

HILL'S MARTIAL ARTS - LEVEL 4

ADULT LIME BELT/LIME BAR

TIP #1 – STUDENT CREED

TIP #2 - FORM

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| 35. TRAP AND LOCK | |
| 36. HANDS SHOOT DOWN/RT HAND TRAPS ON TOP | 44. STRIKE BACK TO GROIN THEN TEMPLE |
| 37. HANDS COME UP AND TURN OUT | 45. STRIKE FORWARD SOLAR PLEXIS/STEP RT TO TEMPLE |
| 38. STEP LT/RT DOWNWARD STRIKE | 46. RT STEP BACK/STRIKE TEMPLE |
| 39. TRAP IN CHEST/TURN KNOCK IT AWAY | 47. CLAP/STEP LT/STRIKE SOLAR PLEXIS |
| 40. FRONT KICK | 48. TRAP SHOULDER/LT LEG SWEEP |
| 41. RT STEPS BACK/STRIKE TEMPLE | 49. RT STEP BACK/LT,RT,LT PARRY |
| 42. CAT STANCE/SHIN STRIKE | 50. LT STEPS UP/REAR CHOKE |
| 43. LT STEPS FORWARD STRIKE CHEST THEN CHIN | 51. TRAP WRIST/ROLL IT OVER |

TIP #3 - APPLICATIONS

*KIHAPS REQUIRED ON ALL ATTACKS AND DEFENSES

- ATTACKER** – RT HAND LAPEL GRAB
DEFENDER – TRAP WRIST AT HEART POINT WITH KUBATON/CROSS LT HAND AND LOCK
- ATTACKER** - GRABS LT WRIST WITH RT HAND
DEFENDER - GRAB WRIST WITH WAND/RAISE HANDS UPWARD/FREE LT HAND TURN CLOCKWISE/RAISE ARMS OVER HEAD/STEP TO LT FRONT STANCE TAKE ATTACKER DOWN/STRIKE TO NECK
- ATTACKER**–RT PUNCH
DEFENDER–KUBATON STRIKE TO LUNG/LARGE INTESTINE/LT PARRY/ TRAP PUNCH/FRONT KICK
- ATTACKER**-GRABS FROM REAR
DEFENDER-RAISES RT ARM ELBOW HIGH/TURN/STRIKE TO TEMPLE
ATTACKER-FRONT KICK TO BODY
DEFENDER-DOWNWARD STRIKE TO SHIN WITH WAND/PALM BLOCK WITH LT HAND
- ATTACKER**-LUNGE LT LEG FORWARD
DEFENDER–STEP LT FORWARD/STRIKE CHEST/UPWARD STRIKE TO CHIN
ATTACKER–LT HAND GRABS RT SHOULDER
DEFENDER–STRIKE GROIN/ROLL UP TO TEMPLE
ATTACKER-RT HOOK
DEFENDER-BLOCK BLADDER POINTS/STRIKE SOLAR PLEXIS/STEP RT/ ROLL TO TEMPLE
ATTACKER-LUNGES
DEFENDER-STEP BACK RT/STRIKE TO TEMPLE
ATTACKER-GRAB STRIKING WRIST
DEFENDER-SWITCH KUBATON TO LT HAND/STRIKE SOLAR PLEXIS/TRAP SHOULDER/LT LEG SWEEP
- ATTACKER**-THROWS 3 PUNCHES LEADING WITH RT
DEFENDER-LT WEAVE BLOCK/RT WEAVE BLOCK/LT WEAVE BLOCK/RT STRIKE TO PECTORAL/STEP UP BEHIND/REAR CHOKE
- ATTACKER**-GRABS RT WRIST
DEFENDER-SWING HAND UPWARD TO PALM OF HAND/ROLL WAND AROUND WRIST BONE APPLY DOWNWARD PRESSURE

TIP #4(ADULT) - LIME BELT KICKING COMBINATIONS

- #1 SIDE KICK
- #1 ROUND KICK
- #2 ROUND KICK/REVERSE SIDE KICK

TIP #5 (ADULT)– LIME BELT KNOWLEDGE

NAME OF LEVEL: LEGAL WEAPON **MEANING:** USING WHAT IS AT HAND FOR SELF-DEFENSE

MOST IMPORTANT THING WHEN DOING LEVEL 4: FOCUS ON TECHNIQUE

QUALITY: COURAGE **MEANING:** TAKING ACTION IN SPITE OF FEAR.