

STRIKING TARGET 2012 DAN TEST

MATCH THE STRIKE WITH THE TARGET AREA

1. LOOK AT THE TARGET FIRST.

2. FILL IN THE BLANK WITH THE CORRECT STRIKE.

1. WRIST

- BACK FIST
- HAMMER FIST
- SOO DO

2. SKULL

- HAMMER FIST
- KNEE
- ELBOW

3. BRIDGE OF NOSE

- PALM HEEL
- ELBOW
- BALL OF FOOT

4. TEMPLE

- FIST
- ELBOW
- SOO DO

5. JAW

- FIST
- PALM STRIKE
- BALL OF FOOT

6. WINDPIPE

- REVERSE SOO DO
- SOO DO
- TIGER-MOUTH STRIKE

7. ADAMS APPLE

- FIST
- SOO DO
- REVERSE SOO DO

8. CLAVICLE

- HAMMER FIST
- HEEL
- KNIFE HAND

9. SOLAR PLEXUS

- FIST
- BALL OF FOOT
- PALM HEEL

10. INSTEP

- BALL OF FOOT
- HEEL
- SOLE OF FOOT

11. VASTUS EXTERNAS

- INSTEP
- ELBOW
- KNEE

12. ACHILLES TENDON

- HEEL
- BALL OF FOOT
- INSTEP

13. CALF

- INSTEP
- BALL OF FOOT
- SOLE OF FOOT

14. GROIN

- KNEE
- SHIN
- INSTEP

16. INSIDE OF KNEE

- BALL OF FOOT
- FOOT EDGE
- HEEL & INSTEP

17. RIBS

- FIST & BACK FIST
- BALL OF FOOT
- ELBOW & KNEE

22. BASE OF CEREBELLUM

- TWO KNUCKLE FIST
- BALL OF FOOT
- INSTEP

21. UPPER BACK

- PALM HEEL STRIKE
- BALL OF FOOT
- KNEE

15. HOLLOW OF KNEE

- BALL OF FOOT
- FOOT EDGE
- HEEL

18. SHIN

- BALL OF FOOT
- FOOT EDGE
- KNEE

19. SMALL OF BACK

- KNEE
- HEEL
- BALL OF FOOT

20. KIDNEY

- FIST
- ELBOW
- BALL OF FOOT

