



KKCMA

Koden Kan Combined Martial Arts

1ST GRADE BROWN RANK QUALIFICATION TEST (IK-KYU)

BASIC HAND AND FOOT TECHNIQUES

There will be a written test and a 500 word essay on "What Koden Kan Means to Me"



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. Two Hand Mantis Block
 - A. Simultaneous
 - B. One-Two with Back Hand First in Cat Stance
14. **Wrist Rising, Downward, Outward, Inward**
15. Cover Block
16. Double Outward
17. Simultaneous HSO and Downward
18. Cross Block
19. 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. **Upward Back Knuckle**
14. **Outward Back Knuckle**
15. **Short Hook**
16. **U-Punch**
17. **Cross Punch**
18. **Dropping Straight Down Thrust Punch**
19. **Inward Forearm Smash**
20. **Corkscrew Punch**

Hammer Fists

1. Inward
2. Outward
3. Downward
4. Upward
5. Forward
6. Cover Hammer
7. Follow-thru Outward

Chops

1. Inward
2. Outward
3. Downward
4. Upward
5. Forward

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
10. Extended Knuckle
11. Open Ridge Hand
12. Japanese Fist
13. Wrist Back
14. **Chicken Beak Hand**



Elbow Strikes

1. **Low Back**
2. **Forward**
3. **Downward**
4. **Rising**
5. **Straight Back**
6. **Reverse Back**
7. **Cross Back**
8. **Straight Side**
9. **Hooking to Head (forward)**
10. **Jumping Circular Downward**
11. **Jumping Forward**
12. **Dropping Forward**
13. **Drop Spin Cross Back**
14. **Dropping Forward Spin Cross Back**

Front Kicks

1. Field Goal Kick
2. Forward Snap
3. Forward Thrust
4. Forward Heel Thrust
5. **45° Upward Forward Thrust**
6. **Hop-In Forward Thrust**
7. Forward Heel Stomp

Back Kicks

1. Back Heel Stomp
2. Back Heel Thrust
3. Spinning Back Heel Thrust

Side Kicks

1. Short Side
2. Long Side Thrust
3. Cross-over Side Thrust
4. Hop-Behind Side Thrust
5. Hop-In Side Thrust
6. Long Side Thrust in Half-Stance
7. Side Snap

 **Kicks**

1. **Cross Behind Heel Hook**
2. **Spinning Heel Hook**
3. **Inward Crescent**
4. **Outward Crescent**
5. **Inward Ax Kick**
6. **Outward Ax Kick**
7. **Spinning Wheel Kick**
8. **Arch Kick**
9. **Heel Lift**
10. **Wrap Kick**
11. **Inward Reap**

Roundhouse Kicks

1. **Koden Kan**
2. **Short to Body**
3. **Short to Head**
4. **Inverted RH (to body and head)**
5. **Thigh Kick (Standard and Circular)**
6. **45° Up (Rib Kick)**
7. **45° Down**
8. **Follow-Through**
9. **Front Hook**
10. **Slide-up**
11. **Sliding**
12. **Switch Kick 1-2-3**

Cat-fall Kicks

1. Side Thrust
2. Roundhouse
3. Drop Spinning Back Heel Thrust
4. Shoulder Roll into Side Thrust
5. Back Drop into Straight Up Heel Thrust

Knee Strikes

1. Forward
2. Upward
3. Koden Kan Roundhouse
4. Muay Thai Roundhouse
5. Dropping
6. Jumping Forward (1 & 2)

□ 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. **Forward Thrust – Side Thrust – Back Heel Thrust (3-way)**
8. **Lunging Forward Thrust – Jump Spinning Back Heel Thrust**
9. **Forward Leg Sliding Roundhouse – Jump Spinning Heel Hook**
10. **Hop-in Side Thrust – Spinning Heel Hook – Roundhouse**
11. **Snap – Roundhouse – Spinning Heel Hook – Jump Spinning 360°**
Back Heel Hook
12. **Forward Leg Sliding Roundhouse – Jump Spinning 360°**
Roundhouse

□ **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 Behind Outward Ax**
8. **Jump Spinning Back Heel Thrust**
9. **Jump Spinning Heel Hook**
10. **Jump Spinning Outward Crescent**
11. **Jump Spinning 360° Inward Crescent**
12. **Jump Spinning 360° Roundhouse**
13. **Flying 45° Side Thrust**
14. **Jumping 45° Double Forward Thrust**
15. **Split Kick**
16. **Hurricane Kick**

□ Sparring Techniques

1. Outward Back Knuckle, Thrust Punch, Roundhouse Kick
2. Slide-up Roundhouse, Outward Back Knuckle, Reverse Punch
3. Sliding Leg Lift Fake, Outward Back Knuckle, Under/Over Punch
4. Inward Leg Check, Side Thrust (same leg)
5. Lunging Forward Thrust Kick, Reverse Punch
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, Jumping Forward Thrust Kick
10. Hop-behind Side Thrust, Spinning Heel Hook, Snap-Roundhouse
11. Drop Spinning Back Heel Thrust, Kneeling Roundhouse Kick, Rising Block with Reverse Punch, Stand with Forward Thrust Kick
12. Jumping Back Knuckle, Kneeling Forward Thrust Punch
13. Back Knuckle, Forward Thrust Punch, Back Knuckle (same hand), Forward Thrust Kick, Back Knuckle, Forward Thrust Punch
14. **Back Knuckle-Hop Behind Side Thrust, Slide-up Back Knuckle, Cross Behind Heel Hook**
15. **Hop-in Forward Thrust Kick, Jamming Technique with Forward Hand, Back Hand Reverse Punch**
16. **Lunging Back Leg RH Kick, Outward Ax Kick, Back Knuckle, Short Hook**
17. Lunging Double Outward Back Knuckle
18. **Rocket Punch**
19. **Sliding Side Thrust, RH Kick, Drag RH Kick, 4 Rapid Thrust Punches**
20. Hand Blitz (5 – 8 hand techniques)

Stances and Pivots (in movement, like kata) [Write out]

1. **Set Stance (Kiba-Dachi)**
2. **Forward Stance (Zenkutzo-Dachi)**
3. **Backward Stance (Kokutzo-Dachi)**
4. **Dynamic Stance (Sanchin-Dachi)**
5. **Cat Stance (Neko-Ashi-Dachi)**
6. **Backward Cat Stance**
7. **L-Stance (Renoji-Dachi)**
8. **Lunge Stance**
9. **Half-Stance (Hangetzo-Dachi)**
10. **Fighting Stance (Kumite Dachi)**
11. **Escrima Stance**
12. **Back Pivot in Zenkutzo-Dachi**
13. **One Legged Stance (Ippon-Ashi-Dachi)**
14. **Front Pivot in Kokutzo-Dachi**

FORMS

- Basic Four Corner Cover Movements 1 – 10**
- 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
- 7. Four Corner Bo Two-Man Set
- 8. Four Corner Escrima Two-Man Set (Right and Left Hands)
- 9. Four Corner Personal Weapon Kata [Write out with Diagram]
- 10. Four Corner Sai Kata (Single Weapon Form)

Basic Katas 1 – 8

- 1. **Basic Kata #1**
- 2. **Basic Kata #2**
- 3. **Basic Kata #3**
- 4. **Basic Bo Kata**
- 5. **Basic Escrima Kata**
- 6. **Basic Bo Two-Man Set**
- 7. **Basic Escrima Two-Man Set**
- 8. **Basic Personal Weapon Kata** (dual weapons if called for)
[Write out]

Koden Kan Heians 1 – 7

- 1. Heian #1
- 2. Heian #2
- 3. Heian #3
- 4. Heian #4
- 5. Heian #5
- 6. Heian Bo Kata
- 7. Heian Escrima Kata

Naihan Chin Katas 1 – 2

- 1. Naihan Chin Shodan
- 2. Naihan Chin Nidan

PARTNER TECHNIQUES

Defensive Arts

1.

2.

3.

4.

5.

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20.



H2H Techniques

[Both Sides]

1. Tiger Claw
 - A. Rising Block, Tiger Claw, Forward Knee
 - B. Add Thigh Kick
 - C. Switch Kick
2. Two Hand Push Counter
 - A. Double Block, Double Palm, Forward Thrust Kick
 - B. Add Hop-Behind Side Thrust
3. Arch Kick
4. Inward/Outward
5. Rear Arm Choke Counter
 - A. Control
 - B. Anaconda
6. Cover Block
 - A. Cover Hammer, Tiger Claw, Forward Knee or Thrust Kick
 - B. Block, Grab, Elbow, Takedown, Elbow
7. Roundhouse Kick Takedown
8. Arm Pretzel
9. Triple Knee
10. Figure-4 Arm Lock
 - A. Control
 - B. Takedown
11. Wrist-to-Wrist Come-Along
 - A. Standing in Neutral Position (initiate)
 - B. From Inward Block
12. Head Twist Takedown
 - A. From Front Choke
 - B. From Punch from the side (block, step-in spin takedown)
13. Neck Twist Takedown
14. Iron Anvil (from neutral stance)
 - A. Double Palms to Ribs
 - B. Double Palms to Chin
15. Simultaneous Block-Strike (from neutral stance)
 - A. Inward Palm – Horizontal Thrust Punch
 - B. HSO Block – Vertical Thrust Punch
 - C. Rising Block – Short Hook

□ **Yawara Board** [Both Sides]

1. The Wedge
2. Two Finger Push Away
 - A. Push Back
 - B. Add Hop-Behind Side Thrust
3. Hair/Shirt Grab Defense #1
 - A. Wristlock, Grab Head, Knee
 - B. Long Arm Bar on Floor, Shin on Shoulder, Pull up on Arm
4. Rear Windmill (3 rapid fire Tiger Claws)
5. Head Lock Defense #1
6. Front Windmill
7. Side Grab Defense #1
 - A. Look, Slap, Step
 - B. Shoulder Shrug
8. Figure – 4 Choke Hold
9. Figure – 4 Choke Hold Counter
10. Outward Reap Both Legs (from front)
11. Wrist Escapes
 - A. Straight Across Grab
 - B. Cross Grab
 - C. Double Hand Grab
12. Headlock Defense #2
13. **Side Grab Defense #2 (Eagle's Beak) (no punches)**
14. Backward Roll Kick Throw
15. Handshake Counters #1 and #2
16. Wall Defense
 - A. Thumb in Armpit
 - B. Long Arm Bar
 - C. Head Slam
17. **"Friend or Foe" (aggressive opponent)**
18. **Base of Neck Pinch Take Down (aggressive opponent)**

Floor Defense

1. **Side Grab Defense**
2. **Say A Prayer**
3. **Ground and Pound Defense #1**

Major Throw Counters (add personal follow-up) [Write out]

1. **Outward Reap 1 Leg**
2. **Outward Reap 2 Legs**
3. **Hip Throw**
4. **Shoulder Throw**
5. **Backward Roll Kick Throw**



Aiki-Jitsu Techniques [Both Sides]

1. Cross-Over Grab and Counter
2. Inward Grab and Counter
3. Double Hand Grab, Break, and Counter
4. Cross-Behind Arm Bar
5. Step Across Figure-4 Arm Bar
6. Forward Lunging Arm Swing
7. Forward Drive Figure-4 Arm Bar Takedown
8. Arm Pull into Reversal
9. Inward Grab Takedown, Roll Over, and Control
10. Step Through Spinning Arm Lock/Throw
11. Cross Over Takedown with Outward Reaping Throw and Control
12. Left Block and Grab, Spin to Right, Takedown and Counter
13. Hand Trap on Chest, Drop to Knee and Control
14. Inward Grab, Body Twist Takedown and Counter
15. Two Hand Mantis Block into Hand Trap Back Kick Throw
16. Neck Throw with Three Submissions
 1. Arm Bar with Legs, Both Arms Squeeze Neck
 2. Wrap Arm Around Neck, Squeeze
 3. Wrap Arm Around Neck, Grab Own Elbow, Squeeze
17. Back-Breaker from RH Kick
18. Hip Throw from Aggressive Opponent
19. Shoulder Throw from Aggressive Opponent
20. Inward Sweep from Aggressive Opponent

□ Rising Block and Counters

- 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, Horizontal Poke 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 Punch 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 Sinus Cavity**
- 10. Rising Block, Downward Chop to Collar Bone, Fore Knuckle to Throat**

□ Inward Block and Counters

- 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 to Bridge of Nose, Reverse Punch to Tip of Nose, 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**
- 6. Inward Block, Scooping Ridge Hand to Groin, Cross Elbow Strike to Head or Face**
- 7. Inward Block (from outside), Roundhouse Punch to Side of Jaw, Grab Hair on Top of Head, Takedown Backwards, Follow-up with Fore Knuckle Strike to Throat**
- 8. Inward Block (from outside), Open Ridge Hand to Throat, Grab Throat and Execute Right Outward Reaping Leg Sweep, Finish with Spinning Back Heel Stomp to Upper Body Area**
- 9. Inward Block, Glancing Reverse Direction with Outward Hammer Strike to Face, Cross Punch to Face and Follow with a Low Jump-Spinning Outward Hammer Fist to Face with a Roundhouse Kick to the Face or Upper Body Area**
- 10. Inward Block (from outside), Scooping Ridge Hand to Groin and Throat, Reach Behind with Both Hands and Grab, Pull into Lunging RH Knee to Solar Plexus or Chest Area**

□ Downward Block and Counters

1. **Side Thrust Attack:** Lunge in with back hand block, grab leg in crook of elbow, upward knee strike to inside of thigh and immediately follow with same leg arch kick to knee continuing to the floor. Wrap right leg around their leg, grab foot in Aikido grab and twist as you push down on foot for control or dislocation.
2. **Forward Thrust Kick Attack:** Offset front hand block and grab, lift leg high while grabbing upper uniform for inward sweep, grab leg tightly with both arms and do a pile-driver into the floor applying downward pressure to the hip and knee.
3. **Spinning Back Heel Thrust Kick Attack:** Lunge in with back hand block, instep snap kick or lifting shin kick to groin, thigh kick, grab arm, neck, or jaw and takedown and apply scissor choke or figure-four leg choke.
4. **Forward Thrust Kick Attack:** Side step with front hand block and grab, palm heel to chin and push back for outward sweep. Wrap hands around ankles and apply finger pressure to Achilles tendons and quickly do a forward heel stomp to groin.
5. **Front Hook Kick Attack:** Front hand block and grab, step forward next to held leg as you switch hands on the grab and do a step-thru spinning heel hook to head and follow-thru to floor with DBT to held knee. Drop with both knees into lower body followed by three punches to face, throat, or upper body.

□ Scooping Block and Counters

- 1. Step back with right hand block, spin opponent around on throw and grab collar or shoulder for short hook to ribs, kidney, or spine. Both hands grab both sides of the neck muscles and pull back into forward knee to spine.**
- 2. Left block, field goal kick or instep snap kick to groin, grab head, shoulders, or shirt with both hands and execute four running-in-place upward knee strikes to face, step back with left pulling on shirt or neck toward the ground, step back again with right and finish with a windmill hammer to back of head.**
- 3. Step back with right hand block, left forward thrust (BB Whip Kick) to lower spine or coccyx, both hands grab the lower mandible and pull back and down slamming head to the floor, drop with a double-X hammer and wrist strike to throat, finish with three rapid strikes to face.**
- 4. Left block, short side thrust kick to knee, grab head for follow-thru roundhouse knee to side of head. (If you lose head control, follow-thru shin kick.)**
- 5. Step back with right hand block, circular thigh kick, inside thigh kick, grab and drop to ground with Anaconda to tap-out.**

Grab and Rip Techniques (Two Each) [Write out]

1. Groin
 - A.
 - B.
2. Hair
 - A.
 - B.
3. Throat
 - A.
 - B.
4. Solar Plexus
 - A.
 - B.
5. Arm Pit
 - A.
 - B.
6. Ribs
 - A.
 - B.
7. Inside of Thigh
 - A.
 - B.
8. Face
 - A.
 - B.
9. Base of Neck
 - A.
 - B.
10. Back of Knee
 - A.
 - B.

WEAPON DEFENSE

Club Defense (Always Take Weapon Away)

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 clavicle, as Right Foot Hooks behind the Achilles tendon
- Scissor Takedown then finish with Right Ax Kick to available body target

3. Opponent Attacks with Double-Hand Over-Hand Downward Axe-like Strike

- Wedge Block separating arms, Grab Arm with one hand, Neck Throw with other and go down with opponent
- Apply Neck Lock with Arm Smother for tap out

Club Disarm

1. Inward Strike 1 and 2
2. Outward Strike 1 and 2

□ Knife Defense

- 1. Butterfly Block #1- Step, spin, stab.**
- 2. Butterfly Block #2- Spinning take down, stab.**
- 3. 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 Straight Side 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**
- 4. 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**
- 5. Opponent Attacks with an Upward Slash and then a Downward Stab:**
 - **Move Back then Forward and Left. Right Open Rising Block and redirect the Knife hand down and into opponent's thigh**
 - **Place Right-hand over Knife Handle and execute Forward Knee Strike driving Knife into Bone**
 - **Grab hand with Step Through Spinning Arm Throw, follow with Heel Stomp to Knife in Thigh**

□ Pistol Disarm

1. Pistol aimed at chest in close proximity:

- **Step in slightly grabbing the barrel and twist to side causing opponent's wrist to bend**
- **Strike the inside of wrist with lower thumb bone and pull the hand toward your chest and punch the pistol toward opponent's chest**
- **Cross away with weapon low and tight, bring pistol up into firing position pointing at a low center of mass**

2. Pistol aimed at head with two hand hold at close proximity:

- **As quickly as you can, bring both hands up in a butterfly block and grasp the weapon tightly with both hands**
- **Shoot both feet out into set stance and rotate the weapon up then forward driving the weapon down toward the floor**
- **Cross away and take up firing position**

TUMBLING TECHNIQUES

Tumbling Routine (Accompanying Diagram)

On the Mat

1. Forward Roll
2. Shoulder Roll
3. Back Shoulder Roll
4. Backward Roll
5. Diving Forward Roll
6. Diving Forward Shoulder Roll
7. Backward Roll Extension in Pike
8. Kip-up
9. Neck Spring
10. Head Spring
11. Forward Hand Spring
12. Frog Stand
13. Drag Into Head Stand
14. Hand Stand
15. Running Cartwheel
16. Running Round-off
17. Back Hand Spring
18. **Back Flip in Tuck (standing or from round-off)**
19. **Back Layout in Arched Position (from round-off)**
20. **Round-off/Back Handspring Combination**
21. **Front Flip in Tuck**

Trampoline

1. Front Flip (Tuck, Pike, Half-Twist)
2. Swivel Hips
3. Turntable
4. Back to Back
5. Back Drop into Rollover
6. The Combination
7. Back Flip in Tuck
8. Back Flip in Lay-out

SPECIALTY SECTION **Bull Ring Techniques**

1. **Four Opponents** (choreographed by individual) [Write out]
2. **Eight Opponents** (by the numbers using learned techniques)

 Sparring

1. **Single Opponent** (four bouts, two minutes each)
2. **Multiple Opponents (4 opponents)**

 Breaking Techniques

1. **Boards (6 positions)**
2. **Bricks (single plus both hands, two stacks simultaneously)**

Michael M. Foley**Professor**

- Passed
- Passed, Needs Work
- Failed