

**SDTS Grade Certification Exam 2:  
Advanced Methods of Striking (SDTS Combatives Module 2)**

Section 1: Strikes on dummy or heavy bag)

- Short Hammer Fist
- Long Hammer Fist
- Double Chin Jab
- Head butt (Side, forward, back and rising)
- Hand Yoke (360) each hand
- Ear Box and Eye Gouge
- Slap (Atomic Pimp)
- Finger Tip Jab (low and high)
- Elbow Spike
- Horizontal Elbow Swing
- Vertical (Downward) Elbow Swing
- Reeling Elbow
- Drop Elbow
- Rear Elbow Low
- Rear Rising Elbow
- Double Forearm Shiver
- Double Punch Stop
- Shoulder Smash
- Forward Elbow Spike (Drop Step)
- Hip Whip
- Rear Hip Butt
- SDTS Side Kick
- Saddle Kick
- Point Kick
- Side Kick Stomp
- Instep Stomp
- Instep Swing
- Hooking Kick
- Pivot Kick

Section 2: Combinations Close Range (3 times each side on dummy or heavy bag)

- Elbow Spike, Edge of Hand, Chin Jab (4 Directions)
  - Double Forearm Shiver, Ear Box, Head Butt
  - Ear Box, Eye Gouge, Head Butt, Knee Drive
  - Short Lead Edge of Hand, Rear Hand Yoke, Knee Drive
  - Point Kick, Slap, Edge of Hand (s)
  - Hip Check, Rising Elbow, Edge of Hand, Chin Jab
  - Double Punch Stop, Saddle Kick/Knee, Vertical Edge of Hand (hook neck), Head Butt
  - To the Rear: Hip Bump, Rear Elbow Blast, Edge of Hand, Pick Your Own Finish Techniques
- One Round of 30 Second BLASTS (four directions at close range) (2 minutes total)

**END**