

Unarmed Required Moves

Attacks:

Three Punches (one contact, two non-contact per combatant): These may include the Cross, Hammer, Hook, Jab, Rabbit, Roundhouse, Straight or Uppercut

One Stomach Punch

One Slap

One Elbow Attack

One Kick (per combatant): This may include an Ax Kick, Back Kick, Crescent Kick, Front Kick, Heel Hook, Roundhouse Kick, Side Kick, or a Snap Kick

One Knee Attack

Defense:

One Block -either punch or kick (per combatant): These may include a Forearm Block, Open Hand Block, Wing Block and X Block

Floor Work:

One Fall or Roll (per combatant)

Grappling:

One Strangle/Choke hold

One Hair Pull

One Throw or Flip

Knap Techniques:

Two Knap Techniques (per combatant): These may include a Cage Knap, Clap Knap, Partnered/Shared Knap, Self/Body Knap or Slip-Hand Knap.