



# Fudoshin KICKBOXING & Applied Ju-jitsu



# BRITISH FUDOSHIN ASSOCIATION

Founded in 1968 by Soke Bob Lawrence Judan

## Kickboxing – Full Contact Karate



## General Information

### History of Kickboxing

Kickboxing started in the US during the 1970's when American practitioners became frustrated with the strict control on martial arts competitions that never allowed full contact kick and punches. Many questions were raised when the sport began regarding the high risk of injury. As a result safety rules were improved and protective equipment was added. As this is a relatively new sport, there are no long term traditions however, within the British Fudoshin Association we maintain all traditions in all aspects of martial arts so do so with our sporting side of Kickboxing ie; bowing and a full grading system. The sport has undergone changes and has been refined during the last 20 years. Competitors use sparing, kicks, punches, kick blocks, counters and combinations, shadow boxing and fitness training. Many people are under the impression that modern kickboxing began in Thailand, Japan or elsewhere in the Far East but in fact, the real origins of the sport are revealed by the real name of which it was known, Full Contact Karate. During the mid 70's various American tournament Karate practitioners became frustrated with the limitations of the then primitive competitive scoring system. They wanted to find a system where they could deliver kicks and punches to the point of knockout. Full Contact Karate was born. Early bouts were fought on mated areas just as ordinary Karate was. Bouts then progressed to boxing rings.

These early tournaments produced Kickboxing's first start such as: Joe Lewis, Super foot Bill Wallace, Benny Urquidez and Jeff Smith. Latter the Americans wanted to test their mettle and sent teams of Kickboxers to Japan. From this point Kickboxing developed in to a true international sport and its popularity spread across the world.

The Professional Karate Association (PKA) was formed in 1974. It was launched with the initial world championships in 1974 at the Los Angeles Sports Arena and was telecast on ABC's Wide World of Entertainment. The winners of the initial championship were Joe Lewis (heavyweight), Jeff Smith (light heavyweight), Bill "Superfoot" Wallace (middleweight), and Isiasis Duenas (lightweight). Additionally, Vernon Mason (also called Vernon "Thunder Kick Mason") would become US PKA's first bantamweight champion after knocking out Sonny Onowa.

### BFA Kickboxing

The system also incorporate self defence in form of Applied Jujitsu. This allows students to apply their knowledge in to a street self defence situation.

### Dress

**Instructors**, Full Black Gi with Yellow Flashing.      **Students**, Full Black Gi with Red Flashing

### BFA Belt System

8<sup>th</sup> Mon/Kyu Red 7<sup>th</sup> Mon/Kyu Mauve, 6<sup>th</sup> Mon/Kyu Yellow (2 levels), 5<sup>th</sup> Mon/Kyu Orange (2 levels), 4<sup>th</sup> Mon/Kyu Green (2 Levels), 3<sup>rd</sup> Mon/Kyu Blue, 2<sup>nd</sup> Mon/Kyu Brown, 1<sup>st</sup> Mon/Kyu Black Belt Apprentice, 1 to 10 Dan Grades.

For the grades that indicate 2 levels, the first level is the core Kickboxing techniques and the second level is the Applied Jujitsu Section.

Some sections of each grade ie; fitness are not scored as they must be achieved before passing the grade.

All students will wear their highest ranking Fudoshin grade, no matter what their art. Graded students outside the Fudoshin wear their highest grade until graded within Fudoshin. Non Fudoshin Yudansha will be permitted to wear an agreed rank at the discretion of the Area Co –coordinator.

### Renshiki Etiquette

All etiquette applies as in any martial arts such as: bowing on entrance and departure of the Dojo, bowing on and off the mat area, bowing to partners before and after each workout session, Show full respect to the instructors and your training colleagues at all times.

### **Equipment Required**

Each grade outlines what equipment is required before attempting each grade assessment.

This may include:-

- Gi – Training Suite
- gloves, hand wraps
- boots
- gum shield
- skipping rope
- pair of focus mitts
- Tai Pad
- shin & forearm protection
- groin guard (males)
- breast guard (females)
- head guard is imperative for juniors but optional for adults

### **Basic Rules of Bouts**

All punches must land with the knuckle part of the glove, no other part of the glove or forearm can be used. All kicks must connect with the ball of the foot, the instep, the heel, side of the foot or the shin from below the knee to the instep.

Contestants may kick or sweep to the inside or outside region of the leg. Any deliberate kick to the knee, groin or hip joint shall be prohibited and shall constitute a foul. The referee may issue a warning, order point deductions from the judges scoring or may disqualify the offending contestant for repeated violations.

There is a minimum kick requirement of eight kicks per round. If the referee feels that a fighter is not kicking enough he may give a verbal warning. If the fighter continues without using enough kicks, the referee may deduct a point.

### **The Stance**

**Southpaw stance** is where the fighter has his right hand and right foot forward therefore leading with the right jabs. Southpaw is known as the normal stance for a left-handed fighter.

**Orthodox stance** is where the fighter has his left hand and left foot forward therefore leading with the left jabs. Orthodox is known as the normal stance for a right-handed fighter.

However, as this is a general rule that left handed fighter will fight in Southpaw and vice versa its not paramount. Some fighters will prefer to lead with their stronger side and some will prefer to lead with the weaker allowing their stronger arm, free to deliver the more powerful knockout punch. Favourite kicking legs may also contribute to a fighter preferring one side or the other. Another idea is to train both southpaw and Orthodox allowing you to be equally proficient on both sides.

### **The Guard Position**

The Guard position should be maintained at all times other than whilst blocking, maintaining balance or using arm movement as a recoil tool. It is paramount to protect the control centre in the brain. Aim to keep your thumbs in line with your jaw and turn your body slightly side on to reduce your target area.



# Kickboxing

## Self Defence – Applied Jujitsu

### 8<sup>TH</sup> Mon/Kyu Red Belt



Students Name: \_\_\_\_\_ Date: \_\_\_\_\_

Equipment required:- Gi, Gloves, ☐

#### 1. Guard Position

Understand Orthodox and Southpaw and maintain a good protective guard. /10

#### 2. Punches

Correct Breathing - Maintain Guard - Relax on Movement  
Tense on Impact - Speed, Power and Accuracy.

- Standing Jab
- Stepping Jab
- Double Jab
- Jab step Jab
- Cross / Straight

/50

#### 3. Kicks

- Rear Leg Front Kick (Mid Section)
- Rear Leg Low Round Kick (Thigh Kick)

/20

#### 4. Combinations

- Jab, Cross.
- Double Jab, Cross.
- Jab, Cross, Front Kick of rear leg.
- Jab, Cross, Thigh Kick.

/40

#### 5. Sparring

- 2 One 1 Minute Rounds of Sparring against:-  
Focus Mitt and Tai Pad using all techniques in this grade /10

6. Fitness
- |                |                          |                        |                          |                  |                          |
|----------------|--------------------------|------------------------|--------------------------|------------------|--------------------------|
| - 10 Press Ups | <input type="checkbox"/> | - 10 Crunches          | <input type="checkbox"/> | - 10 Tricep Dips | <input type="checkbox"/> |
| - 10 Step Ups  | <input type="checkbox"/> | - 10 Mountain Climbers | <input type="checkbox"/> | - 10 Star Jumps  | <input type="checkbox"/> |

#### 7. Dojo Etiquette

/10

Highest Possible Score 140

Pass Mark 50% 70

Result \_\_\_\_\_

Date \_\_\_\_\_

Examiners Signature \_\_\_\_\_



# Kickboxing Self Defence – Applied Jujitsu 7<sup>TH</sup> Mon/Kyu Mauve Belt



Students Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Equipment required:-** Gi, Gloves, Boots, Skipping Rope. ☐

## 1. Punches

Correct Breathing - Maintain Guard - Relax on Movement - Tense on Impact - Speed, Power and Accuracy.

- Standing Jab
  - Stepping Jab
  - Double Jab
  - Jab step Jab
  - Cross / Straight
- /50

## 2. Kicks

- Rear Leg Front Kick (Mid Section)
  - Rear Leg Low Round Kick (Thigh Kick)
- /20

## 3. Combinations

- Jab, Cross.
  - Double Jab, Cross.
  - Jab, Cross, Front Kick of rear leg.
  - Jab, Cross, Thigh Kick.
- /40

## 4. Sparring

- One 2 Minute Round of Sparring against Focus Mitt and Tai Pad using all techniques in this grade. /10

## 5. Ability to hold Focus Mitts and Tai Pad for a partner ☐

- |                   |   |   |   |
|-------------------|---|---|---|
| 6. <u>Fitness</u> | - 10 Press Ups <input type="checkbox"/> | - 10 Crunches <input type="checkbox"/>          | - 10 Tricep Dips <input type="checkbox"/> |
|                   | - 20 Step Ups <input type="checkbox"/>  | - 20 Mountain Climbers <input type="checkbox"/> | - 20 Star Jumps <input type="checkbox"/>  |

## Applied Jujitsu / Self Defence

### 7. Atemi Waza (Striking Techniques)

- **Tettsui X2** (Side and Spinning) Bottom fist strike /20

### 8. RenRoku Fusegi (Combination Defences)

- **ShoMen Uchi** Descending attack
- **MawashiTsuki** Circular punch /20

### 9. Disengagements One defence from each of the following attacks:

- Rear & Front strangle with arms straight
  - Single lapel seizure arm bent
  - Front hair grab
- /40

### 10. Japanese Translations

Gi \ Obi \ Dojo \ Hajjime \ Yamatte \ Sensei /6

### 11. Dojo Etiquette

/10

Highest Possible Score 218

Pass Mark 50%

109

Result \_\_\_\_\_

Date \_\_\_\_\_

Examiners Signature \_\_\_\_\_



# Kickboxing

## Self Defence – Applied Jujitsu

### 6<sup>TH</sup> Mon/Kyu Yellow Belt



Students Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Equipment required:-** Gi, Gloves, Boots, Focus Mitts. ☐

**1. Punches** Must show: Correct Breathing - Maintain Guard - Relax on Movement - Tense on Impact  
All techniques must be shown on air and on pads and in Southpaw and Orthodox stances.

- |                     |                         |                         |
|---------------------|-------------------------|-------------------------|
| • Hook High - front | • Body Hook – rear      | • Body Uppercut - front |
| • Hook High – rear  | • Uppercut High - front | • Body Uppercut– rear   |
| • Body Hook - front | • Uppercut High - rear  | /80                     |

**2. Kicks** Each kick to be performed walking forward and maintaining guard after each kick.

- |                                     |                              |
|-------------------------------------|------------------------------|
| • Spurn Kick rear leg (Mid Section) | • Round Kick rear leg (Ribs) |
| • Side Kick rear leg (Mid Section)  | /20                          |

**3. Combinations**

- |                        |                             |                                     |
|------------------------|-----------------------------|-------------------------------------|
| • Jab, Cross, Hook     | • Jab, Cross, Body Hook     | • Jab, Cross, Round Kick Ribs       |
| • Jab, Cross, Uppercut | • Jab, Cross, Body Uppercut | • Jab, Cross, Spurn Kick - rear leg |
| /60                    |                             |                                     |

**4. Defences** All attacks to be fully committed

- |                              |  |
|------------------------------|--|
| • Jab – Parry outside, cross | • Cross – outside Parry, Cross                   |
| • Jab – Parry inside, cross  | • Front Kick – Outside Parry, Spinning Back Fist |
| • Cross – Slip, Body Hook    | • Front Kick – Inside Parry, Cross or Jab        |
| /60                          |  |

**5. Evasions**

- |                         |                     |                                    |
|-------------------------|---------------------|------------------------------------|
| • Ducking from Long Jab | • Weaving from Hook | • Evading from front Kick rear leg |
| /30                     |                     |                                    |

**6. Sparring** One 1 Minute Round of Sparring, Strictly light contact /10

**7. Fitness** 20 Press Ups ☐ 20 Crunches ☐ 20 Squat Thrusts ☐ 20 Tricep Dips ☐  
One minute Star Jumps ☐ One minute Skipping or jogging on the spot ☐

Highest Possible Score 250

Pass Mark 55%

137

**Result** \_\_\_\_\_ **Date** \_\_\_\_\_ **Examiners Signature** \_\_\_\_\_

**Applied Jujitsu / Self Defence (Level 2/Orange Stripe)**

**8. RenRoku Fusegi** One defence is required of your own choice against each of the following attacks.

- |  |                                 |     |
|--|---------------------------------|-----|
| • OiTsuki (Chudan) Lunge punch mid section | • Tettsui (Jodan) Half spinning | /40 |
|--|---------------------------------|-----|

**9. Disengagements** One defence from each of the following attacks

- |                 |                   |  |                    |     |
|-----------------|-------------------|--|--------------------|-----|
| 1. Bar strangle | 2. Side head lock | 3. Double lapel seizure with arms bent | 4. Arm round waist | /40 |
|-----------------|-------------------|--|--------------------|-----|

**10. Japanese Translations** Ju-jitsu \ Zories \ Ryu \ Ashi \ Ude \ Men \ Hajjime \ Yamatte \ Te \ Ukemi /10

**11. Dojo Etiquette** /10

Highest Possible Score 100

Pass Mark 55%

55

**Result** \_\_\_\_\_ **Date** \_\_\_\_\_ **Examiners Signature** \_\_\_\_\_



## Kickboxing Self Defence – Applied Jujitsu 5<sup>TH</sup> Mon/Kyu Orange Belt



Students Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Equipment required:-** Thai Pad, Gum Shield, Groin Guard (males) / Breast Guard (females) ☐

Kickboxing history test ☐

### 1. Techniques

All techniques must be shown on air and on pads.

- Spinning Back Fist - long
- Spinning Back Fist - short
- /20

### 2. Defensive Kicks (All Mid Section)

- Front Kick front leg
- Side Kick front leg
- Spurn Kick front leg
- /30

### 3. Combinations

- |  |   |     |
|--|---|-----|
| <ul style="list-style-type: none"> <li>• Jab, Cross, Hook, Cross</li> <li>• Jab, Cross, Uppercut, Cross</li> <li>• Jab, Cross, Outside Body Hook, Cross</li> <li>• Jab, Cross, Body Uppercut, Cross</li> </ul> | <ul style="list-style-type: none"> <li>• Front Kick (front leg), Jab, Cross</li> <li>• Side Kick (front leg), Jab, Cross</li> <li>• Spurn Kick (front leg), Jab, Cross</li> <li>• Round Kick (front leg), Jab, Cross</li> </ul> | /80 |
|--|---|-----|

### 4. Defences All attacks to be fully committed

- Thigh Kick (rear) – Rotate front leg outward, Blocking with Shin, Counter with Jab, Cross, Round Kick to either thigh.
  - High Hook (front) – Bob & Weave, Body Hook, High Hook
  - High Hook (rear) – Bob & Weave, Hook, Hook
  - Low Hook (front) – Body Block with arm, High Hook, Jab or Cross, Body Uppercut
  - Low Hook (rear) – Body Block with arm,
- /50

### 5. Sparring One 90 Second Round of Sparring, Strictly light contact /10

### 6. Fitness One minute Skipping or jogging on the spot x 3 with 1 min rest in between ☐

30 Press Ups ☐ 30 Crunches ☐ 30 Squat Thrusts ☐ 30 Tricep Dips ☐ One minute Star Jumps ☐

Highest possible score 220

Pass mark 60%

132

Result \_\_\_\_\_

Date \_\_\_\_\_

Examiners Signature \_\_\_\_\_

### Applied Jujitsu / Self Defence (Level 2/Green Stripe)

### 7. RenRoku Fusegi Defence from each of the following attacks

- Mae Geri – front kick (mid section)
- Ushiro Geri – back kick (mid section)
- /20

### 8. Disengagements (one defence from each of the following attacks)

- |  |   |   |     |
|--|---|---|-----|
| <ul style="list-style-type: none"> <li>• Double lapel seizure arms straight</li> <li>• Rear bear hug (arms trapped)</li> </ul> | <ul style="list-style-type: none"> <li>• Claw hand attack</li> <li>• Reverse head lock</li> </ul> | <ul style="list-style-type: none"> <li>• Front bear hug (arms trapped)</li> <li>• Arm up behind back</li> </ul> | /60 |
|--|---|---|-----|

### 9. Japanese Translations Jo \ Fudoshin \ Ura \ Uke \ Shuto \ Waza \ Tanto \ Judo \ Karate /10

### 10. Dojo Etiquette /10

Highest possible score 100

Pass mark 60%

60

Result \_\_\_\_\_

Date \_\_\_\_\_

Examiners Signature \_\_\_\_\_





# Kickboxing

## Self Defence – Applied Jujitsu

### 4<sup>TH</sup> Mon/Kyu Green Belt



Students Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Equipment required:-** First Aid Kit ☐

#### 1. Punches

All techniques must be shown on air and on pads in both Southpaw and Orthodox stances.

- |  |  |      |
|--|--|------|
| <ul style="list-style-type: none"> <li>• Hook High - front / rear</li> <li>• Body Hook - front / rear</li> </ul> | <ul style="list-style-type: none"> <li>• Uppercut High - front / rear</li> <li>• Body Uppercut - front / rear</li> </ul> | /160 |
|--|--|------|

#### 2. Kicks (All Mid Section)

All techniques must be shown on air and on pads in both Southpaw and Orthodox stances.

- |  |  |      |
|--|--|------|
| <ul style="list-style-type: none"> <li>• Skipping Front Kick- front leg</li> <li>• Skipping Roundhouse Kick – front leg</li> <li>• Skipping Hook Kick – front leg</li> </ul> | <ul style="list-style-type: none"> <li>• Skipping Spurn Kick - front leg</li> <li>• Skipping Side Kick - front leg</li> <li>• Spinning Back Hook Kick</li> </ul> | /120 |
|--|--|------|

#### 3. Combinations

All combinations must be shown on air and on pads in both Southpaw and Orthodox stances.

- |   |  |      |
|---|--|------|
| <ul style="list-style-type: none"> <li>• Skipping Front Kick- front leg, Jab, Cross</li> <li>• Skipping Roundhouse Kick – front leg, Jab, Cross</li> <li>• Skipping Hook Kick – front leg, Jab, Cross</li> <li>• Skipping Spurn Kick - front leg, Jab, Cross</li> <li>• Skipping Side Kick - front leg, Jab, Cross</li> </ul> | <ul style="list-style-type: none"> <li>• Spinning Back Hook Kick, Jab, Cross</li> <li>• Head Hooks x 2, Body Hook x 2</li> <li>• Head Hooks x 2, Body Uppercut x 2</li> <li>• Body Hook – front, Head Hook x 2</li> <li>• Jab, Spinning Hook Kick</li> </ul> | /100 |
|---|--|------|

#### 4. Defences All attacks to be fully committed and in both Southpaw and Orthodox stances.

- |   |      |
|---|------|
| <ul style="list-style-type: none"> <li>• Side Kick (front leg) – Move back and parry back of leg, Cross</li> <li>• Side Kick (front leg) – Move back and parry front of leg, Cross</li> <li>• Side Kick (front leg) - Evade by moving back, counter with round, side or front kick of front leg</li> <li>• Roundhouse Kick (front leg) – Forearm Block, Grab Leg, Elbow to thigh</li> <li>• Roundhouse Kick (front leg) – Forearm Block, Roundhouse Kick to head or body</li> <li>• Roundhouse Kick (front leg) – Forearm Block, Hook Kick to head or body</li> <li>• Double Hook High – Forearm blocks, Cross</li> </ul> | /140 |
|---|------|

#### 5. Sparring Two 2 minute Rounds of Sparring /20

#### 6. Fitness Revisit all previous fitness requirements to the minimum standard ☐

Highest possible score 220

Pass mark 60%

132

**Result** \_\_\_\_\_ **Date** \_\_\_\_\_ **Examiners Signature** \_\_\_\_\_

#### Applied Jujitsu / Self Defence (Level 2/Blue Stripe)

#### 7. RenRoku Fusegi Defence from each of the following attacks

- |   |  |     |
|---|--|-----|
| <ul style="list-style-type: none"> <li>• Lunging punch to the head x 2</li> </ul> | <ul style="list-style-type: none"> <li>• Lunging punch to the mid-section x 2</li> </ul> | /20 |
|---|--|-----|

#### 8. Disengagements (24 different attacks) /240

#### 9. Dojo Etiquette /10

Highest possible score 810

Pass mark 65%

526

**Result** \_\_\_\_\_ **Date** \_\_\_\_\_ **Examiners Signature** \_\_\_\_\_





# Kickboxing

## Self Defence – Applied Jujitsu

### 3<sup>RD</sup> Mon/Kyu Blue Belt



Students Name: \_\_\_\_\_ Date: \_\_\_\_\_

#### 1. Techniques (Mastering of Distance)

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• Jab –short / long</li> <li>• Hook Head – front short / long</li> <li>• Hook Head – rear short / long</li> <li>• Hook Body – front short / long</li> <li>• Hook Body – rear short / long</li> </ul> | <ul style="list-style-type: none"> <li>• Turning Straight Back Kick</li> <li>• Switch Round Kick to Thigh</li> <li>• Switch Round Kick to Ribs</li> <li>• Sweep Kick</li> <li>• Calf Kick</li> </ul> |
|---|--|
- /100

#### 2. Combinations

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• Jab, Switch Front Kick</li> <li>• Jab, Switch Round Kick to Thighs</li> <li>• Jab, Switch Round Kick to Ribs</li> <li>• Switch Kick, Cross</li> <li>• Jab, Spinning Back Hook Kick</li> <li>• Jab, Turning Back Kick</li> </ul> | <ul style="list-style-type: none"> <li>• Hook Body, Hook Head, Hook Head</li> <li>• Thigh Kick – rear leg, Touch Down, Round house Kick Ribs</li> <li>• Cross, Step over Back Kick to Body or Head</li> <li>• Roundhouse Kick –front, Cross, Hook –front, Jumping Round Kick to body</li> </ul> |
|--|---|
- /80

#### 3. Pad Work Defences

1.
    - Holder – Jab, Hook then hold pads for counters
    - Defender – Catch Jab with right & Counter with Jab, Cross / Duck under the Hook & Counter with Hook, Hook, Cross.
  2.
    - Holder – Jab, Hook then hold pads for counters
    - Defender – Catch Jab with right & Counter with Jab, Cross / Duck under the Hook & Counter with Hook, Uppercut, Cross.
- /20

#### 4. Defences All attacks to be fully committed and demonstrated Southpaw and orthodox.

- Long Jab – Lean Back to avoid Jab, Simultaneously Front Kick to Body, Thigh Kick, Cross, Jab
  - Short Jab – Cover with rear arm, Counter with Jab, Cross, Thigh Kick, Elbow
  - Straight Back Kick – Side step, Counter with inside Thigh Kick, Hook
  - Spinning Hook Kick – Evade by moving back, Counter with Jumping Front Kick
- /80

#### 5. Sparring

- One Round – Hands Only to Body
  - One Round – Hands Only to Body and Head
  - One Round – Hands and Feet
- /10

#### 6. Fitness 3 Mile Run □

#### Applied Jujitsu / Self Defence

#### 7. RenRoku Fusegi (three defences from each of the following attacks)

- |                             |                                     |                                   |
|-----------------------------|-------------------------------------|-----------------------------------|
| • <b>Atoshi</b> – Downwards | • <b>Mawashi Tsuki</b> – Roundhouse | • <b>Juji Uchi</b> – Cross Strike |
|-----------------------------|-------------------------------------|-----------------------------------|
- /60

#### 8. Shime Waza (six strangles of own Choice) /60

#### 9. Disengagements (five defence from various wrist attacks) /50

#### 10. Dojo Etiquette /10

Highest possible score 470

Pass mark 70%

329

Result \_\_\_\_\_

Date \_\_\_\_\_

Examiners Signature \_\_\_\_\_



# Kickboxing Self Defence – Applied Jujitsu 2<sup>ND</sup> Mon/Kyu Brown Belt



Students Name: \_\_\_\_\_ Date: \_\_\_\_\_

## 1. Techniques (Mastering Speed, Balance, Control)

### Punches

- Standing Jab
- Stepping Jab
- Double Jab
- Cross / Straight
- Hook High - front
- Hook High – rear
- Body Hook - front
- Body Hook - rear
- Body Uppercut - front
- Body Uppercut– rear
- Uppercut High - front / rear
- Body Uppercut - front / rear

### Kicks

- Front Kick –front leg (left & right)
- Front Kick –rear leg (left & right)
- Side Kick –front leg (left & right)
- Side Kick –rear leg (left & right)
- Roundhouse Kick –front leg (left & right)
- Roundhouse Kick –rear leg (left & right)
- Spurn Kick –front leg (left & right)
- Spurn Kick –rear leg (left & right)
- Hook Kick
- Spinning Hook Back Kick
- Crescent Kick –front leg (left & right)
- Crescent Kick –rear leg (left & right)
- Turning Straight Back Kick
- Jumping Front Kick
- Jumping Round Kick
- Jumping Side Kick

/280

## 2. Defences Counter of choice from the following attacks.

All attacks to be fully committed and demonstrated Southpaw and orthodox.

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• Cross, Jab</li> <li>• Front Kick, front leg &amp; rear leg</li> <li>• Roundhouse Kick, front leg &amp; rear leg to ribs</li> <li>• Roundhouse Kick, front leg &amp; rear leg to thigh</li> <li>• Side Kick, front leg &amp; rear leg</li> <li>• Turning Straight Back Kick</li> </ul> | <ul style="list-style-type: none"> <li>• Spinning Hook Kick</li> <li>• Back Fist</li> <li>• Spinning Back Fist</li> <li>• Uppercut to head</li> <li>• Uppercut to body</li> </ul> |
|--|---|

/110

- Attacker – Right Hook to body, Right Hook to head  
Defender – Left Body Block, Bring arm up, block to head, counter with Right Cross to head
- Attacker – Left Hook to body, Left Hook to head  
Defender – Right Body Block, Bring arm up, block to head, counter with Left Hook to head
- Attacker – Right Hook to body, Right Hook to head, Left Hook to head  
Defender – Left Body Block, Bring arm up, block to head, duck under the left hook, counter with Right Hook to head
- Attacker – Left Hook to body, Left Hook to head, Right Hook to head  
Defender – Right Body Block, Bring arm up, block to head, duck under the right hook, counter with Left Hook to head

/150

## **FUDOSHIN RYU**

### **3. Combinations** To be executed against Thai Pad and Focus Mitts

- Jab, Cross, Roundhouse Kick
- Jab, Cross, Roundhouse Kick, Jab, Cross
- Jab, Cross, Roundhouse Kick, Roundhouse Kick
- Jab, Cross, Roundhouse Kick, Roundhouse Kick, Jab, Cross
- Jab, Cross, Right Roundhouse Kick, Left Roundhouse Kick, Jab, Cross
- Jab, Cross, Roundhouse Kick,
- Jab, Cross, Hook, Cross, Front Kick off rear leg
- Jab, Cross, Front Kick front leg, Jab, Cross
- Jab, Cross, Front Kick front leg, Kick front leg, Jab, Cross
- Skip in with Front Kick of leading leg, Sweep Kick with rear leg to calf, Hook
- Spinning Hook Kick to head, same leg Roundhouse to Body, Cross
- Lead Leg Front Kick, rear leg Front Kick to Body, Low Round Kick or sweep to Calf
- Jab, Cross, Low Round Kick, Hook, Uppercut
- Switch Stance Round Kick, Cross, Hook
- Cross, Jab, Round Kick to ribs, Hook
- Holder- Jab, Hook, Hook then hold pad for counter  
Defender – Catch Jab, Counter with Jab, Cross, duck under hook, Come up, duck under hook, Counter with Hook, Hook, Cross
- Holder- Jab, Hook, Hook then hold pad for counter  
Defender – Catch Jab, Counter with Jab, Cross, duck under hook, Come up, duck under hook, Counter with Hook, Uppercut, Cross
- Holder- Jab, Hook, Hook then hold pad for counter  
Defender – Catch Jab, Counter with Jab, Cross, duck under hook, Come up, duck under hook, Counter with Hook, Body Uppercut, Cross