

WHITE, BLUE, RED, ORANGE BELTS

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

BASICS

HAND TECHNIQUES

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

BLOCKING TECHNIQUES

- Lead Arm Upper Block
- Lead Arm Lower Block

KICKING TECHNIQUES

- Lead Leg Front Kick
- Lead Leg Round Kick
- Lead Leg Side Kick

DRILLS

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

FORM

- Confidence Form Section one



松涛館空手道