



# H2HCTC

HAND TO HAND COMBAT TRAINING CENTER



## Orange Rank Qualification Test



### Blocks

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

1. Horizontal
2. Vertical
3. Tiger Claw



### Kicks

1. Forward Snap
2. Forward Heel Stomp
3. Forward Thrust
4. Back Heel Stomp
5. Back Heel Thrust
6. Short Side
7. Roundhouse
8. Thigh Kick
9. Forward Knee



### Jumping Kicks

1. Jumping Snap Kick

### Forms

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

### Self Defense Techniques

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#### Group One

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

#### H2H

- 1. Tiger Claw A,B
- 2. Two-Hand Push

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#### 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

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#### Rolls

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

**Michael M. Foley**  
**Professor**

- ☐ Passed
- ☐ Passed, Needs Work
- ☐ Failed