



**Qualification Test for 1<sup>st</sup> Degree Black Belt  
in Kodan Kan COMBINED Martial Arts**

**SHODAN**

## 1st Degree Black Belt Qualification Test (Shodan) ver.2.0.1 - 4/24/13

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

### First Day - **INDIVIDUAL TECHNIQUES**

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- B. Combination Kicks 1-13
- C. Cat-fall Kicks 1-10
- D. Jumping Kicks 1-20
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- F. Stance and Pivots in movement
- G. Basic Four Corner Cover Movements 1-10
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- K. Tumbling Routine
- L. Tumbling Maneuvers,
- M. Trampoline

## Second Day - Partner Techniques

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## a. DAY ONE

# Basic Hand and Foot Techniques

### □ BLOCKS

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1. Rising - kumite dachi FH
2. Inward- step in side facing Zenkutso dachi FH
3. Outward - step out zenkutso dachi BH
4. Downward - move to side kumite dachi
5. Scooping - step back zenkutso dachi FH
6. Roundhouse - side facing zenkutso dachi BH
7. High Scooping Outward - slide back Neko Ashi dachi
8. Inward Palm - step in kumite dachi FH
9. Outward Shuto - slide back neko ashi dachi
10. Sweeping Palm (midsection) - step back kumite
11. Double X Upward - lunge forward lunge stance
12. Double X Downward - zenkutso
13. Two Hand Mantis Block - slide back neko ashi
14. Wrist Blocks- Upward, Downward, Outward, Inward (Combo done w/ partner) - kumite
15. Cover Block - kumite
16. Double Outward - step back zenkutso
17. Cross Block - lunge in and to side kumite dachi
18. Downward Block with Guard - step out zenkutso
19. **Double Wrist Block Rising (together, apart) - neko ashi**



## PUNCHES

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1. Forward Thrust - zenkutso BH to small intestine
2. Vertical Forward Thrust - zenkuto BH to middle of sternum
3. Reverse - lunge forward and to side kumite to solar plexus
4. Vertical Reverse - step forward kumite to rib
5. Double Knuckle - step forward zenkutso to solar plexus
6. Vertical Double Knuckle - step forward zenkutso to middle of sternum
7. Upper-Cut - zenkutso to chin
8. Roundhouse - lunge forward kiba dachi to small intestine
9. Forward Back Knuckle - slide back neko ashi with parry to bridge nose
10. Side Back Knuckle - step in kiba to side of head
11. Backward Back Knuckle - kumite to bridge of nose
12. Downward Back Knuckle - escrima stance brain stem of bent over
13. Upward Back Knuckle - back neko ashi to nose of bent over person
14. Outward Back Knuckle - lunge kumite to side of head
15. Short Hook - zenkutso BH to small intestine
16. U-Punch - step in zenkutso to middle of sternum and small intestine
17. Cross Punch - step in side facing zenkutso to jaw
18. Corkscrew Punch - zenkutso BH to solar plexus
19. Overhand Punch - zenkuto to solar plexus if beer belly
20. Under/Over Punch - zenkutso
21. Downward Windmill Palm - zenkutso

## □ Hammer Fists

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1. Inward - zenkutso BH to jaw
2. Outward- zenkutso BH to temple
3. Downward - step out kiba to back of person on all fours
4. Upward - step in kiba to face of bent over person
5. Forward - step in sanchin to nose
6. Follow-thru Outward - FH zenkutso to temple
7. **Spinning Outward - FH zenkutso to temple**
8. Cover Hammer - kumite to collar bone

## □ Chops

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1. Inward - BH zenkutso to zygomatic arch
2. Outward - step out kiba to ribs
3. Downward - BH zenkutso
4. Upward - step in kiba to groin
5. Forward - BH zenkutso to sinus cavity
6. **Outward and Down - BH to base of neck**
7. **Cover Downward - FH to collar bone**
8. **Forward and Down - lunge in BH zenkutso to collar bone**

## □ Pokes and Fists

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1. Horizontal - BH zenkutso to throat
2. Vertical - BH zenkutso to solar plexus
3. Two Finger - slide back neko ashi
4. One Finger - step forward neko ashi
5. Palm Heel - BH zenkutso to chin
6. Ridge Hand - lunge forward zenkutso toiltrum
7. Four Knuckle - BH zenkutso to throat
8. Extended Knuckle - BH zenkutso toiltrum
9. Open Ridge Hand - BH zenkutso to throat
10. Japanese Fist - back pivot zenkutso to chin
11. Tiger Claw - BH zenkutso to face
12. Wrist Back - slide back neko ashi toiltrum
13. Chicken Beak Hand - step in kumite to behind ear
14. Extended Thumb Roundhouse Fist - step in kumite to middle sternum
15. Sun Fist - BH neko ashi to top of sternum
16. Bear Claw - step in kumite to solar plexus

## □ Elbow Strikes 1 - 12

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1. Forward - BH zenkutso to sternum
2. Rising - step in kiba to chin
3. Downward - BH zenkutso to back of person on all fours
4. Straight Back - kumite to back
5. Reverse Back - kumite
6. Cross Back - kumite to head
7. Straight Side - step out kiba to sternum
8. Hooking to Head (forward) - step in zenkutso to head
9. Jumping Forward
10. Dropping Forward and Drop Spin Back
11. Back Scooping to Chin - neko ashi grab groin the up.
12. Over and down - escrima stance to top of sternum.



1. Forward Snap (ball of foot to small intestine /instep)
2. Forward Thrust
3. Forward Heel Thrust
4. Forward Heel Stomp
5. Back Heel Stomp
6. Back Heel Thrust
7. Spinning Back Heel Thrust
8. Cross Behind Heel Hook
9. Spinning Back Heel Hook
10. Inward Crescent
11. Outward Crescent
12. Spinning Outward Crescent
13. Inward Ax Kick
14. Outward Ax Kick
15. Spinning Wheel Kick
16. Arch Kick
17. Hop-in Forward Thrust
18. **Angular Ax kick (outward)**

## □ Side Kicks 1 - 9

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

## □ Roundhouse Kicks 1 - 13

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

## □ b. Combination Kicks 1 - 14

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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. Hop-in Side Thrust – Spinning Heel Hook - Roundhouse
8. Forward Thrust – Side Thrust – Back Heel Thrust (3-way)
9. Lunging Forward Thrust – Jump Spinning Back Heel Thrust
10. Forward Leg Sliding Roundhouse – Jump Spinning Back Heel Hook
11. Snap – Roundhouse – Spinning Back 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 the body RH Kick, Side Thrust, Same Leg, Different opponents

## □ C. Cat-fall Kicks 1 - 10

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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 Take Down
8. Shoulder Roll into Scissors Take Down
9. Forward Roll into Double Heel Thrust
10. Forward Roll, Heel Grab, Rolling Ax Kick to Collar Bone, Heel Strike to Solar Plexus

□ **d. Jumping Kicks 1 – 21**

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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 Spinning Back Heel Thrust
8. **Jump Spinning Side Thrust**
9. Jump Spinning Back Heel Hook
10. Jump Spinning Outward Crescent
11. Jump Spinning 360° Inward Crescent
12. Jump Spinning 360° Roundhouse
13. Jumping 45° Double Forward Thrust
14. Split Kick
15. Hurricane Kick
16. **45\* Angle Flying Side Thrust**
17. **Flying Double Leg Side Thrust**
18. **Flying Double leg Forward Thrust**
19. **Flying Scissor to Neck**
20. **Jumping Front Kick, Spinning Back Heel Thrust**
21. **Jumping Triple Kick**

□ **e. Knee Strikes 1 - 5**

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

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□ **f. Stances and Pivots (in movement, like kata)**

---- Write out for Test

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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. L-Stance with Shuto (Renoji Dachi)
7. Half-Stance (Hangetzo-Dachi)
8. Back Pivot in Zenkutso-Dachi
9. One Legged Stance (Ippon-Ashi-Dachi)
10. Front Pivot in Kokutzo-Dachi
11. Fighting Stance (Kumite Dachi)

□ **g. Basic Four Corner Cover Movements 1 - 10**

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- 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 2-Man Set
- 9. Four Corner Escrima 2-Man Set
- 10. **Four Corner Personal Weapon Kata-** (Write out)

□ **h. Basic Katas 1 – 9**

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- 1. Basic Kata #1
- 2. Basic Kata #2
- 3. Basic Kata #3
- 4. Basic Bo Kata
- 5. Basic Escrima Kata
- 6. Basic Bo 2-Man Set
- 7. Basic Escrima 2-Man Set
- 8. **Basic Personal Weapon Kata (Dual Weapons)** Write Out
- 9. Basic Kata #1 With Sai

## □ **i . Kodan Kan Heians 1 - 9**

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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

## □ **j. Naihanchin Katas 1 - 3**

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1. Naihanchin Shodan
2. Naihanchin Nidan
3. Naihanchin Sandan



□ **k. Tumbling Routine (Accompanying Diagram)**

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(Optional)

□ **l. Tumbling Maneuvers 1 - 9**

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1. Back Hand Spring
2. Back Flip in Tuck
3. Back Layout in Arched Position
4. Round-off/Back Handspring Combination
5. Three Back Handsprings in Sequence
6. Forward 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**

□ **m. Trampoline 1 - 8**

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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 lay-out

**End of day one**

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# DAY TWO

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## □ N. Cat-fall Kicks 1 - 10 (with Partner)

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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 Take Down
8. Shoulder Roll into Scissors Take Down
9. Forward Roll into Double Heel Thrust
10. Forward Roll, Heel Grab, Rolling Ax Kick to Collar Bone, Heel Strike to  
Solar Plexus

□ **O. Jumping Kicks 14 – 20 (with Partner)**

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14. Split Kick
15. 45 Degree Angle Flying Side Thrust
16. Flying Double Leg Side Thrust
17. Flying Double leg Forward Thrust
18. Flying Scissor to Neck
19. Jumping Front Kick, Spinning Back Heel Thrust
20. Jumping Triple Kick

□ **P. Knee Strikes 1 – 5 (with Partner)**

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1. Forward
2. Upward
3. Roundhouse (Muay Thai and Koden Kan)
4. Dropping
5. Jumping Forward (1 & 2)

1. Outward Back Knuckle, Thrust Punch, Roundhouse Kick
2. Slide-up Roundhouse, Outward Back Knuckle, Reverse Punch
3. Sliding Leg Lift Fake, Outward Back Knuckle, Under/Over Punch
4. Inward Leg Check, Side Thrust (same leg)
5. Lunging Forward Thrust Kick, Reverse Punch
6. Slide-up RH kick, Back Knuckle, Thrust Punch, Slide-up RH kick
7. Jumping Snap Roundhouse, Lunging Outward Crescent Kick
8. Snap-Roundhouse (same leg), Spinning Back Heel Thrust, Jumping Forward Thrust Kick
9. Hop-in Side Thrust, Spinning Back Heel Hook, Snap-Roundhouse
10. Drop Spinning Back Heel Thrust, Kneeling Roundhouse Kick, Rising Block with Reverse Punch, Stand with Forward Thrust Kick
11. Back Knuckle, Forward Thrust Punch, Back Knuckle, Forward Thrust Kick, Back Knuckle, Forward Thrust Punch
12. Back Knuckle-Hop Behind Side Thrust, Slide-up Back Knuckle, Cross behind Heel Hook
13. Hop in Forward Thrust Kick, Jam with Forward Hand, Back Hand Reverse Punch
14. Lunging back leg RH Kick, Outward Ax Kick, Lunge with Back Knuckle, Short Hook
15. Lunging double outward back knuckle
16. Rocket Punch
17. Sliding Front Leg Side Thrust, Fly-By RH Kick
18. Hand Blitz (5 – 8 hand techniques)
19. Snap-Roundhouse, Switch Kick, Switch Kick, Rocket Punch
20. Lunging Back Leg Outward Ax, Jumping Front Kick Spinning Back Heel Thrust

□ **R.** Sparring Counters 1 - 5

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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

## □ S. Defensive Arts 1 –20

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- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
12. ridge hand to temple the chop to bridge of nose
- 13.
- 14.
- 15.
16. vertical punch
- 17.
18. inward chop block, chop to throat, uppercut
19. inward block, short hook
20. step to right set stance, short side, spinning heel hook, 45 down

## **T.** AIKI-JITSU TECHNIQUES 1 – 35 (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 Take Down
8. Arm Pull into Reversal
9. Inward Grab Take Down, Roll Over and Control
10. Step Through Spinning Arm Lock/ Throw
11. Cross Over Take Down with Outward Reaping Throw and Control
12. Left Block and Grab, Spin to Right, Take Down and Counter
13. Hand Trap on Chest, Drop to Knee and Control
14. Inward Grab, Body Twist Take Down and Counter
15. Two Hand Mantis Block into hand trap back kick throw
16. Neck Throw with three submissions
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 - starts like arch kick

# Block and Counter Techniques

U.

## □ Rising Block & Counter Techniques 1 – 10

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1. Rising Block, Vertical Thrust Punch to Ribs, Inward Foot Sweep, Back Heel Stomp
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, Spear Hand 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 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 Head
10. Rising Block, Downward Chop to Collar Bone, Fore knuckle to Throat

## □ Inward Block & Counters 1-10

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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, Reverse Punch, 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, Take Down Backwards, Follow-up with Four 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 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 - 10

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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 Ribs, 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 Take Down 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 & Counters 1 – 5

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 reap. 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(3) punches to face, throat or upper body.

## Scooping Block & Counters 1 – 5

1. Step back with a 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 (4) 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 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 block, Koden Kan Thigh Kick, Inside Thigh Kick, grab and drop to ground with Anaconda to tap-out.

## □ V. Offensive Arts 1-5

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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, Pull into Knee Lift to Back, Step Back Pulling Opponent Down by the Face or Throat, Switch Hands as You Apply Hammer Blow 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, Stop 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-Through Inward Sweep to Lower Calf or Achilles Tendon, follow thru Finish with Ax Kick.

## □ W. Kenpo Techniques 1 - 5

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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

□ **X.** Wrist Escapes and reversals 1 - 8

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1. Wrist Escapes
2. Front (single and Double)
3. Side (single and Double)
4. Rear (single and double)
5. Wrist Reversals and Counters
6. Front
7. Side
8. Rear



□ **Y.** H2HC Techniques **[Both Sides]**

1. **Tiger Claw**
  - A. **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**
6. **Cover Block**
  - A. **Cover Hammer, Tiger Claw, Forward Knee or Thrust Kick**
  - B. **Block, Grab, Elbow, Takedown, Elbow**
7. **Roundhouse Kick Takedown**
8. **Triple Knee**
9. **Figure-4 Arm Lock and Takedown**
10. **Wrist-to-wrist Come-along**
  - A. **Standing in neutral position**
  - B. **From Inward Block**
11. **Head Twist Takedown**
  - A. **From Front Choke**
  - B. **From Punch from the side (block, step-in spin takedown)**
12. **Neck Twist Takedown**
13. **Iron Anvil (Double Palm to Ribs or Chin)**
  - A. **Double Palms to Ribs**
  - B. **Double Palm to Chin**
14. **Rising, Inward, HSO, Simultaneous Block-Strike**
15. **Butterfly Block A-B-C (With Anaconda follow-up)**

# Weapons Defense

## □ AA. CLUB DEFENSE 1 - 5 (Always Take Weapon Away)

### 1. Opponent Strikes with Inward One Hand Baseball Bat Swing:

Lunge in quickly with Left Outward Block and a Right Elbow grazing the Shoulder.

Turn into Figure 4 Arm Bar with the Right-hand grabbing the 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 stomach, as Right foot hooks behind the Achilles tendon.

Scissors Take-down then finish with Right Axe Kick to available body target.

### 3. Opponent Attacks with Double-Hand Over-Head 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 around Neck, Right Short side to Back of Knee, Takedown Across Hip and Twist opponent.

### 5. Opponent has right Foot Forward and Executes and 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.

## **BB.** KNIFE DEFENSE 1 – 6 (Always Take Weapon Away)

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 Outward 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 triceps.
  - 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 in 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 and #2

## □ **CC.** 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

### 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 a firing position.

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

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

□ **DD.** GRAB AND RIP TECHNIQUES 1 – 10, Two of Each (write out)

1. Groin
  - a.
  - b.
2. Hair
  - a.
  - b.
3. Throat
  - a.
  - b.
4. Solar Plexus
  - a.
  - b.
5. Arm Pit
  - a.
  - b.
6. Ribs
  - a.
  - b.
7. Inside of Thigh
  - a.
  - b.
8. Face
  - a.
  - b.
9. Base of Neck
  - a.
  - b.
10. Back of Knee
  - a.
  - b.

**EE.** SITUATION DEFENSIVE TACTICS 1-5, two of 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.

□ **FF.** BULL RING TACTICS

1. Four Opponents (choreographed by individual) (write out)
2. Eight Opponents (by the numbers)
3. Eight Opponents (choreographed by individual) (write out)

□ **GG.** SPARRING

1. Single Opponent (5 separate matches, 2 min each)
2. Multiple Opponents (5 opponents, Ni-Kyu and above)

□ **HH.** BREAKING

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

## (Informational Reference Only)

### Group One

1.	The Wedge
2.	Two Finger Push Away
3.	Hair Grab Defense #1
4.	Rear Windmill
5.	Head Lock Defense #1

### Group Two

1.	Small Circle Inside Grab
2.	Long Arm Bar
3.	Outward Reap, One leg
4.	Front Windmill
5.	Side Grab Defense

### Group Three

1.	Figure – 4 Choke Hold
2.	Figure – 4 Choke Hold Counter
3.	Hip Throw
4.	Outward Reap Both Legs (from front)
5.	Wrist Escapes 1 - 3

### Group Four

1.	Headlock Defense #2
2.	Side Grab Defense #2 (Eagle's Beak)
3.	Shoulder Throw
4.	Backward Roll Kick Throw
5.	Handshake Counters 1 & 2

### Group Five

1.	Wall Defense #1 and #2
2.	“Friend or Foe” (below ear behind jaw)
3.	Base of Neck Pinch Take Down
4.	Head Twist Take Down (front, side, back)
5.	Head Slam (groin kick, grab head, slam to ground)

### Group Six Counters

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



□ **Grab and Rip Techniques 1 – 7 (Two Each)** [Write out for Test]

1. Groin - (A) Simultaneous rising block and scooping groin grab, jamming technique to groin.
2. Groin - (B) Rising block then palm heel to chin, grab groin with left hand, horizontal thrust punch to small intestine.
3. Hair (A) Double outward, hook hands then iron anvil to ribs, grab hair, upward knee to face.
4. Hair (B) Attacker aggressively approaches from right - Long side thrust to solar plexus, turn then grab both sides of head and hair, upward knee to face
5. Throat (A) Inward block (from outside), ridge hand to filtrum then grab throat, palm heel (from shoulder) to side of head.
6. Throat (B) arm pull into reversal, then grab throat and palm heel (from shoulder) to head.
7. Solar Plexus (B) Left side inward block, roundhouse punch to solar plexus, grab side of solar plexus with right hand rake, short hook to ribs.
8. Solar Plexus (A) Left side inward block, pivot and poke below solar plexus and grab solar plexus, downward forearm smash to neck/shoulder.
9. Arm Pit (B) Step in RH inward block, same hand hammer to nose, grab armpit/peck, vertical forward thrust punch to anterior deltoid.
10. Arm Pit (A) Step in RH inward block, chop to bridge of nose, grab armpit/peck with left hand, palm heel to peck.
11. Ribs (A) Step to left, right hand outward block, left hand forward thrust punch to ribs, right hand poke and grab ribs, forward thrust punch to ribs.
12. Ribs (B) Step to left outward block, left hand poke and grab ribs, jamming tech to ribs.
13. Inside of Thigh (A) Double outward block than iron anvil to chin, grab hamstring, forward thrust punch to hip
14. Inside of Thigh (B) Left hand tiger claw outward block and pull down then palm heel to chin with same hand, strike then grab hamstring, palm heel to upper quad.
15. Face (A) Step forward fighting stance, simultaneous high scooping outward and vertical punch to sinus cavity. Grab face with left hand then vertical thrust punch to side of head.
16. Face (B) Back leg arch kick to knee, grab face then palm heel to head.
17. Base of Neck (A) Step back scooping block, turn bad guy around, quickly do double chop base of neck with both hands then grab, knee to back - rip
18. Base of Neck (B) Attacker walks forward in imposing manner - spinning spinning outward hammer to chin, grab base of neck then palm heel to back.
19. Back of Knee (A) Slide back cat stance with front hand high scooping outward then back knuckle to bridge of nose, grab back of knee with other hand then palm heel to quad.
20. Back of Knee (B) FH rising block, tiger claw to face, grab back of knee with back hand<sup>41</sup> palm heel to bottom of quad.

## EE. SITUATION DEFENSIVE TACTICS 1-5, two of each (write out)

1. A. Wall - Person punches - Right arm rising block grab and spin person into wall. Then spinning elbow to back of head  
B. Over under grab then throw BG into wall, chop to brain stem while head is on wall.
2. A. Sitting on floor with knees up. Standing BG grabs me with left hand. Grab his hand with my left hand, roll back then hook right leg around body, pull down to floor - reverse arm bar  
B. Sitting on floor with knees up, attacker aggressively approaches - roll back then upward thrust kick then jumping downward thrust to head.
3. A. Sitting in Chair - person throws two haymakers (right then left), kick to groin then stand up and grab their right arm with my right arm then spin them into arm bar, sweep leg and smash face on chair.  
B. Person is running at me in chair. Stand up and low rush to grab both legs low and throw them over head and onto chair back.
4. Inside of Car - A. person points gun at head from outside driver's door - grab and strike up with left hand pushing attacker's arm into window frame, then grab gun and twist.  
B. Person jumps in car with knife and moves knife toward me. Inward grab and smash wrist on steering wheel multiple times until knife falls. Side Back knuckle and chop to head.
5. A. Counter/Bar/Table (Choose one) BG on other side of table grabs my shirt with his right hand. Right hand rising block and arm bar face to table. Hammer to head  
B. BG on same side of table on my right. He grabs my shoulder with his left hand. Grab his hand with my left, step to left, arm bar with right arm. Sweep his left leg and smash head to table.

### Breaking Techniques

1. Cross back elbow
2. follow through hammer
3. sliding outward ax
4. downward windmill palm
5. short to body
6. then long side thrust
7. Outward and down chop
8. hop in forward thrust



□ **Group Six**

1. Step right leg back in forward stance. Cross punch to jaw. Place left hand on throat, throw down, forward heel stomp.
2. Grab back with left hand then shoot right arm up and under arm, then flip
3. Shoot right knee in, grab throat with left hand, pull over left knee right hand downward elbow to sternum.
4. Shoot left knee in, short hook to kidney, grab throat from behind, throw down and stomp to head.
5. Left hand palm sweep, dropping elbow to throat.

□ **Personal Four Corner**

1. Set stance punch with support
2. Horse stance hold ends of tonfa and strike down
3. Jump back to fighting stance - OOS
4. Look, step forward into fighting stance
5. Inward strike, cross strike then vertical forward thrust to solar plexus
6. Back leg forward thrust to solar plexus, step forward
7. Back hand whip strike to neck area
8. Pivot - ridge hand to temple with tonfa handle
9. Pivot - forward thrust punch to intestine - OOS

□ **Basic Tonfa**

1A. Right leg Ipon Ashi-Dachi, double head smash then downward x-block Zenkutso-Dachi. Double outward whip strike then double poke to solar plexus.

Left leg Ipon Ashi-Dachi, double head smash then downward x-block Zenkutso-Dachi. Double outward whip strike then double poke to solar plexus.

OOS - FH rising block, BH thrust to solar plexus, back hand whip then front hand whip to head, hook head with FH tonfa then downward elbow strike to spine.

1B. Turn Kumite-Dachi FH low downward double extended block then double strike to color bone. Lunge in double extended poke to small intestine - OOS

2A. Renoji-Dachi simultaneous rising block and poke to solar plexus, move to lunge stance double handle smash to head.

2B. Renoji-Dachi hammer grip double rising block, throw away then double smash to head, hook back of legs then field goal kick to groin and step back - OOS

3A. Neko Ashi-Dachi, FH outward block then BH reverse punch to throat, BH modified chicken kick to chin. - OOS

3B. Neko Ashi-Dachi, escrima grip, FH 45 down strike then RH 45 down strike, spin back cat upward reverse strike then spin and two downward strike to head - OOS

4A. Kiba-Dachi, inward block then short side then outward poke - OOS

4B. Kiba-Dachi, hammer grip inward block, throw away then hook head with FH tonfa, hook head with BH tonfa then pull into forward knee - OOS

### □ Heian Tonfa

Set stance upward x then downward double thrust punch. Kodan Kan symbol.

Turn to left in Neko Ashi-Dachi, double upstrike.

Double down, double up, double in, double out then double thrust punches in Zenkuzo-Dachi.

Turn to right in Neko Ashi-Dachi, double upstrike.

Double down, double up, double in, double out then double thrust punches in Zenkuzo-Dachi.

Turn to front left hand rising block, right hand downward block

Slide back Ipon Ashi-Dachi head smash simultaneous low block and punch to left then simultaneous block and strike to right, right-left-right punches then 45 in-45 out block, downward-upward, in-out, punch.

Ipon Ashi-Dachi head smash simultaneous high block and punch to right then simultaneous block and strike to left, double down, double up, double out then thrust punch - oos.

Turn 180 back hammer grip - lh outward block, rh inward strike, rh hook head then rib kick with right leg.

rh outward block, lh inward strike, lh hook head then rib kick with left leg.

Double rising block, double smash to head, hook around legs then pull into field goal kick to groin, hook hands and throw out then double smash to head - oos

Look back, switch to standard grip then back heel thrust.

Look forward, left rising block, right forward thrust punch then forward trust kick followed by spinning outward crescent.

Look and turn 180 then double kneeling extended strike to groin - oos

Look forward forward, slide back, feet to attention then set.

### **Four Opponent Bull Ring**

**Two attackers, from front with forward thrust kick, from back with punch to head  
Simultaneous downward block and high scooping outward, forward thrust to front  
attacker - attacker from behind chokes, left side rear windmill then grab face and throw to  
ground then stomp.**

**Person charges from right - long side thrust then grab both sides of head then upward  
knee to head.**

**Person charges from behind - turn then hip throw from aggressive attack with arm break.  
Spinning heel hook to bent over person #1**

### **Eight Opponent Bull Ring**

**Forward thrust, side thrust, back heel thrust on three attackers. Go back and spinning heel  
hook to #1, garb ears and upward knee to #2, rib kick to head of #3.**

**#4 step in punch - Outward block pull in rib kick, short side.**

**#5 from two hand push - Double outward block then two leg reap, ax kick**

**#6 from step in punch - Hip throw, stomp**

**#7 from step in punch - Should throw, leaping stomp**

**#8 from step in punch - Arm pull into reversal, jump spinning hammer then field goal kick  
to head.**

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

1. Set Stance (Kiba-Dachi) - Side elbow
2. Forward Stance (Zenkuzo-Dachi) - Forward thrust punch
3. Backward Stance (Kokuzo-Dachi) - Straight back elbow
4. Dynamic Stance (Sanchin-Dachi) - Forward hammer
5. Cat Stance (Neko-Ashi-Dachi) - outward shuto
6. Backward Cat Stance - upward back knuckle
7. L-Stance (Renoji-Dachi) - rising block
8. Lunge Stance - iron anvil
9. Half-Stance (Hangetzo-Dachi) - High scooping outward
10. Fighting Stance (Kumite Dachi) - rising block
11. Escrima Stance - overhand punch
12. Back Pivot in Zenkuzo-Dachi - Japanese fist forward thrust
13. One Legged Stance (Ippon-Ashi-Dachi) - Downward block
14. Front Pivot in Kokuzo-Dachi - high scooping outward