



# H2HCTC

HAND TO HAND COMBAT TRAINING CENTER



## ADVANCED BLUE RANK QUALIFICATION TEST

### 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. Double Outward (forward stance moving back)



#### 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. Outward Back Knuckle (fighting Stance with lunge)



#### Hammer Fists

1. Inward
2. Outward
3. Follow through Outward (fighting stance)
4. Downward



#### Chops

1. Inward
2. Outward
3. Downward



### Pokes and Fists

1. Horizontal
2. Vertical
3. Two Finger
4. One Finger
5. Palm Heel
6. Ridge Hand
7. Four Knuckle
8. Tiger Claw



### Elbows

1. Forward



### Kicks

1. Forward Snap
2. Forward Thrust
3. Forward Heel Stomp
4. Back Heel Stomp
5. Back Heel Thrust
6. Short Side
7. Long Side Thrust
8. Side Snap
9. Inward Crescent
10. Arch Kick (fighting stance)
11. Forward Knee
12. Upward Knee

### Roundhouse Kicks

1. Roundhouse
2. Thigh kick
3. Rib Kick
4. Slide-up Roundhouse (fighting stance)
5. Switch Kick (rib kick in fighting stance)



### Jumping Kicks

1. Jumping Snap Kick
2. Chicken Kick
3. Flying Side Thrust



### Sparring Combinations

1. Outward back knuckle, Thrust Punch, Roundhouse Kick
2. Slide-up Roundhouse, Back knuckle, Reverse Punch

## FORMS

☐ 1. Four Corner Cover Movement #1

☐ 2. Four Corner Cover Movement #2

☐ 3. Four Corner Cover Movement #3

☐ 4. Four Corner Bo Kata

☐ 5. Basic Kata #1

☐ 6. Basic Kata #2

## PARTNER TECHNIQUES

☐ Defensive Arts 1 – 3

1.

2.

3.

☐ H2H

1. Tiger Claw A,B,C

2. Two Hand Push

3. Arch Kick

4. Inward / Outward

## SELF DEFENSE TECHNIQUES



### Group One

1. The Wedge
2. Two Finger Push Away
3. Hair Grab Defense #1 (shirt grab)
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 #1



### 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

## TUMBLING TECHNIQUES

### ☐ Tumbling

1. Forward Roll
2. Diving Forward Roll
3. Backward Roll
4. Backward Roll Extension in Pike
5. Shoulder Roll

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

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