



KKCMA

Kodon Kan Combined Martial Arts

ADVANCED GREEN 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 X Upward**
11. **Double X Downward**
12. Cover Block (forward in fighting stance)
13. Double Outward (stepping back in forward stance)
14. Simultaneous HSO and Downward (in dynamic stance)
15. **Cross Block (fighting stance)**
16. Downward Block with guard

 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. Outward Back Knuckle
14. Short Hook
15. Dropping Straight Down Thrust Punch (in lunge stance)

Hammer Fists

1. Inward
2. Outward
3. Downward
4. Upward
5. Follow-thru Outward (in fighting stance with lunge)
6. Cover Hammer (in fighting stance with small lunge)

Chops

1. Inward
2. Outward
3. Downward
4. Upward

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**

Elbow Strikes

1. **Low Back (stepping back in forward stance)**
2. **Forward**
3. **Rising**
4. **Downward**
5. **Straight Back**
6. **Reverse Back**
7. **Cross Back**
8. **Straight Side**
9. **Jumping Circular Downward (in fighting stance with front hand)**



Kicks

1. Field Goal Kick
2. Forward Snap
3. Forward Thrust
4. Forward Heel Thrust
5. Forward Heel Stomp
6. Back Heel Stomp
7. Back Heel Thrust
8. Short Side
9. Long Side Thrust
10. Hop-Behind Side Thrust
11. Hop-In Side Thrust
12. Long Side Thrust in Half-Stance
13. Cross-over Side Thrust
14. Side Snap
15. Cross Behind Heel Hook
16. Spinning Back Heel Thrust
17. Spinning Heel Hook
18. Inward Crescent
19. Outward Crescent
20. Arch Kick
21. Heel Lift (in small set stance)
22. Wrap Kick (in small set stance)
23. Inward Foot Sweep (in forward stance with back leg)

Roundhouse Kicks 1 – 6

1. **Koden Kan**
2. **Thigh Kick**
3. **Rib Kick**
4. **Slide-up**
5. **Sliding**
6. **Switch Kick (thigh and rib)**

Knee Strikes 1 – 4

1. **Forward**
2. **Upward**
3. **Koden Kan Roundhouse**
4. **Muay Thai Roundhouse**

Combination Kicks 1 – 7

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**

□ Jumping Kicks 1 – 8

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 360° Inward Crescent

□ Sparring Techniques 1 – 9

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. Sliding Roundhouse, Double Knuckle Punch (front hand first)
8. Jumping Snap Roundhouse, Lunging Outward Back Knuckle
9. Lunging Double Outward Back Knuckle

□ Stances and Pivots (in movement)

1. Set Stance: in a square with rising block (**Kiba-Dachi**)
2. Forward Stance: moving forward with downward block (**Zenkutso-Dachi**)
3. Backward Stance: moving backward with high scooping outward (**Kokutso-Dachi**)
4. Dynamic Stance: moving with block, punch combo (**Sanchin-Dachi**)
5. Cat Stance: moving back with outward shuto block (**Neko-Ashi-Dachi**)
6. Backward Cat Stance: moving forward with upward hammer
7. L-Stance with Shuto: moving back with double open-hand block (**Renoji-Dachi**)
8. Lunge Stance: slide into L-Stance and pivot into lunge stance
9. Half-Stance: moving back in and out of fighting stance (**Hangetso-Dachi**)
10. Escrima Stance: stepping forward with hand change
11. Back Pivot: four in a row with downward block (**Zenkutso-Dachi**)

FORMS

 Basic Four Corner Cover Movements 1 – 8

- 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 Bo Two-Man Set
- 8. Four Corner Escrima Two-Man Set

Basic Katas 1 – 5

- 1. Basic Kata #1
- 2. Basic Kata #2
- 3. Basic Kata #3
- 4. Basic Bo Kata
- 5. **Basic Escrima Kata**

Koden Kan Heians 1 – 3

- 1. Heian #1
- 2. Heian #2
- 3. **Heian #3**

PARTNER TECHNIQUES

Defensive Arts 1 – 12

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

H2H Techniques

1. Tiger Claw
 - A. Rising Block, Tiger Claw, Forward Knee
 - B. Add Thigh Kick
 - C. Switch Kick
2. Two Hand Push Counter
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
8. Arm Pretzel
9. Triple Knee

Floor Defense

1. Side Grab Defense
2. Say A Prayer

Aikido Grab Arts 1 – 6

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

Rising Block and Counters 1 – 5

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

SELF DEFENSE TECHNIQUES **Group One**

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 on Shoulder, Pull up on Arm
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
 - A. Look, Slap, Step
 - B. Shoulder Shrug

 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
 - A. Straight Across Grab
 - B. Cross Grab
 - C. Double Hand Grab

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 and #2

Group Five

1. Wall Defense
 - A. Thumb in Armpit
 - B. Long Arm Bar
 - C. Head Slam
2. "Friend or Foe" (below ear behind jaw)
3. Base of Neck Pinch Take Down
4. Head Twist Take Down (front)
5. Head Slam (groin kick, grab head, slam to ground)

TUMBLING TECHNIQUES **On the Mat**

1. Forward Roll
2. Shoulder Roll
3. Back Shoulder Roll
4. Backward Roll
5. Diving Forward Roll
6. Diving Forward Shoulder Roll
7. Backward Roll Extension in Pike
8. Kip-up
9. Neck Spring
10. Head Spring
11. Forward Hand Spring
12. Frog Stand
13. Drag into Head Stand
14. Hand Stand

SPECIALTY SECTION **Sparring**

1. Single Opponent

 Breaking Techniques

1. Boards (4 positions)

Michael M. Foley**Professor**

- Passed
 Passed, Needs Work
 Failed