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**STUDENT CREED**

SIR/MA'AM

\*I AM DEVELOPING MYSELF IN A POSITIVE MANNER AND I AVOID ANYTHING THAT WOULD REDUCE MY MENTAL GROWTH OR PHYSICAL HEALTH.

\*I AM DEVELOPING SELF-DISCIPLINE IN ORDER TO BRING OUT THE BEST IN MYSELF AND OTHERS.

\*I AM USING WHAT I LEARN IN CLASS CONSTRUCTIVELY AND DEFENSIVELY, TO HELP MYSELF AND MY FELLOW MAN AND NEVER TO BE ABUSIVE OR OFFENSIVE.

SIR/MA'AM

**FLOW DRILLS**

1. **Wang Chung Kung Fu Drill**-Partner #1 RT slap to partner #2 face. Partner #2 LT hand block, RT hand redirect upward, LT hand knock down, RT hand slap to Partner #1 face. Repeat back and forth.
2. **Pendulum Drill**-Both partners, RT wrist strike low, RT wrist strike high, RT wrist low, RT wipe the forehead, RT upset knife, RT pull, RT turn and push. Repeat using LT hand.
3. **Elbow Flow**-Partner #1 RT punch, Partner #2 Parry into the RT elbow, RT grab, LT elbow up, LT arm snake to under hook, RT elbow up to lung point, RT hand grab the head, LT elbow up at neck, RT elbow down to back of neck. Repeat
4. **Leg Drill**-Partner #1 throw RT low #2 round kick, Partner #2 LT low #1 outer crescent kick to block. Partner #1 throws LT #2 round kick, Partner #2 RT low #1 outer crescent to block. Repeat for Partner #2 kicking and Partner #1 blocking. Then Partner #1 throws RT #2 front kick, Partner #2 throws #1 inner crescent kick to block. Partner #1 throws LT low #2 Front kick, Partner #2 RT throws #1 inner crescent kick to block.

**TIP #3 – APPLICATIONS**

\*KIHAPS REQUIRED ON ALL ATTACKS AND DEFENSES

**1. DEFENSE AGAINST RT HOOK TO JAW**

**ATTACKER** - RT HOOK TO JAW

**DEFENDER** - LT BLOCK/RT PALM HEEL TO SHOULDER/PULL DOWN/RT KNEE TO STOMACH

**ATTACKER** - BENDS AT WAIST

**DEFENDER** – LT ARM HOOKS ATTACKER RT ARM/STEP RT LEG BACK/RT DOWNWARD ELBOW TO SPINE

**2. DEFENSE AGAINST RT PUNCH TO NOSE**

**ATTACKER** - RT PUNCH TO NOSE

**DEFENDER** - LT INWARD PARRY/RT HOOK PUNCH TO FOREARM/LT BACK FIST TO JAW/RT ROUND KICK TO RIBS

**ATTACKER** - BENDS AT WAIST

**DEFENDER** - RT KNIFE HAND TO NECK

**3. DEFENSE AGAINST LT FRONT KICK**

**ATTACKER** - LT FRONT KICK TO BODY

**DEFENDER** - LT LOW OUTER CRESEANT SWEEP BLOCK/LT PUNCH TO NOSE/RT KNUCKLE PUNCH TO THROAT/RT INSTEP KICK TO LT ANKLE

**4. DEFENSE AGAINST LT PUNCH TO NOSE AND LT SIDE KICK**

**ATTACKER** - LT PUNCH TO NOSE

**DEFENDER** - RT OUTWARD PARRY/LT PUNCH TO NOSE/TRAP WRIST/ ROLL ELBOW TO FOREARM

**ATTACKER** - LT SIDE KICK TO BODY

**DEFENDER** - RT DOWNWARD PALM BLOCK/RT SIDE KICK TO RIBS

**5. DEFENSE AGAINST RT PUNCH TO NOSE**

**ATTACKER** - RT PUNCH TO NOSE

**DEFENDER** - RT PUNCH TO NOSE/CREATE 3 TO 4 TECHNIQUE COMBINATION

**KNOWLEDGE**

**NAME OF LEVEL:** 3 CIRCLES **MEANING:** 3 STRIKING RANGES OF SELF-DEFENSE

**3 STRIKING RANGES:** LONG-KICKING, MEDIUM-PUNCHING, SHORT-KNEES AND ELBOWS

**MOST IMPORTANT THING WHEN DOING LEVEL 1:** FOCUS ON TECHNIQUE

**QUALITY:** COURTESY **DEFINITION:** POLITE BEHAVIOR