavy Bag Free Form Attack with Quick Bursts of Speed – ALL with 40 Technique Combo

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**STRENGTH**

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

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**AGILITY**

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

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