



KKCMA

Kodon Kan Combined Martial Arts

PURPLE 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 (stepping back in forward stance)
11. **Simultaneous HSO and Downward (in dynamic stance)**

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. **Outward Back Knuckle**
13. **Dropping Straight Down Thrust Punch (in lunge stance)**

Hammer Fists

1. Inward
2. Outward
3. Downward
4. Follow-thru Outward (in fighting stance with lunge)

Chops

1. Inward
2. Outward
3. Downward

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

Elbow Strikes

1. Low Back (stepping back in forward stance)
2. Downward
3. Forward
4. Rising

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. Hop-Behind Side Thrust
10. Side Snap
11. Spinning Back Heel Thrust
12. Inward Crescent
13. Outward Crescent
14. Arch Kick

Roundhouse Kicks 1 – 5

1. Koden Kan
2. Thigh Kick
3. Rib Kick
4. Slide-up
5. Switch Kick (thigh)

Knee Strikes 1 – 2

1. Forward
2. Upward

Combination Kicks 1 – 2

1. Forward Snap – Roundhouse
2. Forward Thrust – Spinning Back Heel Thrust

Jumping Kicks 1 – 4

1. Jumping Snap Kick
2. Chicken Kick
3. Flying Side Thrust
4. Jumping Roundhouse

Sparring Techniques 1 – 3

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

□ Stances and Pivots

1. **Set Stance**
2. **Forward Stance**
3. **Backward Stance**
4. **Cat Stance**
5. **L-Stance with Shuto**
6. **Lunge Stance**
7. **Dynamic Stance**
8. **Half-Stance**
9. **Fighting Stance Right and Left Sides**
10. **Escrima Stance Right and Left Sides**
11. **Back Pivot**

FORMS

 Basic Four Corner Cover Movements 1 – 6

- 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

 Basic Katas 1 – 3

- 1. Basic Kata #1
- 2. Basic Kata #2
- 3. Basic Kata #3

PARTNER TECHNIQUES

Defensive Arts 1 – 5

- 1.
- 2.
- 3.
- 4.
- 5.

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**

Floor Defense

1. **Side Grab Defense**

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

 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

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

Michael M. Foley

Professor

- Passed
- Passed, Needs Work
- Failed