

# HAND TO HAND COMBAT TRAINING CENTER

## IK-KYU RANK TEST





# H2HCTC

HAND TO HAND COMBAT TRAINING CENTER



## 1<sup>ST</sup> GRADE BROWN RANK QUALIFICATION TEST (IK-KYU)

### BASIC HAND AND FOOT TECHNIQUES

There will be a written test and a 500 word essay on “What Koden Kan Means to Me”

#### ☐ 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. Two Hand Mantis Block
14. **Wrist Rising, Downward, Outward, Inward**
15. Cover Block
16. Double Outward
17. Cross Block
18. 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. Upward Back Knuckle
14. Outward Back knuckle
15. Short Hook
16. U-Punch
17. Cross Punch
18. **Corkscrew Punch**

## ☐ Hammer Fists

1. Inward
2. Outward
3. Downward
4. Upward
5. **Forward**
6. Cover Hammer
7. Follow-thru Outward

## ☐ Chops

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



### Pokes and Fists

1. Horizontal
2. Vertical
3. Two Finger
4. One Finger
5. Palm Heel
6. Ridge Hand
7. Four Knuckle
8. Extended Knuckle
9. Open Ridge Hand
10. Japanese Fist
11. Tiger Claw
12. Wrist Back
13. **Chicken Beak Hand**



### Elbow Strikes

1. Forward
2. Rising
3. Downward
4. Straight Back
5. Reverse Back
6. Cross Back
7. Straight Side
8. Hooking to Head (forward)
9. Jumping Forward
10. **Dropping Forward**
11. **Drop Spin Cross Back (also, combo of 10 and 11)**



### 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. Long Side Thrust In Half Stance
10. Cross-over Side Thrust
11. Hop-in Side Thrust
12. Side Snap
13. Spinning Back Heel Thrust
14. Cross Behind Heel Hook
15. Spinning Back Heel Hook
16. Inward Crescent
17. Outward Crescent
18. Inward Ax Kick
19. Outward Ax Kick
20. Spinning Wheel Kick
21. Arch Kick
22. **Hop-in Forward Thrust**

## ☐ Roundhouse Kicks 1 - 12

1. Regular
2. Short to Body
3. Short to Head
4. Thigh Kick (Standard and Circular)
5. Inverted RH
6. 45° Up (Rib Kick)
7. 45° Down
8. Follow-Through
9. Front Hook
10. Slide-up
11. Sliding
12. Switch Kick 1-2-3

## ☐ Cat-fall Kicks 1 - 5

1. Side Thrust
2. Roundhouse
3. Drop Spinning Back Heel Thrust
4. Shoulder Roll into Side Thrust
5. Back Drop into Straight Up Heel Thrust

## ☐ Knee Strikes 1 - 5

1. Forward
2. Upward
3. Roundhouse (Muay Thai and Kodan Kan)
4. Dropping
5. Jumping Forward (1 & 2)

## ☐ Combination Kicks 1 – 12

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. Forward Thrust – Side Thrust – Back Heel Thrust (3-way)
8. Lunging Forward Thrust – Jump Spinning Back Heel Thrust
9. Forward Leg Sliding Roundhouse – Jump Spinning Back Heel Hook
10. Hop-behind Side Thrust- Spinning Heel Hook- Snap Roundhouse
11. Snap – Roundhouse – Spinning Back Heel Hook – Jump Spinning 360° Back Heel Hook
12. Forward Leg Sliding Roundhouse – Jump Spinning 360° Roundhouse

☐ **Jumping Kicks 1 – 15**

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 behind Outward Crescent**
8.        **Jump Spinning Back Heel Thrust**
9.        **Jump Spinning Back Heel Hook**
10.       **Jump Spinning Outward Crescent**
11.       **Jump Spinning 360° Inward Crescent**
12.       **Jump Spinning 360° Roundhouse**
13.       **Jumping 45° Double Forward Thrust**
14.       **Split Kick**
15.       **Hurricane Kick**



## **Sparring Techniques 1 – 20**

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. Hop-in Side Thrust, Spinning Back Heel Hook, Snap-Roundhouse
11. Drop Spinning Back Heel Thrust, Kneeling Roundhouse Kick, Rising Block with Reverse Punch, Stand with Forward Thrust Kick
12. Jumping Back Knuckle, Kneeling Forward Thrust Punch
13. Back Knuckle, Forward Thrust Punch, Back Knuckle (same hand), Forward Thrust Kick, Back Knuckle, Forward Thrust Punch
14. Back Knuckle-Hop Behind Side Thrust, Slide- up Back Knuckle, Cross behind Heel Hook
15. Hop in Forward Thrust Kick, Jamming Technique with Forward Hand, Back Hand Reverse Punch
16. Lunging back leg RH Kick, Outward Ax Kick, Back Knuckle, Short Hook
17. Lunging double outward back knuckle
18. Rocket Punch
19. Sliding Side Thrust, RH kick, drag RH kick, 4 rapid thrust punches
20. Hand Blitz (5 – 8 hand techniques)

☐ **Stances and Pivots** (in movement, like kata) **[Write out for Test]**

1.        **Set Stance (Kiba-Dachi)**
2.        **Forward Stance (Zenkutzo-Dachi)**
3.        **Backward Stance (Kokutzo-Dachi)**
4.        **Dynamic Stance (Sanchin-Dachi)**
5.        **Cat Stance (Neko Ashi-Dachi)**
6.        **L-Stance with Shuto (Renoji Dachi)**
7.        **Half-Stance (Hangetzo-Dachi)**
8.        **Back Pivot in Zenkutso-Dachi**
9.        **One Legged Stance (Ippon-Ashi-Dachi)**
10.       **Front Pivot in (Kokutzo-Dachi)**



**FORMS**☐ **Basic Four Corner Cover Movements 1 - 10**

- ☐ 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 (Right and Left Hands)
- ☐ 9. Four Corner Personal Weapon Kata- (Write out for Test)
- ☐ 10. Four Corner Sai Kata (Single Weapon Form)

☐ **Basic Katas 1 – 8**

- ☐ 1. Basic Kata #1
- ☐ 2. Basic Kata #2
- ☐ 3. Basic Kata #3
- ☐ 4. Basic Bo Kata
- ☐ 5. Basic Escrima Kata
- ☐ 6. Basic Bo Two-Man Set
- ☐ 7. Basic Escrima Two-Man Set
- ☐ 8. Basic Personal Weapon Kata (dual weapons if called for) [Write out]

☐ Koden Kan Heians 1 – 7

- ☐ 1. Heian #1
- ☐ 2. Heian #2
- ☐ 3. Heian #3
- ☐ 4. Heian #4
- ☐ 5. Heian #5
- ☐ 6. Heian Bo Kata
- ☐ 7. Heian Escrima Kata

Naihan Chin Katas 1 – 2

- ☐ 1. Naihan Chin Shodan
- ☐ 2. Naihan Chin Nidan

**PARTNER TECHNIQUES**☐ **Defensive Arts 1 – 20**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.

**H2HC Techniques****[Both Sides]**

1. Tiger Claw
  - A. Block, Tiger Claw, Forward Knee
  - B. Add Thigh Kick
  - C. Switch Kick
2. Two Hand Push Counter
  - A. Double Block, Double Palm, Forward Thrust Kick
  - B. Add Hop-Behind Side Thrust
3. Arch Kick
4. Inward / Outward
5. Rear Arm Choke
6. Cover Block
  - A. Cover Hammer, Tiger Claw, Forward Knee or Thrust Kick
  - B. Block, Grab, Elbow, Takedown, Elbow
7. Roundhouse Kick Takedown
8. Triple Knee
9. Figure-4 Arm Lock and Takedown
10. Wrist-to-wrist Come-along
  - A. Standing in neutral position
  - B. From Inward Block
11. Head Twist Takedown
  - A. From Front Choke
  - B. From Punch from the side (block, step-in spin takedown)
12. Neck Twist Takedown
13. Iron Anvil (Double Palm to Ribs or Chin)
  - A. Double Palms to Ribs
  - B. Double Palm to Chin



## Aiki-Jitsu Techniques 1 – 20

**[Both Sides]**

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
7. Forward Drive Figure – 4 Arm Bar Take Down
8. Arm Pull into Reversal
9. Inward Grab Take Down, Roll Over and Control
10. Step Through Spinning Arm Lock/ Throw
11. Cross Over Take Down with Outward Reaping Throw and Control
12. Left Block and Grab, Spin to Right, Take Down and Counter
13. Hand Trap on Chest, Drop to Knee and Control
14. Inward Grab, Body Twist Take Down and Counter
15. Two Hand Mantis Block into hand trap back kick throw
16. Neck Throw with three submissions
  - 1.
  - 2.
  - 3.
17. Back-Breaker from RH kick
18. Hip Throw from aggressive opponent
19. Shoulder Throw from Aggressive Opponent
20. Inward Sweep from Aggressive Opponent



### **Rising Block & Counter Techniques 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, Spear Hand 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 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, Roundhouse Punch to Head**
10. **Rising Block, Downward Chop to Collar Bone, Fore knuckle to Throat**

## Inward Block & Counters 1 – 10

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
6. Inward Block, Scooping Ridge Hand to Groin, Cross Elbow Strike to Head or Face.
7. Inward Block (from outside), Roundhouse Punch to Side of Jaw, Grab Hair on Top of Head, Take Down Backwards, Follow-up with Four Knuckle Strike to Throat.
8. Inward Block (from outside), Open Ridge Hand to Throat, Grab Throat and Execute Right Outward Reaping Leg Sweep, Finish With Spinning Back Heel Stomp to Upper Body Area.
9. Inward Block, Glancing Reverse Direction with Outward Hammer Strike to Face, Cross Punch to Face and Follow with a low jump-Spinning Outward Hammer Fist to Face with a Roundhouse Kick to Face or Upper Body Area.
10. Inward Block (from outside), Scooping Ridge Hand to Groin and Throat, Reach Behind with Both Hands and Grab, Pull into lunging RH Knee to Solar Plexus or Chest Area.

## Downward Block & Counters 1 – 5

1. Side Thrust Attack: Lunge in with back hand block, grab leg in crook of elbow, upward knee strike to inside of thigh and immediately follow with same leg arch kick to knee continuing to the floor. Wrap right leg around their leg, grab foot in Aikido grab and twist as you push down on foot for control or dislocation.
2. Forward Thrust Kick Attack: Offset front hand block and grab, lift leg high while grabbing upper uniform for inward sweep, grab leg tightly with both arms and do a pile-driver into the floor applying downward pressure to the hip and knee.
3. Spinning Back Heel Thrust Kick Attack: Lunge in with back hand block, instep snap kick or lifting shin kick to groin, thigh kick, grab arm neck or jaw and takedown and apply scissor choke or figure-four leg choke.
4. Forward Thrust Kick Attack: Side step with front hand block and grab, palm heel to chin and push back for outward reap. Wrap hands around ankles and apply finger pressure to Achilles tendons and quickly do a forward heel stomp to groin.
5. Front Hook Kick Attack: Front hand block and grab, step forward next to held leg as you switch hands on the grab and do a step-thru spinning Wrap Kick to head and follow-thru to floor with DBT to held knee. Drop with both knees into lower body followed by three(3) punches to face, throat or upper body.



1. Step back with a right hand block, spin opponent around on throw and grab collar or shoulder for short hook to ribs, kidney or spine. Both hands grab both sides of the neck muscles and pull back into forward knee to spine.
2. Left block, field goal kick or instep snap kick to groin, grab head, shoulders or shirt with both hands and execute four (4) running-in-place upward knee strikes to face, step back with left pulling on shirt or neck toward the ground, step back again with right and finish with a windmill hammer to back of head.
3. Step back with right block, left forward thrust (BB Whip Kick) to lower spine or coccyx, both hands grab the lower mandible and pull back and down slamming head to the floor, drop with a double-X hammer and wrist strike to throat, finish with three rapid strikes to face.
4. Left block, Short Side Thrust Kick to knew, grab head for follow-thru Roundhouse Knee to side of head. (If you lose head control, follow-thru Shin Kick.)
5. Step back with Right block, Kodan Kan Thigh Kick, Inside Thigh Kick, grab and drop to ground with Anaconda to tap-out.

☐ Grab and Rip Techniques 1 – 10 (Two Each) [Write out for Test]

1. Groin
  - A.
  - B.
2. Hair
  - A.
  - B.
3. Throat
  - A.
  - B.
4. Solar Plexus
  - A.
  - B.
5. Arm Pit
  - A.
  - B.
6. Ribs
  - A.
  - B.
7. Inside of Thigh
  - A.
  - B.
8. Face
  - A.
  - B.
9. Base of Neck
  - A.
  - B.
10. Back of Knee
  - A.
  - B.

## 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 clavical, as **Right foot hooks** behind the Achilles tendon.
- **Scissors Take-down** then finish with **Right Axe Kick** to available body target.

#### 3. Opponent Attacks with Double-Hand Over-Head Downward Axe-like Strike:

- **Wedge Block** separating arms, **grab arm** with one hand, **Neck Throw** with other and go down with opponent.
- Apply **Neck Lock** with **Arm Smother** for tap out.

## □ 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 Outward 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.

### 3. Opponent Attacks with an Upward Slash and then a Downward Stab:

- **Move Back then forward and Left. Right Open Rising Block** and redirect the **Knife Hand** down and into opponent's thigh.
- Place **Right-hand** over **Knife Handle** and execute **Forward Knee Strike** driving **Knife into bone**.
- Grab hand with **Step Through Spinning Arm Throw**, follow with **Heel Stomp** to **Knife in Thigh**.

### 4. Butterfly Block #1

### 5. Butterfly Block #2

## Pistol Disarm

### 1. Pistol aimed at chest in close proximity:

- Step in slightly grabbing the barrel and twist to side causing opponent's wrist to bend.
- Strike the inside of wrist with lower thumb bone and pull the hand toward your chest and punch the pistol toward opponent's chest.
- Cross away with weapon low and tight, bring pistol up into firing position pointing at a low center of mass.

### 2. Pistol aimed at head with two hand hold at close proximity:

- As quickly as you can, bring both hands up in a butterfly block and grasp the weapon tightly with both hands.
- Shoot both feet out into Set Stance and rotate the weapon up then forward driving the weapon down toward the floor.
- Cross away and take up a firing position.

# TUMBLING MANEUVERS

## ☐ Tumbling Routine (*Accompanying Diagram*)

## ☐ On the Mat

1. Diving Forward Roll
2. Backward Roll Extension in Pike
3. Shoulder Roll
4. Neck Spring
5. Head Spring
6. Kip-Up
7. Forward Hand Spring
8. Frog Stand
9. Drag Into Head Stand
10. Hand Stand
11. Running Cartwheel
12. Running Roundoff
13. Back Hand Spring
14. Back Flip in Tuck (standing or from round-off)
15. Back Layout in Arched Position (from round-off)
16. Round-off/Back Handspring Combination
17. Front Flip in Tuck

## ☐ Trampoline

1. Front Flip (Tuck, Pike, half twist)
2. Swivel Hips
3. Turntable
4. Back to Back
5. Back Drop into Rollover
6. The Combination
7. Back flip in tuck
8. Back flip lay-out

## SPECIALTY SECTION

### ☐ Bull Ring Techniques

1. Four Opponents (choreographed by individual) (write out)
2. Eight Opponents (by the numbers, using learned techniques)

### ☐ Sparring

1. Single Opponent (Five Bouts, two minutes each)
2. Multiple Opponents (4 opponents)

### ☐ Breaking Techniques

1. Boards (6 positions)
2. Bricks (single plus both hands, two stacks simultaneously)

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

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

## SELF DEFENSE TECHNIQUES

**[Both Sides, Not Required for Test]**

### ☐ **Group One**

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

### ☐ **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 1 – 3

### ☐ **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 & 2

### ☐ **Group Five**

1.	Wall Defense #1 and #2
2.	"Friend or Foe" (below ear behind jaw)
3.	Base of Neck Pinch Take Down
4.	Head Twist Take Down (front, side, back)
5.	Head Slam (groin kick, grab head, slam to ground)

### ☐ **Group Six (Tested)**

1.	Outward Reap 1 Leg
2.	Outward Reap 2 Legs
3.	Hip Throw
4.	Shoulder Throw
5.	Backward Roll Kick Throw