

YELLOW, GREEN, PURPLE BELTS

CANDIDATES WILL BE ASKED TO DEMONSTRATE SELECTED MOVES FROM THE LIST BELOW.

BASICS

HAND TECHNIQUES

- Double Straight Punch
- Backfist Strike
- Reverse Punch
- Jab Punch
- Rear Hand Palm Strike

- Rear Hand Ridge Hand Strike

BLOCKING TECHNIQUES

- Lead Arm Upper Block
- Lead Arm Lower Block
- Lead Arm Outside Block

KICKING TECHNIQUES

- Lead Leg Front Kick
- Lead Leg Round Kick
- Lead Leg Side Kick
- Lead Leg Hook Kick
- Lead Leg Axe Kick

DRILLS

- Jab, Cross, Back Leg Round Kick

- Left Jab, Lead Round Kick, Right Cross, Rear Round Kick

- Lead Leg Double Round Kick, Back Leg Double Round Kick

FORM

- Confidence Form Section one



松涛館空手道