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**STUDENT CREED**

**PRESSURE POINT FLOW DRILLS**

- 1. DRILL
- 2. DRILL
- 3. DRILL

**APPLICATIONS**

\*KIHAPS REQUIRED ON ALL ATTACKS AND DEFENSES

- 1. **ATTACKER** - GRAB DEFENDER'S LT WRIST WITH RT HAND  
**DEFENDER** - USE RT THUMB TO PRESS INTO LUNG OR LARGE INTESTINE ON OUTSIDE OF FOREARM/SLIDE RT HAND DOWN ATTACKER'S ARM GRABBING WRIST AND STRIKING WITH LT FIST TO TRIPLE WARMER ON HINGE OF JAW/ ROLL ATTACKER'S ARM OVER AND USE KNUCKLES TO RUB DOWN INTO GOLGI TENDON/RT RIDGE HAND TO BLADDER POINTS AT BACK OF NECK
- 2. **ATTACKER** - RT HOOK TO DEFENDER'S FACE  
**DEFENDER** - STEP IN 45 DEGREES WITH RT LEG AND STRIKE WITH SMALL KNUCKLES OF RT HAND TO LUNG OR LARGE INTESTINE ON INSIDE OF ATTACKER'S ARM/PUNCH DOWNWARD TO CONCEPTION VESSEL JUST BELOW CENTER OF BELT/STEP FORWARD WITH LT LEG WHILE LT HAMMER FISTING TO GOVERNING VESSEL ON TOP OF ATTACKER'S HEAD/DOUBLE UPSET KNIFE TO STOMACH POINTS ON EITHER SIDE OF NECK
- 3. **ATTACKER** - RT HAND PUSH TO THE DEFENDER'S CHEST  
**DEFENDER** - CROSS ARMS OVER TOP OF ATTACKER'S WRIST PULLING IN TOWARDS CHEST LOCKING WRIST POINTS /CROSS STEP AND TURN SHOULDERS TO TORQUE POINTS/STEP OUT AND RT KNIFEHAND STRIKE TO GALL BLADDER 20 AT BASE OF SKULL
- 4. **ATTACKER** - DOUBLE LAPEL GRAB  
**DEFENDER** - STRIKE RT ARM IN A DOWNWARD MOTION ON LUNG OR LARGE INTESTINE PULLING ARM TO RT HIP/LT UPPER CUT TO LIVER POINT SIDE OF STOMACH/RT BACK FIST TO STOMACH POINT RT SIDE OF JAW
- 5. **ATTACKER** - USE RT HAND TO GRAB DEFENDER'S LT WRIST FROM BEHIND  
**DEFENDER** - ROLL LT WRIST UP/RT SMALL KNUCKLE PUNCH TO ATTACKER'S PERICARDIUM POINTS INSIDE MIDDLE OF FOREARM/RT PALM HEEL TO LUNG POINT WHERE DELTOID AN PECTORAL MUSCLES MEET AT ATTACKERS RT SHOULDER/RT INSTEP TO ATTACKER'S RT LEG SPLEEN LIVER MERIDIAN WHERE SHIN BONE AND CALF MEET/RT HAMMER TO STOMACH POINT UNDER EYE

**SPARRING**

- 1. #2 FRONT KICK/REVERSE UPPER CUT/LEAD SIDEWARD ELBOW
- 2. #2 OUTER CRESCENT KICK/JAB/ REVERSE PUNCH
- 3. #2 FRONT KICK/ROUND KICK/LEAD ROLLING HAMMER FIST

**KNOWLEDGE**

NAME OF LEVEL: DRAGONS TOUCH  
 MEANING: USING PRESSURE POINTS FOR SELF-DEFENSE  
 MOST IMPORTANT THING WHEN DOING LEVEL 6: ANGLE AND DIRECTION  
 THREE WAYS TO ACTIVATE A PRESSURE POINT: STRIKE, RUB, PRESS  
 QUALITY: EMPATHY  
 MEANING: PUTTING YOURSELF IN SOMEONE ELSE'S SHOES