



KKCMA

Kodon Kan Combined Martial Arts

GREEN 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. Cover Block (forward in fighting stance)
11. Double Outward (stepping back in forward stance)
12. Simultaneous HSO and Downward (in dynamic stance)
13. **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. **Outward Back Knuckle**
13. **Short Hook**
14. **Dropping Straight Down Thrust Punch (in lunge stance)**

Hammer Fists

1. Inward
2. Outward
3. Downward
4. Follow-thru Outward (in fighting stance with lunge)
5. Cover Hammer (in fighting stance with small lunge)

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
10. Extended Knuckle

Elbow Strikes

1. **Low Back (stepping back in forward stance)**
2. **Forward**
3. **Downward**
4. **Rising**
5. **Straight Back**
6. **Reverse Back**
7. **Cross Back**
8. **Jumping Circular Downward (in fighting stance with front hand)**

 Kicks

1. Field Goal Kick
2. Forward Snap
3. Forward Thrust
4. Forward Heel Stomp
5. Back Heel Stomp
6. Back Heel Thrust
7. Short Side
8. Long Side Thrust
9. Hop-Behind Side Thrust
10. Hop-In Side Thrust
11. Long Side Thrust in Half-Stance
12. Cross-over Side Thrust
13. Side Snap
14. Cross Behind Heel Hook
15. Spinning Back Heel Thrust
16. Inward Crescent
17. Outward Crescent
18. Arch Kick

Roundhouse Kicks 1 – 6

1. **Koden Kan**
2. **Thigh Kick**
3. **Rib Kick**
4. **Slide-up**
5. **Sliding**
6. **Switch Kick (thigh and rib)**

Knee Strikes 1 – 3

1. **Forward**
2. **Upward**
3. **Koden Kan Roundhouse**

Combination Kicks 1 – 5

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**

Jumping Kicks 1 – 6

1. **Jumping Snap Kick**
2. **Chicken Kick**
3. **Flying Side Thrust**
4. **Jumping Roundhouse**
5. **Jumping Forward Thrust**
6. **Jump Spinning 360° Inward Crescent**

Sparring Techniques 1 – 6

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**

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. **Escrima Stance Right and Left Sides**
11. **Back Pivot**

FORMS

 Basic Four Corner Cover Movements 1 – 8

- 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**

Basic Katas 1 – 4

- 1. Basic Kata #1
- 2. Basic Kata #2
- 3. Basic Kata #3
- 4. Basic Bo Kata

Koden Kan Heians 1 – 2

- 1. Heian #1
- 2. Heian #2

PARTNER TECHNIQUES

Defensive Arts 1 – 10

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

□ 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
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

Floor Defense

1. Side Grab Defense
2. Say A Prayer

Aikido Grab Arts 1 – 4

1. Cross-Over Grab and Counter
2. Inward Grab and Counter
3. Double Hand Grab, Break and Counter
4. Cross-Behind Arm Bar

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 #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

 Group Two

1. Small Circle Inside Grab
2. Long Arm Bar
3. Outward Reap, One Leg
4. Front Windmill
5. Side Grab Defense #1
 - A. Look, Slap, Step
 - B. Shoulder Shrug

 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

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 and #2

Group Five

1. Wall Defense
 - A. Thumb in Armpit
 - B. Long Arm Bar
 - C. Head Slam
2. "Friend or Foe" (below ear behind jaw)
3. Base of Neck Pinch Take Down
4. Head Twist Take Down (front)
5. Head Slam (groin kick, grab head, slam to ground)

TUMBLING TECHNIQUES

 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

SPECIALTY SECTION

 Sparring

1. Single Opponent

Michael M. Foley

Professor

- Passed
- Passed, Needs Work
- Failed