
TIP #1 – STUDENT CREED (ADULTS)

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

TIP #2 – FORM

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| 1. LT BLOCK/RT PALM HEEL TO SHOULDER | 9. LT VERTICAL PUNCH TO JAW |
| 2. RT NECK HOOK/KNEE TO STOMACH | 10. RT KNUCKLE PUNCH TO THROAT |
| 3. LT ARM HOOK/RT DOWNWARD ELBOW TO SPINE | 11. RT INSTEP KICK TO ANKLE |
| 4. LT INWARD PARRY/RT HOOK TO FOREARM | 12. RT OUTWARD PARRY/LT PUNCH TO NOSE |
| 5. RT BACK FIST TO JAW | 13. TRAP/ROLL ELBOW TO FOREARM |
| 6. RT ROUND KICK TO RIBS | 14. RT DOWNWARD PARRY |
| 7. RT KNIFE HAND STRIKE TO NECK | 15. RT SIDE KICK TO KNEE |
| 8. LT LOW CRESEANT KICK | 16. RT VERTICAL PUNCH TO NOSE - KIHAP |

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

TIP #4 – KNOWLEDGE (ADULTS)

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