



KKCMA

Koden Kan Combined Martial Arts

3RD GRADE BROWN RANK QUALIFICATION TEST (SAN-KYU)

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. Sweeping Palm (midsection)
11. Double X Upward
12. Double X Downward
13. Cover Block (forward in fighting stance)
14. Double Outward (stepping back in forward stance)
15. Simultaneous HSO and Downward (in dynamic stance)
16. Cross Block (fighting stance)
17. 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. **U-Punch**
16. **Cross Punch**
17. Dropping Straight Down Thrust Punch (in lunge stance)
18. **Inward Forearm Smash (pivot into forward stance)**

☐ **Hammer Fists**

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

☐ **Chops**

1. Inward
2. Outward
3. Downward
4. Upward
5. **Forward**



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
12. **Japanese Fist**



Elbow Strikes

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



Kicks

1. Forward Snap
2. Forward Thrust
3. Forward Heel 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. Hop-In Side Thrust
11. Long Side Thrust in Half-Stance
12. Cross-over Side Thrust
13. Side Snap
14. Spinning Back Heel Thrust
15. Cross Behind Heel Hook
16. Spinning Heel Hook
17. Inward Crescent
18. Outward Crescent
19. Inward Ax Kick
20. Outward Ax Kick
21. Spinning Wheel Kick
22. Arch Kick
23. Heel Lift (in small set stance)
24. Wrap Kick (in small set stance)
25. Inward Foot Sweep (in forward stance with back leg)

☐ **Roundhouse Kicks 1 – 9**

1. **Koden Kan**
2. **Short to Body**
3. **Short to Head**
4. **Thigh Kick**
5. **Rib Kick**
6. **Slide-up**
7. **Sliding**
8. **Switch Kick 1-2-3**
9. **Cat-Fall Roundhouse**

☐ **Knee Strikes 1 – 4**

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



Combination Kicks 1 – 10

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
8. Forward Thrust – Side Thrust – Back Heel Thrust (3-way)
9. Lunging Forward Thrust – Jump Spinning Back Heel Thrust
10. Forward Leg Sliding Roundhouse – Jump Spinning Heel Hook

☐ **Jumping Kicks 1 – 10**

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 Heel Hook**
9. **Jump Spinning Outward Crescent**
10. **Jump Spinning 360° Inward Crescent**

☐ **Sparring Techniques 1 – 13**

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
8. Jumping Snap Roundhouse, Lunging Outward Back Knuckle
9. Snap-Roundhouse (same leg), Spinning Back Heel Thrust,
Jumping Forward Thrust Kick
10. Drop Spinning Back Heel Thrust, Kneeling Roundhouse Kick
11. Jumping Back Knuckle, Kneeling Forward Thrust Punch
12. Back Knuckle, Forward Thrust Punch, Back Knuckle (same hand),
Forward Thrust Kick, Back Knuckle, Forward Thrust Punch
13. Lunging Double Outward Back Knuckle

☐ **Stances and Pivots (in movement)**

1. **Set Stance:** in a square using rising block (Kiba-Dachi)
2. **Forward Stance:** moving forward using downward block
(Zenkutzo-Dachi)
3. **Backward Stance:** moving backward using high scooping
outward (Kokutzo-Dachi)
4. **Dynamic Stance:** moving with block, punch combo (Sanchin-
Dachi)
5. **Cat Stance:** moving back using outward shuto block (Neko-Ashi-
Dachi)
6. **Backward Cat Stance:** moving forward with upward hammer
7. **L-Stance with Shuto:** moving back using 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 (Hangetzo-
Dachi)
10. **Escrima Stance:** stepping forward with hand change
11. **Back Pivot:** four in a row using downward block (Zenkutzo-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 – 5**

☐ 1. Heian #1

☐ 2. Heian #2

☐ 3. Heian #3

☐ 4. Heian #4

☐ 5. Heian Bo Kata

PARTNER TECHNIQUES

☐ Defensive Arts 1 – 15

1.

2.

3.

4.

5.

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14.

15.



H2H Techniques

1. Tiger Claw
 - A. 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
 - 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
10. **Figure-4 Arm Lock**
 - A. Control
 - B. Takedown



Floor Defense

1. Side Grab Defense
2. Say A Prayer



Aiki-Jitsu Techniques 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 – 10

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
6. Rising Block, Inward Hammer to Temple and Eyes Area, Forward Thrust Punch to Solar Plexus
7. Rising Block, Inward Chop Across Eyes and Nose, Grab and Rip to Groin
8. Rising Block, Upper Cut to Jaw Area, Pivot with Upward Hammer to Groin
9. Rising Block, Moving to Outside (45), Inward Forearm Smash, Hammer to Groin
10. Rising Block, Downward Chop to Collar Bone, Fore Knuckle to Throat



Inward Block and Counters 1 – 5

- 1. Inward Block, Glancing, Reverse Hand Action into Back Knuckle to Face, Short Hook to Ribs**

- 2. Inward Block, Outward Chop to Throat, Forward Thrust Punch to Heart Area**

- 3. Inward Block, Short Lunge Forward, Grab Wrist with Left Hand and Pull into Side Elbow Smash to Head, Step Back with Left Foot and Deliver Right Side Thrust Kick to Ribs**

- 4. Inward Block, Forward Back Knuckle, Reverse Punch, Forward Snap Kick to Groin**

- 5. Inward Block, Grab Wrist in AIKIDO Grab, Take Arm Over and Down into Long Arm Bar, Knee Lift to Side of Ribs, Spinning Ax Kick to Middle of Spine**

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
 - A. Wristlock, Grab Head, Knee
 - B. Long Arm Bar on Floor, Shin in 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)

WEAPON DEFENSE

☐ **Club Defense** (Always Take Weapon Away)

1. Opponent Strikes with Inward One Hand Baseball Bat Swing:

- Lunge in quickly with Left Outward Block and a Right Elbow grazing the Shoulder
- Turn into Figure 4 Arm Bar with the Right Hand grabbing the weapon
- Two Cross Back Elbows to the head, shift Left Hip with Left Heel Lift to groin, Right Heel Wrap Kick to spine
- Pry Weapon out of Hand with right hand and Strike to opponent's knee while stepping away

2. Opponent Strikes with Inward One Hand Baseball Bat Swing:

- Right-side Cat-fall Roundhouse Kick, spin with Left Heel Hook to clavicle, as Right Foot Hooks behind the Achilles tendon
- Scissor Takedown then finish with Right Ax Kick to available body target

☐ **Knife Defense**

1. Opponent Attacks with Inward Side Slash:

- **Hands up in Defensive Posture, lunge in to right, execute Left Downward Block/Chop to wrist with simultaneous Right Forward Chop to shoulder joint**
- **Left-hand grabs wrist and twists, Right Hooking Elbow to head**
- **Right Straight Side Elbow combined with Right Outward Hammer Strike to side of head**
- **Right Upward Palm Strike to elbow as Left-hand forces down on wrist**
- **Grab shoulder or lapel with Right-hand, turning the body into Left Knee to groin**

2. Opponent Attacks with Inward Side Slash and Reverse Stab:

- **Move Back to Avoid Slash then lunge forward to Left with a simultaneous Right Outward Block to forearm and Left Forward Chop to tricep**
- **Left-hand slides down the arm to the wrist, with both hands grasp the hand with Crossed Thumb Grab, raise hand up with Left Step Back, pull down to floor with Right Step Back**
- **Remove Weapon with Right-hand and cut wrist**

TUMBLING TECHNIQUES

☐ **Tumbling Routine** (Accompanying Diagram)

☐ **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

☐ **Trampoline**

1. Front Flip
2. Swivel Hips
3. Turntable
4. Back Drop into Rollover
5. The Combination

SPECIALTY SECTION☐**Sparring**

1. Single Opponent (five bouts, two minutes each)
2. Multiple Opponents (**2 opponents**)

☐**Breaking Techniques**

1. Boards (4 positions)
2. Bricks (when available)

Michael M. Foley**Professor**☐

Passed

☐

Passed, Needs Work

☐

Failed