
TIP #1 - STUDENT CREED

TIP #2 - FORM

- 25. RT CIRCLE BLOCK WITH FLEX
- 26. RT WEB BLOCK/LT BACKHAND TO FOREARM
- 27. DOUBLE CROSSOVER
- 28. MID X BLOCK LT HAND LOW RT HAND HIGH
- 29. LT HAND REDIRECT
- 30. LT HAND GRAB/RT LEG STEP IN/RT RIDGEHAND STRIKES TRICEP
- 31. SPIN 180 AND PULL ELBOW DOWN TO SHOULDER
- 32. HIGH X BLOCK WITH FLEX
- 33. RT FRONT KICK
- 34. WEB BLOCK WITH FLEX

TIP #3 - APPLICATIONS

*KIHAPS REQUIRED ON ALL ATTACKS AND DEFENSES

- 1. **ATTACKER** - STEP FORWARD/SLASH AT WAIST
DEFENDER - STEP BACK/EXECUTE A CIRCLE BLOW WITH WRIST FLEX CONTROL
- 2. **ATTACKER** - STAB AT STOMACH
DEFENDER - SPLIT FRONT STANCE WITH RT WEB BLOCK TON WRIST/LT BACK HAND TO FOREARM
DOUBLE CROSSOVER
- 3. **ATTACKER** - STEP FORWARD/SLASH ACROSS/SLASH BACK
DEFENDER - EVADE/MID X BLOCK LT HAND LOW RT HAND HIGH/REDIRECT ARM 360/LT HAND GRAB/RT LEG
STEP IN /RT RIDGEHAND STRIKES TRICEP/SPIN 180/PULL ELBOW DOWN TO SHOULDER
- 4. **ATTACKER** - STAB DOWN
DEFENDER - SPLIT FRONT STANCE/HIGH KNIFE HAND X BLOCK/WRIST FLEX
RIGHT FRONT KICK
- 5. **ATTACKER** - STAB AT STOMACH
DEFENDER - SPLIT MIDDLE STANCE WITH WEB BLOCK/WRIST FLEX CONTROL

TIP #4(ADULTS) - KNOWLEDGE

NAME OF LEVEL: DEADLY FORCE **MEANING:** DEFENSE AGAINST KNIFE ATTACKS

MOST IMPORTANT WHEN DOING LEVEL 3: FOCUSING ON THE KNIFE

QUALITY: GRATITUDE **MEANING:** BEING THANKFUL