

Yellow, Green, Purple Belts

Candidates will be asked to demonstrate selected moves from the list below.

BASICS

HAND TECHNIQUES

- Double Straight Punch
- 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 Hook Kick

DRILLS

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

Sparring

- Multiple Rounds (Semi-Contact)



松涛館空手道