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**TIP #1 – STUDENT CREED**

**TIP #2 – FORM**

- 17. LT REAR ELBOW TO SOLAR PLEXUS
- 18. RT OUTWARD FLEX WITH TAKE DOWN
- 19. LT SIDE STOMP KICK
- 20. TRAP/ROLL ELBOW
- 21. RT INWARD FLEX
- 22. LT DOWNWARD FLEX
- 23. INVERTED PALM HEEL TO JAW - KIHAP
- 24. WRIST LOCK

**TIP #3 - APPLICATIONS**

\*KIHAPS REQUIRED ON ALL ATTACKS AND DEFENSES

- 1. **ATTACKER** - GRABS FROM REAR LEFT LAPEL WITH RT HAND/GRABS LT BICEP WITH LT HAND  
**DEFENDER** - STEPS BACK/THRUSTS LT ARM FORWARD TO BREAK HOLD/LT REAR ELBOW TO SOLAR PLEXUS/GRAB ATTACKER'S RT HAND WITH RT HAND  
EXECUTE OUTWARD FLEX WHILE STEPPING WITH LT FOOT TO LT BACK STANCE  
**DEFENDER** - BREAK FALL ON BACK  
**ATTACKER** - LT SIDE STOMP KICK TO VITAL AREA
- 2. **ATTACKER** - FROM THE LT SIDE/GRABS LT BICEP WITH RT HAND AND LT WRIST WITH LT HAND  
**DEFENDER** – TRAP/ROLL ELBOW/SLIDE TO WRIST LOCK/KNUCKLES TO GOLGI TENDON
- 3. **ATTACKER** - GRABS LT LAPEL WITH RT HAND  
**DEFENDER** - RT FRONT KICK TO INNER THIGH/GRAB WITH RT HAND EXECUTE INWARD FLEX WHILE TURNING 180 DEGREES TO RT FRONT STANCE  
**ATTACKER** - ROLLS OUT
- 4. **ATTACKER** - GRABS LT LAPEL WITH RT HAND  
**DEFENDER** - GRABS HAND WITH BOTH HANDS  
EXECUTES DOWNWARD FLEX CONTROL WITH LT HAND  
EXECUTE INVERTED PALM HEEL TO JAW
- 5. **ATTACKER** - GRABS RT LAPEL WITH LT HAND  
**DEFENDER** - GRABS WITH LT HAND/EXECUTES INWARD FLEX WHILE STEPPING BACK WITH LT LEG TO KNEELING POSITION WITH WRIST LOCK CONTROL

**TIP #4(ADULTS) - KNOWLEDGE**

**NAME OF LEVEL:** THE 4TH CIRCLE **MEANING:** THE GRAPPLING RANGE OF SELF-DEFENSE

**MOST IMPORTANT THING WHEN DOING LEVEL 2:** THUMB REINFORCEMENT

**QUALITY:** HUMILITY **MEANING:** LACK OF EXCESSIVE SELF-ESTEEM