



KKCMA

Koden Kan Combined Martial Arts

1ST DEGREE BLACK BELT QUALIFICATION TEST (SHODAN)

There will be a written test and a 1500 word essay on “The Essence of Application of Koden Kan Combined Martial Arts in Modern Times”

First Day – Individual Techniques

- A. Basic Hand and Foot Techniques
- B. Cat-fall Kicks
- C. Knee Strikes
- D. Combination Kicks
- E. Jumping Kicks
- F. Stances and Pivots in Movement
- G. Basic Four Corner Cover Movements
- H. Basic Katas
- I. Koden Kan Heians
- J. Naihan Chin Katas
- K. Tumbling Routine
- L. Tumbling Maneuvers

Second Day – Partner Techniques

- A. Blocks with Partner**
- B. Cat-fall Kicks with Partner**
- C. Jumping Kicks with Partner**
- D. Knee Strikes with Partner**
- E. Sparring Techniques with Partner**
- F. Sparring Counters with Partner**
- G. Defensive Arts 1 – 20**
- H. Aiki-Jitsu 1 – 35**
- I. Yawara Board Techniques 1 – 16**
- J. Major Throw Counters 1 – 5**
- K. Block and Counter Techniques (five groups)**
- L. Offensive Arts 1 – 5**
- M. Kenpo Techniques 1 – 5**
- N. Wrist Escapes and Reversals 1 – 3**
- O. Floor Defenses 1 – 3**
- P. H2H Techniques 1 – 14**
- Q. Weapons Defenses**
 - 1. Club Defense 1 – 5**
 - 2. Knife Defense 1 – 6**
 - 3. Pistol Disarming 1 – 5**
- R. Grab and Rip Techniques 1 – 6**
- S. Multiple Punch Defense 1 – 2**
- T. Situation Defensive Tactics 1 – 5**
- U. Bull Ring Tactics**
- V. Sparring**
- W. Breaking Techniques 1 – 3**

DAY ONE**BASIC HAND AND FOOT TECHNIQUES****Blocks**

1. Rising
2. Inward
3. Outward
4. Downward
5. Scooping
6. Roundhouse
7. High Scooping Outward
8. Inward Palm
9. Outward Shuto
10. Sweeping Palm (midsection)
11. Double X Upward
12. Double X Downward
13. Two Hand Mantis Block
 - A. Simultaneous
 - B. One-Two with Back Hand First in Cat Stance
14. Wrist Rising, Downward, Outward, Inward
15. Cover Block
16. Double Outward
17. Simultaneous HSO and Downward
18. Cross Block
19. Downward Block with guard
20. **Double Wrist Block Rising**
 - A. Together
 - B. Apart



Punches

1. Forward Thrust
2. Vertical Forward Thrust
3. Reverse
4. Vertical Reverse
5. Double Knuckle
6. Vertical Double Knuckle
7. Upper-Cut
8. Roundhouse
9. Forward Back Knuckle
10. Side Back Knuckle
11. Backward Back Knuckle
12. Downward Back Knuckle
13. Upward Back Knuckle
14. Outward Back Knuckle
15. Short Hook
16. U-Punch
17. Cross Punch
18. Dropping Straight Down Thrust Punch
19. Inward Forearm Smash
20. Corkscrew Punch
21. **Overhand Punch**
22. **Under/Over Punch**
23. **Downward Windmill Palm**
24. **Horizontal Slicing Roundhouse Punch**

Hammer Fists

1. Inward
2. Outward
3. Downward
4. Upward
5. Forward
6. Cover Hammer
7. Follow-thru Outward
8. **Spinning Outward**

Chops

1. Inward
2. Outward
3. Downward
4. Upward
5. Forward
6. **Outward and Down**
7. **Cover Downward**
8. **Forward and Down**

□ **Pokes and Fists**

1. Horizontal
2. Vertical
3. Tiger Claw
4. Scooping Ridge Hand
 - A. Bent Elbow
 - B. Straight Arm
5. Two Finger
6. One Finger
7. Palm Heel
8. Ridge Hand
9. Fore Knuckle
10. Extended Knuckle
11. Open Ridge Hand
12. Japanese Fist
13. Wrist Back
14. Chicken Beak Hand
15. **Extended Thumb Roundhouse Fist**
16. **Sun Fist**
17. **Bear Claw**

□ Elbow Strikes

1. Low Back
2. Forward
3. Downward
4. Rising
5. Straight Back
6. Reverse Back
7. Cross Back
8. Straight Side
9. Hooking to Head (forward)
10. Jumping Circular Downward
11. Jumping Forward
12. Dropping Forward
13. Drop Spin Cross Back
14. Dropping Forward Spin Cross Back
15. Back Scooping to Chin
16. Over and Down

Front Kicks

1. Field Goal Kick
2. Forward Snap (ball of foot)
3. **Upward Snap (instep)**
4. Forward Thrust
5. Forward Heel Thrust
6. Hop-In Forward Thrust
7. 45° Upward Forward Thrust
8. Forward Heel Stomp

Back Kicks

1. Back Heel Stomp
2. Back Heel Thrust
3. Spinning Back Heel Thrust

Side Kicks

1. Short Side
2. Slide-up Side Thrust
3. Sliding Side Thrust
4. Cross-over Side Thrust
5. **Cross-behind Side Thrust**
6. Hop-behind Side Thrust
7. Hop-in Side Thrust
8. **Spinning Side Thrust**
9. Side Snap

Kicks

1. Cross Behind Heel Hook
2. Spinning Heel Hook
3. Inward Crescent
4. Outward Crescent
5. Inward Ax Kick
6. Outward Ax Kick
7. **Angular Ax Kick (outward)**
8. Spinning Wheel Kick
9. Arch Kick
10. Heel Lift
11. Wrap Kick

Roundhouse Kicks

1. Kodan Kan
2. Short to Body
3. Short to Head
4. Inverted RH (to body and head)
5. Thigh Kick (Standard and Circular)
6. 45° Up (Rib Kick)
7. 45° Down
8. Follow-Through
9. Front Hook
10. Slide-up
11. Sliding
12. Switch Kick 1-2-3
13. **Spinning Back Roundhouse**

Cat-fall Kicks

1. Side Thrust
2. Roundhouse
3. Drop Spinning Back Heel Thrust
4. Shoulder Roll into Side Thrust
5. Back Drop into Straight Up Heel Thrust
6. **Shoulder Roll into Roundhouse**
7. **Scissors Takedown**
8. **Shoulder Roll into Scissors Takedown**
9. **Forward Roll into Double Heel Thrust**
10. **Forward Roll, Heel Grab, Rolling Ax Kick to Collar Bone, Heel Strike to Solar Plexus**

Knee Strikes

1. Forward
2. Upward
3. Koden Kan Roundhouse
4. Muay Thai Roundhouse
5. **Dropping (upright and driving down)**
6. **Jumping Forward (1 & 2)**

□ **Combination Kicks**

1. **Forward Snap – Roundhouse**
2. **Forward Thrust – Spinning Back Heel Thrust**
3. **Hop-In Side Thrust – Jumping Roundhouse**
4. **Inward Crescent – Spinning Outward Crescent**
5. **Sliding Double Roundhouse to Solar Plexus & Face**
6. **Roundhouse – Cross Behind Heel Hook**
7. **Forward Thrust – Side Thrust – Back Heel Thrust (3-way)**
8. **Lunging Forward Thrust – Jump Spinning Back Heel Thrust**
9. **Forward Leg Sliding Roundhouse – Jump Spinning Heel Hook**
10. **Hop-in Side Thrust – Spinning Heel Hook – Roundhouse**
11. **Snap – Roundhouse – Spinning Heel Hook – Jump Spinning 360°
Back Heel Hook**
12. **Forward Leg Sliding Roundhouse – Jump Spinning 360°
Roundhouse**
13. **Six Roundhouse Kicks in a Circle**
14. **Short to Body Roundhouse, Side Thrust (same leg, different
opponents)**

□ **Jumping Kicks**

1. **Jumping Snap Kick**
2. **Chicken Kick**
3. **Flying Side Thrust**
4. **Jumping Roundhouse**
5. **Jumping Forward Thrust**
6. **Jumping Forward Snap – Roundhouse (opposite legs)**
7. **Jump Behind Outward Ax**
8. **Jump Spinning Back Heel Thrust**
9. **Jump Spinning Side Thrust**
10. **Jump Spinning Heel Hook**
11. **Jump Spinning Outward Crescent**
12. **Jump Spinning 360° Inward Crescent**
13. **Jump Spinning 360° Roundhouse**
14. **Flying 45° Side Thrust**
15. **Jumping 45° Double Forward Thrust**
16. **Split Kick**
17. **Hurricane Kick**
18. **Flying Double Leg Side Thrust**
19. **Flying Double Leg Forward Thrust**
20. **Flying Scissor to Neck**
21. **Jumping Front Kick, Spinning Back Heel Thrust**
22. **Jumping Triple Kick**

□ **Stances and Pivots** (in movement, like kata) [Write out]

1. **Set Stance (Kiba-Dachi)**
2. **Forward Stance (Zenkutzo-Dachi)**
3. **Backward Stance (Kokutzo-Dachi)**
4. **Dynamic Stance (Sanchin-Dachi)**
5. **Cat Stance (Neko-Ashi-Dachi)**
6. **Backward Cat Stance (Gyaku Neko-Ashi Dachi)**
7. **L-Stance (Renoji-Dachi)**
8. **Lunge Stance**
9. **Half-Stance (Hangetzo-Dachi)**
10. **Fighting Stance (Kumite Dachi)**
11. **Escrima Stance**
12. **Back Pivot in Zenkutzo-Dachi**
13. **One Legged Stance (Ippon-Ashi-Dachi)**
14. **Front Pivot in Kokutzo-Dachi**

FORMS

 Basic Four Corner Cover Movements 1 – 10

- 1. Four Corner Cover Movement #1
- 2. Four Corner Cover Movement #2
- 3. Four Corner Cover Movement #3
- 4. Four Corner Fighting Form
- 5. Four Corner Bo Kata
- 6. Four Corner Escrima Kata
- 7. Four Corner Sai Kata
- 8. Four Corner Bo Two-Man Set
- 9. Four Corner Escrima Two-Man Set
- 10. **Four Corner Personal Weapon Kata** [Write out with Diagram]

Basic Katas 1 – 8

- 1. **Basic Kata #1**
- 2. **Basic Kata #2**
- 3. **Basic Kata #3**
- 4. **Basic Bo Kata**
- 5. **Basic Escrima Kata**
- 6. **Basic Bo Two-Man Set**
- 7. **Basic Escrima Two-Man Set**
- 8. **Basic Personal Weapon Kata** (dual weapons) [Write out]

Koden Kan Heians 1 – 9

- 1. Heian #1
- 2. Heian #2
- 3. Heian #3
- 4. Heian #4
- 5. Heian #5
- 6. Heian Bo Kata
- 7. Heian Escrima Kata
- 8. Heian Personal Weapon Kata
- 9. Heian #4 with Sai

Naihan Chin Katas 1 – 3

- 1. Naihan Chin Shodan
- 2. Naihan Chin Nidan
- 3. Naihan Chin Sandan

TUMBLING TECHNIQUES

Tumbling Routine (Accompanying Diagram)

On the Mat (optional)

1. Back Hand Spring
2. Back Flip in Tuck (standing or from round-off)
3. Back Layout in Arched Position (from round-off)
4. Round-off/Back Handspring Combination
5. **Three Back Handsprings in Sequence**
6. Front Flip into Neck Spring
7. Diving Forward Roll, Front Flip
8. Neck, Head, Hand Spring over Obstacle (Mini-Tramp, Black Box)
9. **Front Flip into Double Forward Heel Thrust (may use big blue pad)**
10. **Run, Jump Hong-Kong Spin**

Trampoline (Information Only)

1. Front Flip in Tuck
2. Front Flip in Pike
3. Front Flip in Splits
4. Swivel Hips
5. Turntable
6. Back to Back
7. Back Drop into Rollover
8. The Combination
9. Back Flip in Tuck
10. Back Flip in Lay-out

End of Day 1

DAY TWO

Blocks with Partner

1. Wrist Rising, Downward, Outward, Inward Combo
2. Outward Shuto

Cat-fall Kicks with Partner

1. Side Thrust
2. Roundhouse
3. Drop Spinning Back Heel Thrust
4. Shoulder Roll into Side Thrust
5. Back Drop into Straight Up Heel Thrust
6. **Shoulder Roll into Roundhouse**
7. **Scissors Takedown**
8. **Shoulder Roll into Scissors Takedown**
9. **Forward Roll into Double Heel Thrust**
10. **Forward Roll, Heel Grab, Rolling Ax Kick to Collar Bone, Heel Strike to Solar Plexus**

Jumping Kicks with Partner

1. Flying 45° Side Thrust
2. Split Kick
3. Flying Double Leg Side Thrust
4. Flying Double Leg Forward Thrust
5. Flying Scissor to Neck
6. Jumping Front Kick, Spinning Back Heel Thrust
7. Jumping Triple Kick

Knee Strikes with Partner

1. Forward
2. Upward
3. Koden Kan Roundhouse
4. Muay Thai Roundhouse
5. Dropping (upright Slide and driving down)
6. Jumping Forward (1 & 2)

□ Sparring Techniques with Partner

1. **Snap-Roundhouse (same leg), Spinning Back Heel Thrust, Jumping Forward Thrust Kick**
2. **Hop-behind Side Thrust, Spinning Heel Hook, Snap-Roundhouse**
3. **Drop Spinning Back Heel Thrust, Kneeling Roundhouse Kick, Rising Block with Reverse Punch, Stand with Forward Thrust Kick**
4. **Back Knuckle, Forward Thrust Punch, Back Knuckle (same hand), Forward Thrust Kick, Back Knuckle, Forward Thrust Punch**
5. **Back Knuckle-Hop Behind Side Thrust, Slide-up Back Knuckle, Cross Behind Heel Hook**
6. **Hop-in Forward Thrust Kick, Jamming Technique with Forward Hand, Back Hand Reverse Punch**
7. **Lunging Back Leg RH Kick, Outward Ax Kick, Lunge with Back Knuckle, Short Hook**
8. **Lunging Double Outward Back Knuckle**
9. **Rocket Punch**
10. **Sliding Front Leg Side Thrust, Fly-by RH Kick**
11. **Hand Blitz (5 – 8 hand techniques)**
12. **Snap-Roundhouse, Switch Kick, Switch Kick, Rocket Punch**
13. **Lunging Back Leg Outward Ax, Jumping Front Kick Spinning Back Heel Thrust**

Sparring Counters with Partner

1. **(Roundhouse Kick) Outward Leg Sweep (follow-up)**
2. **(Roundhouse Kick) Inward Leg Sweep (follow-up)**
3. **(High Kick) Spinning Back Broom Sweep (follow-up)**
4. **(Roundhouse) Hop 45° Angle to Inside of Attacker with Front Leg**

Forward Thrust

5. **(Roundhouse) Hop 45° Angle to Inside of Attacker with Back Leg**

Side Thrust

PARTNER TECHNIQUES

Defensive Arts

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.

**Aiki-Jitsu Techniques****[Both Sides]**

1. **Cross-Over Grab and Counter**
2. **Inward Grab and Counter**
3. **Double Hand Grab, Break and Counter**
4. **Cross-Behind Arm Bar**
5. **Step Across Figure-4 Arm Bar**
6. **Forward Lunging Arm Swing**
7. **Forward Drive Figure-4 Arm Bar Takedown**
8. **Arm Pull into Reversal**
9. **Inward Grab Takedown, Roll Over, and Control**
10. **Step Through Spinning Arm Lock/Throw**
11. **Cross Over Takedown with Outward Reaping Throw and Control**
12. **Left Block and Grab, Spin to Right, Takedown and Counter**
13. **Hand Trap on Chest, Drop to Knee and Control**
14. **Inward Grab, Body Twist Takedown and Counter**
15. **Two Hand Mantis Block into Hand Trap Back Kick Throw**
16. **Neck Throw with Three Submissions**
 1. **Arm Bar with Legs, Both Arms Squeeze Neck**
 2. **Wrap Arm Around Neck, Squeeze**
 3. **Wrap Arm Around Neck, Grab Own Elbow, Squeeze**

17. **Back-Breaker from RH Kick**
18. **Hip Throw from Aggressive Opponent**
19. **Shoulder Throw from Aggressive Opponent**
20. **Inward Sweep from Aggressive Opponent**
21. **Outward Reaping Throw (Single and Double)**
22. **Single Broom Sweep**
23. **Double Broom Sweep**
24. **Lapel Throw**
25. **Wrist Grab and Shoulder Over**
26. **Double Shuto Leg Sweep**
27. **Leg Scissors Choke and Neck Break**
28. **Leg Lock Arm Bar 1 – 3**
29. **The Leg Pretzel**
30. **Leg Hammer Lock**
31. **Leg Lock Arm Break**
32. **Body Smother Hammer Lock**
33. **Achilles Choke**
34. **The Arm Pretzel**
35. **Wrapping Shin Throw**

□ Yawara Board Techniques

1. The Wedge
2. Two Finger Push Away
 - A. Push Back
 - B. Add Hop-Behind Side Thrust
3. Hair/Shirt Grab Defense #1
 - A. Wristlock, Grab Head, Knee
 - B. Long Arm Bar on Floor, Shin in Shoulder, Pull up on Arm
4. Rear Windmill (3 rapid fire Tiger Claws) Take Down
5. Head Lock Defense #1
6. Front Windmill
7. Side Grab Defense
 - A. Look, Slap, Step
 - B. Shoulder Shrug
 - C. Arm Lock, Ridge Hand, Chop
8. Figure – 4 Choke Hold
9. Figure – 4 Choke Hold Counter
10. Headlock Defense #2
11. Backward Roll Kick Throw
12. Handshake Counters #1 and #2
13. Wall Defense
 - A. Thumb in Armpit
 - B. Long Arm Bar
 - C. Head Slam
14. “Friend or Foe” Aggressive Opponent
15. Base of Neck Pinch Take Down Aggressive Opponent
16. **Yawara Stick 1 & 2 (From Wrist Grab)**

□ Major Throw Counters

1. Outward Reap 1 Leg
2. Outward Reap 2 Legs
3. Hip Throw
4. Shoulder Throw
5. Backward Roll Kick Throw

□ Rising Block and Counters

1. Rising Block, Vertical Thrust Punch to Ribs, Inward Foot Sweep, Back Heel Stomp to Body
2. Rising Block, Palm Heel to Chin with Knee to Groin Simultaneously
3. Rising Block, Inward Hammer Blow to Kidneys, Open Ridge Hand to Throat
4. Rising Block, Horizontal Poke to Throat, Reverse Punch to Heart Area
5. Rising Block, Two Finger Poke to Eyes, Forward Elbow Smash to Solar Plexus
6. Rising Block, Inward Hammer to Temple and Eyes Area, Forward Thrust Punch to Solar Plexus
7. Rising Block, Inward Chop Across Eyes and Nose, Grab and Rip to Groin
8. Rising Block, Upper Cut to Jaw Area, Pivot with Upward Hammer to Groin
9. Rising Block, Moving to Outside (45), Inward Forearm Smash, Roundhouse Punch to Sinus Cavity
10. Rising Block, Downward Chop to Collar Bone, Fore Knuckle to Throat

□ Inward Block and Counters

1. Inward Block, Glancing, Reverse Hand Action into Back Knuckle to Face, Short Hook to Ribs
2. Inward Block, Outward Chop to Throat, Forward Thrust Punch to Heart Area
3. Inward Block, Short Lunge Forward, Grab Wrist with Left Hand and Pull into Side Elbow Smash to Head, Step Back with Left Foot and Deliver Right Side Thrust Kick to Ribs
4. Inward Block, Forward Back Knuckle to Bridge of Nose, Reverse Punch to Tip of Nose, Forward Snap Kick to Groin
5. Inward Block, Grab Wrist in AIKIDO Grab, Take Arm Over and Down into Long Arm Bar, Knee Lift to Side of Ribs, Spinning Ax Kick to Middle of Spine
6. Inward Block, Scooping Ridge Hand to Groin, Cross Elbow Strike to Head or Face
7. Inward Block (from outside), Roundhouse Punch to Side of Jaw, Grab Hair on Top of Head, Takedown Backwards, Follow-up with Fore Knuckle Strike to Throat
8. Inward Block (from outside), Open Ridge Hand to Throat, Grab Throat and Execute Right Outward Reaping Leg Sweep, Finish with Spinning Back Heel Stomp to Upper Body Area
9. Inward Block, Glancing Reverse Direction with Outward Hammer Strike to Face, Cross Punch to Face and Follow with a Low Jump-Spinning Outward Hammer Fist to Face with a Roundhouse Kick to the Face or Upper Body Area
10. Inward Block (from outside), Scooping Ridge Hand to Groin and Throat, Reach Behind with Both Hands and Grab, Pull into Lunging RH Knee to Solar Plexus or Chest Area

□ High Scooping Outward Block and Counters

1. Left Block, Short Forward Back Knuckle to Bridge of Nose, Vertical Forward Thrust Punch to Jaw, Forward Snap Kick to Small Intestines

2. Right Block and Grab, Forward Thrust Kick to Ribs, Short Side to Knee with Same Leg, Long Side Thrust to Side of Head or Neck with Same Leg

3. Left Block, Two Finger Poke to Eyes, Lunge in with Rising Elbow Strike to Chin, Downward Back Knuckle to Face with Same Hand

4. Right Block and Grab, Back Leg Side Thrust to Rib, Grab Hair or Collar and Pull Back and Down onto Knee Strike, While Opponent is Still on Knee, Downward Elbow to Solar Plexus

5. Right Block and Grab, Back Leg Side Thrust to Ribs, Same Foot Heel Hook to Back of Head, Reverse Direction into Roundhouse Kick to Face or Throat

6. Right Block and Grab, Right Lifting Forward Thrust Kick to Arm Pit, Put Foot Down and Right Snap Kick to Groin, Force Arm Down Hard and Between Legs, Grab Wrist with Other Hand from the Rear, Step to Rear Pull up and Forward on Wrist, Finish with Inward Ax Kick to Face or Throat

7. Left Block, (stepping back with right foot then lunge forward with left), Right Forward Chop to Side of Nose, Right Upward Elbow to Chin or Jaw, Right Outward Chop to Base of Right Ear, Left Hooking Elbow to Head, Grab and Execute Right Forward Knee to Solar Plexus, Finish with Right or Left Downward Elbow Smash to Spine

8. Right Block (stepping forward with left foot) and Grab, Pull into Right Knee Lift to Lower Body, Step Back Slightly and Execute Left Inward Ax Kick to Back of Head or Neck, with a Firm Hold Still on Wrist, Squat Down to Apply Pressure on Elbow and Pull up Which Takes Opponent Down, Finish with a Back Heel Stomp to Head

9. Left Block and Grab, Circle Under with Right Hand, Upward Palm Strike to Elbow, Lift Hand up Lunge in and Under Arm, Right Side Elbow to Ribs, Step Through and Under Arm, Change Arm over to Right Hand, Left Reverse Back Elbow to Ribs, Grab Wrist with Both Hands and Jerk Downward over Shoulder Breaking Elbow, Finish with Right Outward Reaping Takedown and Front Hook Kick to Chin

10. Left Block (stepping forward with right foot), Open Hand into an Open Palm Strike to Face, Left Foot Moves up to it, Jump Spinning Outward Ax Kick to Collar Bone, Lunge in with Outward Back Knuckle to Temple

□ Downward Block and Counters

1. Side Thrust Attack: Lunge in with back hand block, grab leg in crook of elbow, upward knee strike to inside of thigh and immediately follow with same leg arch kick to knee continuing to the floor. Wrap right leg around their leg, grab foot in Aikido grab and twist as you push down on foot for control or dislocation.
2. Forward Thrust Kick Attack: Offset front hand block and grab, lift leg high while grabbing upper uniform for inward sweep, grab leg tightly with both arms and do a pile-driver into the floor applying downward pressure to the hip and knee.
3. Spinning Back Heel Thrust Kick Attack: Lunge in with back hand block, instep snap kick or lifting shin kick to groin, thigh kick, grab arm, neck, or jaw and takedown and apply scissor choke or figure-four leg choke.
4. Forward Thrust Kick Attack: Side step with front hand block and grab, palm heel to chin and push back for outward sweep. Wrap hands around ankles and apply finger pressure to Achilles tendons and quickly do a forward heel stomp to groin.
5. Front Hook Kick Attack: Front hand block and grab, step forward next to held leg as you switch hands on the grab and do a step-thru spinning wrap kick to head and follow-thru to floor with DBT to held knee. Drop with both knees into lower body followed by three punches to face, throat, or upper body.

□ Scooping Block and Counters

1. Step back with right hand block, spin opponent around on throw and grab collar or shoulder for short hook to ribs, kidney, or spine. Both hands grab both sides of the neck muscles and pull back into forward knee to spine.
2. Left block, field goal kick or instep snap kick to groin, grab head, shoulders, or shirt with both hands and execute four running-in-place upward knee strikes to face, step back with left pulling on shirt or neck toward the ground, step back again with right and finish with a windmill hammer to back of head.
3. Step back with right hand block, left forward thrust (BB Whip Kick) to lower spine or coccyx, both hands grab the lower mandible and pull back and down slamming head to the floor, drop with a double-X hammer and wrist strike to throat, finish with three rapid strikes to face.
4. Left block, short side thrust kick to knee, grab head for follow-thru roundhouse knee to side of head. (If you lose head control, follow-thru shin kick.)
5. Step back with right hand block, circular thigh kick, inside thigh kick, grab and drop to ground with Anaconda to tap-out.

□ Offensive Arts

1. Forward Hand Tiger Claw to Face, Fore Knuckle to Throat, Forward Knee or Thrust Kick to Stomach
2. Grab Shoulder with Cross Grab, Twist Opponent Around, Step Behind Opponent, Grab Face or Throat, Muay Thai RH Knee to ribs/kidney, Switch Hand as you Apply Hammer Strike to Head or Face Before Opponent Hits the Ground on his Back
3. Instep Snap Kick to Groin, Short Side to Nearest Knee with Same Foot, Grab Neck, Shoulders, or Hair with Both Hands Pull Back and Slam Face into Ground, Stomp to Body
4. Jump Up and Forward as you Grab Hair with Both Hands, While Still in the Air do a Forward Knee to Head or Neck, Land and Execute Heel Stomp to Available Target
5. Stepping in Spinning Outward Hammer, Thigh Kick to Groin or Thigh, Follow-Thru Inward Kick-Reap to Lower Calf or Achilles Tendon, Follow-Thru Finish with Angular Ax Kick

Kenpo Techniques

1. **Kimono Grab**
2. **Sumo Grab**
3. **Eagle Beak/Elbow Break Block, Groin Kick**
4. **Crossing Talons with Neck Break**
5. **Over and Under Grab with Elbow Break**

Wrist Escapes and Reversals

1. **Wrist Escapes**
 - A. **Front 1 – 3**
 - B. **Side 1 – 3**
 - C. **Rear 1 – 3**
2. **Wrist Reversals and Counters**
 - A. **Front 1 – 3**
 - B. **Side 1 – 3**
 - C. **Rear 1 – 3**

Floor Defense

1. **Side Grab Defense**
2. **Say A Prayer**
3. **Ground and Pound Defense #1**



H2H Techniques

1. Tiger Claw
 - A. Rising Block, Tiger Claw, Forward Knee
 - B. Add Thigh Kick
 - C. Switch Kick
2. Two Hand Push Counter
 - A. Double Block, Double Palm, Forward Thrust Kick
 - B. Add Hop-Behind Side Thrust
3. Arch Kick
4. Inward/Outward
5. Rear Arm Choke Counter
 - A. Control
 - B. Anaconda
6. Cover Block
 - A. Cover Hammer, Tiger Claw, Forward Knee or Thrust Kick
 - B. Block, Grab, Elbow, Takedown, Elbow
7. Roundhouse Kick Takedown
 - A.
 - B. **With Outward Sweep**
8. Triple Knee
9. Figure-4 Arm Lock
 - A. Control
 - B. Takedown
10. Wrist-to-Wrist Come-Along
 - A. Standing in Neutral Position (initiate)
 - B. From Inward Block
11. Head Twist Takedown
 - A. From Front Choke
 - B. From Punch from the side (block, step-in spin takedown)
 - C. **Rear**
12. Neck Twist Takedown
13. Iron Anvil
 - A. Double Palms to Ribs
 - B. Double Palms to Chin
14. Simultaneous Block-Strike
 - A. Inward Palm – Horizontal Thrust Punch
 - B. HSO Block – Vertical Thrust Punch
 - C. Rising Block – Short Hook

□ Club Defense (Always Take Weapon Away)

1. Opponent Strikes with Inward One Hand Baseball Bat Swing:
 - Lunge in quickly with Left Outward Block and Right Elbow grazing Shoulder, Turn into Figure 4 Arm Bar with Right Hand grabbing weapon
 - Two Cross Back Elbows to the head, shift Left Hip with Left Heel Lift to groin, Right Heel Wrap Kick to spine
 - Pry Weapon out of Hand with right hand and Strike to opponent's knee while stepping away
2. Opponent Strikes with Inward One Hand Baseball Bat Swing:
 - Right-side Cat-fall Roundhouse Kick, spin with Left Heel Hook to clavicle, as Right Foot Hooks behind the Achilles tendon
 - Scissor Takedown then finish with Right Ax Kick to available body target
3. Opponent Attacks with Double-Hand Over-Hand Downward Axe-like Strike:
 - Wedge Block separating arms, Grab Arm with one hand, Neck Throw with other and go down with opponent
 - Apply Neck Lock with Arm Smother for tap out
4. Opponent Comes in with Two Hand Baseball Strike:
 - Duck and Drop with Left Foot Back, Stand Up, Left Roundhouse to Back and Knee
 - Left Shoulder Shove, Right Forearm Smash to Side of Neck, Grab Neck, Right Short Side to Back of Knee, Takedown Across Hip and Twist Opponent
5. Opponent had Right Foot Forward and Executes an Outward Strike to Ribs:
 - Left Palm to Shoulder, Right Palm to Face, Grab Face, Right Knee, Left Forearm or Elbow to Face, Opponent Falls
 - Hop Over, Step on Club, Stomp on Hand

□ Club Disarm

1. Inward Strike 1 and 2
2. Outward Strike 1 and 2

□ Knife Defense

1. Opponent Attacks with Inward Side Slash:
 - Hands up in Defensive Posture, lunge in to right, execute Left Downward Block/Chop to wrist with simultaneous Right Forward Chop to shoulder joint
 - Left-hand grabs wrist and twists, Right Hooking Elbow to head
 - Right Straight Side Elbow combined with Right Outward Hammer Strike to side of head
 - Right Upward Palm Strike to elbow as Left-hand forces down on wrist
 - Grab shoulder or lapel with Right-hand, turning the body into Left Knee to groin
2. Opponent Attacks with Inward Side Slash and Reverse Stab:
 - Move Back to Avoid Slash then lunge forward to Left with a simultaneous Right Outward Block to forearm and Left Forward Chop to tricep
 - Left-hand slides down the arm to the wrist, with both hands grasp the hand with Crossed Thumb Grab, raise hand up with Left Step Back, pull down to floor with Right Step Back
 - Remove Weapon with Right-hand and cut wrist
3. Opponent Attacks with an Upward Slash and then a Downward Stab:
 - Move Back then Forward and Left. Right Open Rising Block and redirect the Knife hand down and into opponent's thigh
 - Place Right-hand over Knife Handle and execute Forward Knee Strike driving Knife into Bone
 - Grab hand with Step Through Spinning Arm Throw, follow with Heel Stomp to Knife in Thigh
4. Opponent Attacks with a Straight Stab to Stomach:
 - Move to Right, Downward Block with Left to Wrist and Cross Right Hand over Top, Grab Hand and Raise it Up Inside Wrist Lock as you Step Back with Left, Pull Down with Right Step Back
 - Place Left Knee on Shoulder and Right Hammer Fist Under Hand, Left Downward Palm Heel Strike to Elbow
 - Alternate ending: Grab Wrist with Both Hands and Pull Up and Back
5. Opponent Reaches Around from Behind with Knife to Throat:
 - Grab Blade with Left Hand (palm facing in), Right Hand Grabs Knife Hand in Small Circle Position, Step Back with Right and Twist
 - Drop Weight for Takedown, Disarm and Stab Opponent with Protruding Tip
6. Butterfly Block #1, #2 and #3 (Anaconda)

□ Pistol Disarm

1. Pistol aimed at chest in close proximity:

- Step in slightly grabbing the barrel and twist to side causing opponent's wrist to bend
- Strike the inside of wrist with lower thumb bone and pull the hand toward your chest and punch the pistol toward opponent's chest
- Cross away with weapon low and tight, bring pistol up into firing position pointing at a low center of mass

2. Pistol aimed at head with two hand hold at close proximity:

- As quickly as you can, bring both hands up in a butterfly block and grasp the weapon tightly with both hands
- Shoot both feet out into set stance and rotate the weapon up then forward driving the weapon down toward the floor
- Cross away and take up firing position

3. **Disarming techniques for pistol touching the small of your back**

4. **Disarming techniques for pistol touching the lower neck from behind**

5. **Rifle Disarm #1**

Grab and Rip Techniques (Two Each) [Write out]

1. Groin
 - A.
 - B.
2. Throat
 - A.
 - B.
3. Arm Pit
 - A.
 - B.
4. Ribs
 - A.
 - B.
5. Face
 - A.
 - B.
6. Back of Knee
 - A.
 - B.

Multiple Punch Defense (Two Each) [Write out]

1. Double Cross- Punch Counter
 - A.
 - B.
2. Boxer's 1-2 Punch Counter
 - A.
 - B.

Situation Defensive Tactics (Two Each) [Write out]

1. Wall

A.

B.

2. Sitting on Floor

A.

B.

3. Sitting in Chair

A.

B.

4. Inside of Car

A.

B.

5. Counter/Bar/Table (Choose one)

A.

B.

SPECIALTY SECTION

 Bull Ring Tactics

1. **Four Opponents** (choreographed by individual) [write out]
2. **Eight Opponents** (by the numbers using learned techniques)
3. **Eight Opponents** (choreographed by individual) [write out]

 Sparring

1. **Single Opponent** (five bouts, two minutes each)
2. **Multiple Opponents** (5 opponents, Ni-Kyu and above)

 Breaking Techniques

1. **Boards** (8 positions, advanced level of difficulty, 4 hands, 4 feet)
2. **Bricks** (stationary, three different strikes, two hands simultaneously)
3. **Flaming Brick (minimum of five)**

End of Test!

Michael M. Foley

Professor

- Passed
- Passed, Needs Work
- Failed