

# HAND TO HAND COMBAT TRAINING CENTER

## NI-KYU RANK TEST





# H2HCTC

HAND TO HAND COMBAT TRAINING CENTER



## 2<sup>ND</sup> GRADE BROWN RANK QUALIFICATION TEST (NI-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. **Two Hand Mantis Block**
14. Double Outward
15. Cover Block
16. Cross Block
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. Upward Back Knuckle
14. Outward Back Knuckle
15. Short Hook
16. U-Punch
17. Cross Punch

## ☐ Hammer Fists

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

## ☐ Chops

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

## ☐ 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



### 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**



### 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



### Roundhouse Kicks 1-8

1. Regular
2. Short to Body
3. Short to Head
4. Thigh Kick (Standard and Circular)
5. **Inverted Roundhouse (to body with ball, to head with instep)**
6. Slide-up
7. Sliding
8. Switch Kick 1-2-3



### Cat-fall Kicks 1-2

1. **Side Thrust**
2. **Roundhouse**



### **Knee Strikes 1 - 3**

1. Forward
2. Upward
3. Roundhouse (Muay Thai and Kodan Kan)



### **Combination Kicks 1 – 11**

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-in Side Thrust – Spinning Heel Hook – 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 – 12**

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



## **Sparring Techniques 1 – 14**

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. Hand Blitz (5 – 8 hand techniques)
15. Lunging Double Outward Back Knuckle

☐ **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 – 9    A & B**☐    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)**



## ☐ Basic Katas 1 – 6

- ☐ 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**

## ☐ Koden Kan Heians 1 –6

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

## Naihan Chin Kata 1

- ☐ 1. **Naihan Chin Shodan**

## PARTNER TECHNIQUES



### Defensive Arts 1 –17

1.

2.

3.

4.

5.

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7.

8.

9.

10.

11.

12.

13.

14.

15.

16.

17.

☐ H2HC Techniques

1. Tiger Claw A-B-C
2. Two Hand Push Counter
3. Arch Kick
4. Inward / Outward
5. Rear Arm Choke
6. Cover Block
7. Triple Knee
8. Roundhouse Kick Takedown
9. Arm Pretzel
10. Figure 4 Arm-Lock and Takedown
11. Wrist-to-wrist come-along

☐ **Aikido Grab Arts 1 – 10**

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**



## **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 – 3

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.

## □ Scooping Block & Counters 1 – 3

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.



**Grab and Rip Techniques 1 – 7 (Two Each)** [Write out for Test]

**1. Groin**

1.

2.

**2. Hair**

1.

2.

**3. Throat**

1.

2.

**4. Solar Plexus**

1.

2.

**5. Arm Pit**

1.

2.

**6. Ribs**

1.

2.

**7. Inside of Thigh**

1.

2.



## SELF DEFENSE TECHNIQUES

### □ 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

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

## WEAPONS 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 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** to groin, **Right foot hooks** behind the Achilles tendon, spin with heel hook to far side clavicle.
- **Scissors Take-down** then finish with **Right Axe 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 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.

## □ 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 TECHNIQUES

### ☐ 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. Back Hand Spring
12. Cartwheel
13. Round-Off

### Trampoline

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

☐ **Bull Ring Techniques**

1. **Four Opponents (choreographed by individual) (write out)**

☐ **Sparring**

1. **Single Opponent (Three Bouts, two minutes each)**
2. **Multiple Opponents (3 opponents) (3 Min)**

☐ **Breaking Techniques**

1. **Boards (5 positions)**
2. **Bricks (When available)**

**Michael M. Foley  
Professor**

- ☐ Passed  
☐ Passed, Needs Work  
☐ Failed

Notes: