

CJR MARTIAL ARTS

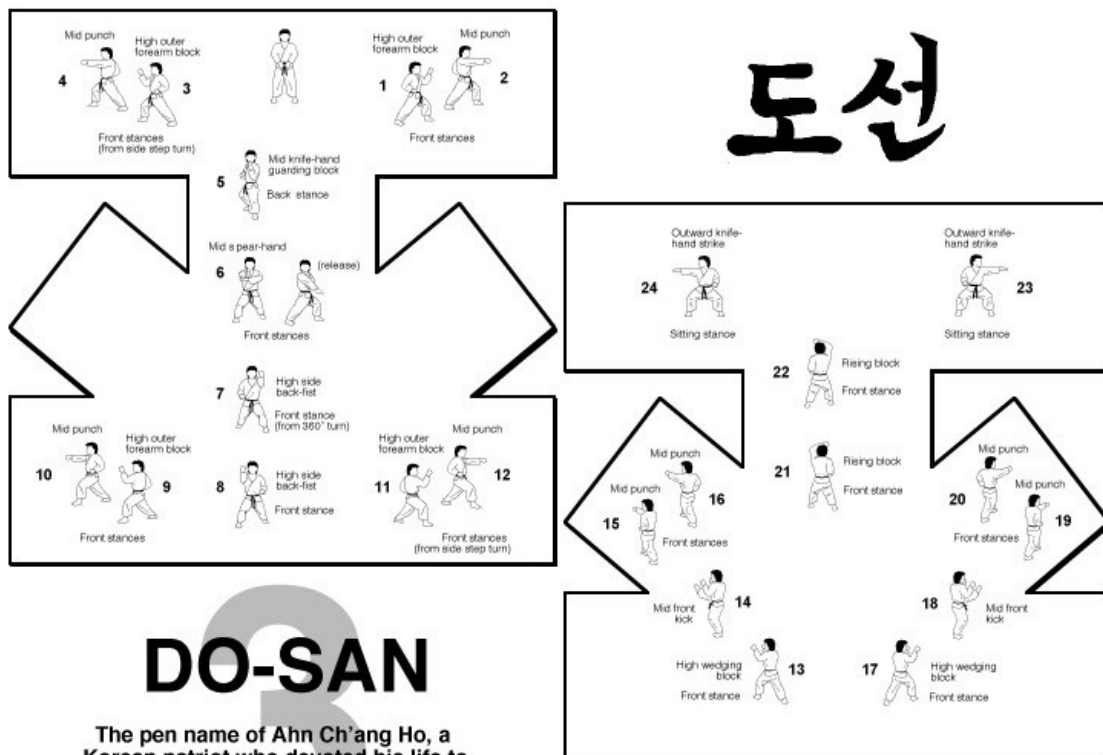
Gold Belt Curriculum

COMBINATIONS: (Black Stripes)

1. Front Punch, Back Punch
2. Front Punch, Back Punch, Front Ridge Hand
3. Front Leg Front Kick, Front Punch, Back Punch
4. Front Leg Side Kick, Front Punch, Back Punch
5. Front Leg Round Kick, Front Punch, Back Punch
6. Front Punch, Back Punch, Back Leg Front Kick, Back Leg Round Kick, Back Ridge

FORM: (Green Stripes)

Do-San



DO-SAN

The pen name of Ahn Ch'ang Ho, a Korean patriot who devoted his life to furthering education in Korea.
(24 movements)