

## HILL'S MARTIAL ARTS - LEVEL 4

## ADULT LIME BELT/LIME BAR

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### 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.