

PURPLE/WHITE, BROWN, BROWN/ WHITE

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

BASICS

HAND TECHNIQUES

- Double Straight Punch (Horse Stance)
- Backfist Strike
- Reverse Punch
- Jab Punch
- Rear Hand Palm Strike
- Lead Arm Knife Hand Strike
- Rear Arm Hammerfist Strike
- Rear Hand Ridge Hand Strike
- Round Elbow Strike Lead then Rear Arm
- Upper Elbow Strike Lead then Rear Arm

BLOCKING TECHNIQUES

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

KICKING TECHNIQUES

- Lead Leg Front Kick
- Lead Leg Round Kick
- Lead Leg Side Kick
- Lead Leg Axe Kick
- Lead Leg Hook Kick
- Spinning Hook 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
- Right Reverse, Left Hook, Right Reverse, Lead Round Kick
- Reverse Punch, Reverse Ridge, Lead Leg Round Kick, Lead Arm Backfist Strike



松涛館空手道