



KKCMA

Kodon Kan Combined Martial Arts

BLUE TEST

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. Double Outward (in set stance, no pivot)



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. Outward Back Knuckle (in fighting stance with lunge)

Hammer Fists

1. Inward
2. Outward
3. Downward

Chops

1. Inward
2. Outward
3. Downward

Pokes and Fists

1. Horizontal
2. Vertical
3. Tiger Claw
4. Scooping Ridge Hand (in set stance with pivot)
 - A. Bent Elbow
 - B. Straight Arm
5. Two Finger
6. One Finger
7. Palm Heel
8. Ridge Hand

Elbows

1. Low Back Elbow (in set stance, no pivot)
2. Downward Elbow (in set stance with pivot)

Kicks

1. Field Goal Kick
2. Forward Snap
3. Forward Thrust
4. Forward Heel Stomp
5. Back Heel Stomp
6. Back Heel Thrust
7. Short Side
8. Long Side Thrust
9. Arch Kick

Roundhouse Kicks

1. Koden Kan
2. Thigh Kick
3. Rib Kick

Knee Strikes

1. Forward

Jumping Kicks

1. Jumping Snap Kick
2. Chicken Kick

Sparring Techniques

1. Outward Back Knuckle, Thrust Punch, Roundhouse Kick

FORMS

 Basic Four Corner Cover Movements 1 – 3

- 1. Four Corner Cover Movement #1
- 2. Four Corner Cover Movement #2
- 3. Four Corner Cover Movement #3

 Basic Katas

- 1. Basic Kata #1

PARTNER TECHNIQUES

H2H Techniques

1. Tiger Claw
 - A. Rising Block, Tiger Claw, Forward Knee
 - B. Add Thigh Kick
 - C. Switch Kick (Rib)
2. Two Hand Push Counter
3. Arch Kick

Group One

1. The Wedge
2. Two Finger Push Away
3. Hair/Shirt Grab Defense #1
4. Rear Windmill (3 rapid fire Tiger Claws)
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 #1

TUMBLING TECHNIQUES

On the Mat

1. Forward Roll
2. Shoulder Roll
3. Backward Shoulder Roll
4. Backward Roll

Michael M. Foley

Professor

- Passed
- Passed, Needs Work
- Failed