



KKCMA

Kodon Kan Combined Martial Arts

ORANGE TEST

BASIC HAND AND FOOT TECHNIQUES



Blocks

1. Rising
2. Inward
3. Outward
4. Downward
5. Scooping
6. Roundhouse
7. Outward Shuto
8. 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

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. **Low Back Elbow (in set stance, no 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**

Roundhouse Kicks

1. **Koden Kan**
2. **Thigh Kick**

Knee Strikes

1. **Forward**

Jumping Kicks

1. **Jumping Snap Kick**

FORMS **Basic Four Corner Cover Movements 1 – 2**

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

PARTNER TECHNIQUES **H2H Techniques**

- 1. **Tiger Claw**
 - A. **Rising Block, Tiger Claw, Forward Knee**
 - B. **Add Thigh Kick**
- 2. **Two Hand Push Counter**

 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

Michael M. Foley

Professor

- Passed
- Passed, Needs Work
- Failed