

# HAND TO HAND COMBAT TRAINING CENTER

## *SAN-KYU RANK TEST*





# H2HCTC

HAND TO HAND COMBAT TRAINING CENTER



## 3<sup>RD</sup> GRADE BROWN QUALIFICATION TEST (SAN-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. Double Outward
14. Cover Block
15. Cross Block
16. 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. Short Hook
14. **U-Punch**
15. **Cross Punch**
16. Outward Back Knuckle



### 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



### Elbow Strikes

1. Forward
2. Rising
3. Downward
4. Straight Back
5. Reverse Back
6. Cross Back
7. Straight Side
8. **Hooking to Head**



## 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. Koden Kan Roundhouse
2. Thigh Kick
3. Rib Kick
4. Short to the body
5. Slide-up
6. Sliding
7. Switch Kick 1-2-3



## Knees

1. Forward
2. Upward
3. Muay Thai RH

## ☐ Combination Kicks

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. Hop-in Side Thrust – Spinning Heel Hook – Roundhouse
8. Forward Thrust – Side Thrust – Back Heel Thrust (3-way)
9. Lunging Forward Thrust – Jump Spinning Back Heel Thrust
10. Forward Leg Sliding Roundhouse – Jump Spinning Back Heel Hook

## ☐ Jumping Kicks

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 Spinning 360 Inward Crescent
8. Jump Spinning Back Heel Thrust
9. Jump Spinning Back Heel Hook
10. Jump Spinning Outward Crescent

1. Outward Back Knuckle, Reverse Punch, Roundhouse Kick
2. Slide Up Roundhouse, Back Knuckle, Reverse Punch
3. Sliding Leg Lift Fake, Back Knuckle, Under/Over Punch
4. Inward Leg Check, Side Thrust (same leg)
5. Lunging Forward Thrust Kick, Reverse Punch (front hand)
6. Slide Up RH Kick, Back Knuckle, Thrust Punch, Slide up RH Kick
7. Sliding Roundhouse, Double Knuckle Punch (front hand first)
8. Jumping Snap Roundhouse, Lunging Outward Back Knuckle
9. Snap-Roundhouse (same leg), Spinning Back Heel Thrust, Forward Thrust Punch
10. Drop Spinning Back Heel Thrust, Kneeling Roundhouse Kick
11. Jumping Back Knuckle, Kneeling Forward Thrust Punch
12. Back Knuckle, Forward Thrust Punch, Back Knuckle (same hand), Forward Thrust Kick, Back Knuckle, Forward Thrust Punch

☐ **Stances and Pivots (in movement)**

1. Set Stance (in a square using rising block)
2. Forward Stance (moving forward using downward block)
3. Backward Stance (moving back using high scooping outward)
4. Dynamic Stance (moving with block, punch combo)
5. Cat Stance (moving back using outward shuto block)
6. L-Stance with Shuto (moving back using double open-hand block)
7. Half-Stance (moving back in and out of fighting stance)
8. Back Pivot (four in a row using downward block)

## 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 Bo 2- man Set**
- ☐ 7.      **Four Corner Escrima Kata**
- ☐ 8.      **Four Corner Escrima 2-man Set**

☐ **Basic Katas**

- ☐ 1.        **Basic Kata #1**
- ☐ 2.        **Basic Kata #2**
- ☐ 3.        **Basic Kata #3**
- ☐ 4.        **Basic Bo Kata**
- ☐ 5.        **Basic Escrima Kata**

☐ **Koden Kan Heians**

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



## PARTNER TECHNIQUES

### ☐ Defensive Arts 1 -15

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.

☐ **H2HC Techniques 1-10**

1. Tiger Claw 1- 2- 3
2. Two hand push counter
3. Arch Kick
4. Inward / Outward
5. Rear Arm Choke
6. Arm Pretzel
7. Roundhouse Kick Takedown
8. Cover Block
9. Triple Knee
10. **Figure-4 Arm Lock and Takedown**

☐ **Aikido Grab Arts 1 – 6**

1. Cross-over Grab and Counter
2. Inward Grab and Counter
3. Double Hand Grab, Break and Counter
4. Spinning Cross-Behind Arm Bar
5. Step Across Figure – 4 Arm Bar
6. Forward Lunging Arm Swing



### **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 – 5

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

## 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)

## WEAPONS DEFENSE

### ☐ Club Defense

#### 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 stomach, as **Right foot hooks** behind the Achilles tendon.
- **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.

# TUMBLING TECHNIQUES

## ☐ Tumbling Routine

### 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

### Trampoline

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

## ☐ Sparring

1. Single Opponent
2. Multiple Opponents (2)

## ☐ Breaking Techniques

1. Boards (4 Positions)
2. Bricks (1 stack)

*Michael M. Foley*  
*Professor*

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

**Notes:**