

1st Dan Black Belts

Can didates will I be asked to demonstrate selected moves fr om the list below.

BASICS

HAND TECHNIQUES

- Double Straight Punch (Horse Stance) Reverse Punch
- at 45 Degrees (Front Stance)
- 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
- Jab Punch, Lead Leg Round Kick, Reverse Punch, Back Leg Round Kick

BLOCKING TECHNIQUES

- Lead Arm Lower Block
- Lead Arm Outside Block
- Upper Block, Reverse Punch, Back Leg Round Kick
- 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.
- Back Leg (Front, Side, Back, Round, 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
- Jab, Cross, Lead Leg Round Kick, Upper Block, Reverse Punch

SPARRING

- Multiple Rounds(Semi-Contact)



松涛館空手道