



KKCMA

Koden Kan Combined Martial Arts

2ND GRADE BROWN RANK QUALIFICATION TEST (NI-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. **Two Hand Mantis Block**
 - A. Simultaneous
 - B. One-Two with Back Hand First in Cat Stance
14. Cover Block
15. Double Outward
16. Simultaneous HSO and Downward
17. Cross Block
18. 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

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**

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**

Front Kicks

1. Field Goal Kick
2. Forward Snap
3. Forward Thrust
4. Forward Heel Thrust
5. 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. Hop-Behind Side Thrust
4. Hop-In Side Thrust
5. Cross-over 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 Foot Sweep**

Roundhouse Kicks 1 – 9

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. **Slide-up**
8. **Sliding**
9. **Switch Kick 1-2-3**

Cat-fall Kicks 1 – 2

1. **Side Thrust**
2. **Roundhouse**

Knee Strikes 1 – 4

1. **Forward**
2. **Upward**
3. **Koden Kan Roundhouse**
4. **Muay Thai Roundhouse**

□ **Combination Kicks 1 – 12**

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 – 12

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**

□ **Sparring Techniques 1 – 15**

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-in 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. **Lunging Double Outward Back Knuckle**
15. **Hand Blitz (5 – 8 hand techniques)**

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

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 – 9 A & B**
- 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]**

Basic Katas 1 – 6

- 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**

Koden Kan Heians 1 – 6

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

Naihan Chin Katas 1

- 1. Naihan Chin Shodan

PARTNER TECHNIQUES

Defensive Arts 1 – 17

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

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14.

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16.

17.



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
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**

□ **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. Hip Throw
11. Outward Reap Both Legs (from front)
12. Wrist Escapes
 - A. Straight Across Grab
 - B. Cross Grab
 - C. Double Hand Grab
13. Headlock Defense #2
14. Side Grab Defense #2 (Eagle’s Beak)
15. Shoulder Throw
16. Backward Roll Kick Throw
17. Handshake Counters #1 and #2
18. Wall Defense
 - A. Thumb in Armpit
 - B. Long Arm Bar
 - C. Head Slam
19. “Friend or Foe” (below ear behind jaw)
20. Base of Neck Pinch Take Down
21. Head Twist Take Down (front)

□ **Floor Defense**

1. Side Grab Defense
2. Say A Prayer

Aiki-Jitsu Techniques 1 – 10

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**

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

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

□ Rising Block and Counters 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, 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 – 10

- 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 – 3

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.

□ Scooping Block and Counters 1 – 3

- 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 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.**

Grab and Rip Techniques 1 – 7 (two each) [Write out for Test]

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.

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

Club Disarm

1. Inward Strike
2. Outward Strike

□ 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**

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 MANEUVERS

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. **Cartwheel**
16. **Round-off**
17. **Back Hand Spring**

Trampoline

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

SPECIALTY SECTION **Bull Ring Techniques**

1. **Four Opponents** (choreographed by individual) [write out]

 Sparring

1. **Single Opponent** (three bouts, two minutes each)
2. **Multiple Opponents (3 opponents)**

 Breaking Techniques

1. **Boards (5 positions)**
2. **Bricks (when available)**

Michael M. Foley

Professor

- Passed
- Passed, Needs Work
- Failed