



H2HCTC

HAND TO HAND COMBAT TRAINING CENTER



PURPLE 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 (Moving back in Forward Stance)



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. 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 & Fists

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



Elbow Strikes

1. Forward
2. Rising
3. Downward



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. Spinning Back Heel Thrust
10. Inward Crescent
11. Outward Crescent
12. Arch Kick (fighting stance)
13. Forward Knee
14. Upward Knee



Roundhouse Kicks

1. Kodan Kan Roundhouse
2. Thigh Kick
3. Rib Kick
4. Slide-up Roundhouse (fighting stance)
5. Switch Kick (fighting stance, multiple RH kicks)



Combination Kicks

1. Forward Snap – Roundhouse
2. Forward Thrust – Spinning Back Heel Thrust



Jumping Kicks

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



Sparring Techniques

1. Outward Back Knuckle, Forward Thrust Punch, Roundhouse Kick
2. Slide up Roundhouse Kick, Back knuckle, Reverse punch
3. Sliding leg lift fake, Back knuckle, under/over punch



Stances & Pivots

1. Set Stance
2. Forward Stance
3. Backward Stance
4. Cat Stance
5. L-Stance with Shuto
6. Half-Stance
7. Back Pivot

FORMS

☐ Basic Four Corner Cover Movements

- ☐ 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

Basic Katas 1 – 3

- ☐ 1. Basic Kata #1
- ☐ 2. Basic Kata #2
- ☐ 3. Basic Kata #3

PARTNER TECHNIQUES



Defensive Arts 1 – 5

- 1.
- 2.
- 3.
- 4.
- 5.



H2HC Techniques

1. Tiger Claw A, B, C
2. Two hand push counter
3. Arch Kick
4. Inward / Outward
5. Rear arm choke counter

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 #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 Maneuvers

1. Forward Roll
2. Diving Forward Roll
3. Backward Roll
4. Backward Roll Extension in Pike
5. Shoulder Roll
6. Kip-up

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Professor

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