

CJR MARTIAL ARTS

Brown Belt Curriculum

COMBINATIONS: (Black Stripes)

1. Front Leg Double Round Kick, Step Behind Hook Kick Round Kick Side Kick, Back Punch
2. Back Leg Round Kick Side Kick, Reverse Hook Kick Round Kick, Back Punch
3. 360 Hook Kick, 360 Hook Kick, Back Leg Round Kick, Tornado Kick, Tornado Kick, Reverse Hook Kick, Back Punch

FORM: (White Stripes)

Choong-Moo

충무

CHOONG-MOO

The given name of Admiral Yi Sun-Sin,
inventor of the first armored battleship
in the year 1592 A.D.
(30 movements)