KKCMA

Koden Kan Combined Martial Arts

ADVANCED BLUE 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 (stepping 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. Outward Back Knuckle
12. Dropping Straight Down Thrust Punch (in lunge stance)

☐ Hammer Fists

1. Inward
2. Outward
3. Downward
4. Follow-thru Outward

☐ Chops

1. Inward
2. Outward
3. Downward

☐ 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

☐ Elbow Strikes

1. Low Back (stepping back in forward stance)
2. Downward
3. 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. Hop-Behind Side Thrust
9. Side Snap
10. Inward Crescent
11. Arch Kick

☐ Roundhouse Kicks 1 – 5

1. Koden Kan
2. Thigh Kick
3. Rib Kick
4. Slide-up
5. Switch Kick (thigh)

☐ Knee Strikes 1 – 2

1. Forward
2. Upward

☐ Jumping Kicks 1 – 3

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

☐ Sparring Techniques 1 – 2

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

Stances and Pivots

1. Set Stance
2. Forward Stance
3. Backward Stance
4. Cat Stance
5. L-Stance with Shuto
6. Lunge Stance
7. Dynamic Stance
8. Half-Stance
9. Fighting Stance Right and Left Sides
10. Back Pivot

FORMS

☐ Basic Four Corner Cover Movements 1 – 4

- ❑ 1. Four Corner Cover Movement #1
- ❑ 2. Four Corner Cover Movement #2
- ❑ 3. Four Corner Cover Movement #3
- ❑ 4. Four Corner Bo Kata

☐ Basic Katas 1 – 2

- ❑ 1. Basic Kata #1
- ❑ 2. Basic Kata #2

PARTNER TECHNIQUES

☐ Defensive Arts 1 – 3

1.

2.

3.

☐ H2H Techniques

1. Tiger Claw

   A. Rising Block, Tiger Claw, Forward Knee

   B. Add Thigh Kick

   C. Switch Kick

2. Two Hand Push Counter

3. Arch Kick

4. Inward/Outward

☐ Floor Defense

1. Side Grab Defense

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

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

TUMBLING TECHNIQUES

☐ **On the Mat**

1. **Forward Roll**
2. **Shoulder Roll**
3. **Backward Shoulder Roll**
4. **Backward Roll**
5. **Diving Forward Roll**

Michael M. Foley

Professor

☐ Passed

☐ Passed, Needs Work

☐ Failed