
STUDENT CREED

TAKEDOWN DRILLS

1. Inside Arm Control – Penetration Step – Leg Grab
2. Dump

APPLICATIONS

*KIHAPS REQUIRED ON ALL ATTACKS AND DEFENSES

1. **ATTACKER** - GRABS FROM REAR IN BEAR HUG
DEFENDER - UPWARD ARM THRUST WITH SPLIT MIDDLE STANCE/RT SHOULDER THROW
2. **ATTACKER** - STEPS FORWARD AND THROWS RT PUNCH TO FACE
DEFENDER - LT CENTER BLOCK/GRAB TO RT WRIST PIVOT ON RT FOOT TO ENTER/RT SHOULDER THROW. GO DOWN TO LT KNEE
3. **ATTACKER** - STEPS FORWARD AND LT HAMMER FIST
DEFENDER - RT REVERSE KNIFE HAND HIGH BLOCK PIVOT ON LT FOOT TO ENTER/LT SHOULDER THROW. GO DOWN TO RT KNEE
4. **ATTACKER** - RT ARM CHOKE FROM REAR
DEFENDER - LT CENTER BLOCK TO RT WRIST/RT LEG WHIP TO ATTACKER'S NEAREST LEG RT HIP THROW WITH ARM BAR
5. **ATTACKER** - REACHES WITH BOTH HANDS TO GRAB
DEFENDER - HIGH/LOW BLOCK WITH LT HAND GRABBING ATTACKER'S RT WRIST PULL ATTACKER OFF BALANCE BY JERKING LT HAND BACK STEP THROUGH WITH RT LEG AND STRIKE ATTACKER WITH RT TORSO

SPARRING

1. #1 SPINNING OUTER CRESCENT KICK/#1 SIDE KICK/REAR ELBOW
2. #3 SIDE KICK/SPINNING HOOK KICK/JAB UPPER CUT
3. JUMP #3 FRONT KICK/

KNOWLEDGE

NAME: LEVERAGE

MEANING: THROWING AN OPPONENT

MOST IMPORTANT THING WHEN DOING LEVEL 7: CENTER OF BALANCE

QUALITY: LOYALTY

MEANING: BEING FAITHFUL TO A BELIEF OR IDEA