



# KKCMA

## Koden Kan Combined Martial Arts

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 (in set stance, no pivot)



#### 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. Outward Back Knuckle (in fighting stance)

☐ Hammer Fists

1. Inward
2. Outward
3. Downward

☐ Chops

1. Inward
2. Outward
3. Downward

☐ Pokes and Fists

1. Horizontal
2. Vertical
3. Tiger Claw
4. Scooping Ridge Hand (in set stance with pivot)
  - A. Bent Elbow
  - B. Straight Arm
5. Two Finger
6. One Finger
7. Palm Heel
8. Ridge Hand

☐ Elbows

1. Low Back Elbow (in set stance, no pivot)
2. Downward Elbow (in set stance with pivot)

## ☐ 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. Arch Kick

## ☐ Roundhouse Kicks

1. Kodan Kan
2. Thigh Kick
3. Rib Kick

## ☐ Knee Strikes

1. Forward

## ☐ Jumping Kicks

1. Jumping Snap Kick
2. Chicken Kick

## ☐ Sparring Techniques

1. Outward Back Knuckle, Thrust Punch, Roundhouse Kick

## FORMS

☐ Basic Four Corner Cover Movements 1 – 3

- ☐ 1. Four Corner Cover Movement #1
- ☐ 2. Four Corner Cover Movement #2
- ☐ 3. Four Corner Cover Movement #3

☐ Basic Katas

- ☐ 1. Basic Kata #1

## PARTNER TECHNIQUES



### H2H Techniques

1. Tiger Claw
  - A. Block, Tiger Claw, Forward Knee
  - B. Add Thigh Kick
  - C. Switch Kick (Rib)
2. Two Hand Push Counter
3. Arch Kick



### Group One

1. The Wedge
2. Two Finger Push Away
3. Hair/Shirt Grab Defense
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

## TUMBLING TECHNIQUES



### On the Mat

1. Forward Roll
2. Shoulder Roll
3. Backward Shoulder Roll
4. Backward Roll

Michael M. Foley

Professor

☐

Passed

☐

Passed, Needs Work

☐

Failed