Kai-Shin BASIC: Level-2 Requirements

Blocking:
1. Parry
2. Tight Cover
3. Wide Cover
4. Elbow Block
5. Knee Block
6. The "Crash"

Entries (Panantukan):
1. Tight Check Block / Vertical Gunting
2. Wide Check Block / Horizontal Gunting

CLINCHING (Techniques & Games)

1. Wrist Game & Elbow/Bicep Game
-Up & grab -Circle Over -Counter Grab
-Down & Grab -Circle Under -Wipe

2. Arm Drag
-Single Right & Left Pushes -Double Arm Push

3. Neck Game (single/double/50-50 tie)
-Centerline Entry -Chin Push -Elbow Pull
-The Turn Away -Cup to Cup

4. Chest Pummeling
-Basic Swimming -Duck Under / Umbrella

5. Hand-Fighting from Stand-Up, as well as from defensive & offensive positions of Top Mount and the Guard.

6. Combine Stand-Up Clinching with Punches, Knees, and Elbow Strikes.

STRIKING:

Punches:
1. Jab
2. Cross
3. Hook (tight, wide, slap)
4. Uppercut
5. Straight Blast (single, multiple)

Focus Mitts / Thai Pads:
1. Jab / Cross / Hook / Uppercut / Knee / Elbow
2. 3-Count
3. 4-Count
5. Thai-4
6. Stack Series 1-8
7. The R.A.T.

Kicks:
1. Front Kick
2. Heel Kick
3. Round/Thai Kick (front & rear)

**** Rear Kick options:***
-Stagnant
-Stepping

**** Lead Kick options:***
-The Hip Roll
-The Lean Back
- The Step & Drag
- The Switch

Elbow Strikes:
1. Downward
2. Horizontal/Lateral

Knee Strikes:
1. Straight Knee
2. Skip Knees

COMPETENT EXECUTION OF THE R.A.T. (Rapid Assault Tactics)

PRINCIPLES of the R.A.T.
1. Interception/Destruction
2. Forward Pressure
3. Termination