

# HALF RED/BLACK BELTS

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

## BASICS

### HAND TECHNIQUES

- Double Straight Punch (Horse Stance) Reverse Punch at 45 Degrees (Front Stance)
- Backfist Strike
- Reverse Punch
- Jab Punch
- Rear Hand Palm Strike
- Round Elbow Strike Lead then Rear Arm
- Upper Elbow Strike Lead then Rear Arm
- Reverse Punch, Same Arm Ridge Hand, Lead leg Round Kick, Lead Arm Backfist

### BLOCKING TECHNIQUES

- Lead Arm Upper Block
- Lead Arm Lower Block
- Lead Arm Outside Block
- Lead Arm Inside Block
- Inside Block, Jab Punch, Reverse Punch, Lower Block

### KICKING TECHNIQUES

- Lead Leg Axe Kick
- Lead Leg Hook Kick
- Lead Leg Side Kick, back leg spinning hook kick
- Lead Leg Front Kick, Back Leg Front Kick Re-Chamber Round 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
- Jab, Cross, Lead Leg Round Kick, Upper Block, Reverse Punch

## FORM

- Confidence Form Section One, Two & Three



松涛館空手道