



KKCMA

Kodon Kan Combined Martial Arts

YELLOW TEST

BASIC HAND AND FOOT TECHNIQUES



Blocks

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



Punches

1. Forward Thrust
2. Reverse
3. Double Knuckle
4. Upper-Cut



Kicks

1. Forward Snap
2. Forward Heel Stomp
3. Back Heel Stomp
4. Short Side

FORMS

- Basic Four Corner Cover Movements**
- 1. Four Corner Cover Movement #1

PARTNER TECHNIQUES

- H2H Techniques**
 - 1. Tiger Claw
 - A. Rising Block, Tiger Claw, Forward Knee

- Group One**
 - 1. The Wedge
 - 2. Two Finger Push Away
 - 3. Hair/Shirt Grab Defense #1
 - 4. Rear Windmill
 - 5. Head Lock Defense #1

TUMBLING TECHNIQUES

- On the Mat**
 - 1. Forward Roll
 - 2. Shoulder Roll

Michael M. Foley

Professor

- Passed
- Passed, Needs Work
- Failed