
TIP #1 – STUDENT CREED

TIP #2 - FORM

- 52. TWIN OUTER KNIFE HAND BLOCK
- 53. MUAY TAI CLINCH
- 54. RT OUTER SWEEP
- 55. TWIN SMALL KNUCKLE STRIKE
- 56. MUAY TAI CLINCH
- 57. LT INNER SWEEP
- 58. LT KNIFE HAND STRIKE
- 59. LT OUTER SWEEP WITH ARM BAR
- 60. WAVE BLOCK
- 61. RT REVERSE LEG SWEEP
- 62. BASE OUT/PUSH HEAD BACK
- 63. HIP POP
- 64. LT ARM SWEEP

TIP #3 - APPLICATIONS

*KIHAPS REQUIRED ON ALL ATTACKS AND DEFENSES

- 1. **ATTACKER** - REACHES WITH TWO HANDS TO PUSH
DEFENDER - TWIN OUTER KNIFE HAND BLOCK/MUAY TAI CLINCH/RT OUTER SWEEP
- 2. **ATTACKER** – DOUBLE LAPEL GRAB
DEFENDER - TWIN SMALL KNUCKLE STRIKE TO OUTER FOREARM/MUAY TAI CLINCH/LT LEG HOOK SWEEP
- 3. **ATTACKER** - GRABS RT SHOULDER WITH LT HAND FROM BEHIND
DEFENDER - LT KNIFEHAND STRIKE TO NECK/LT OUTER SWEEP WITH ARM BAR
- 4. **ATTACKER** - RT #2 SIDE KICK
DEFENDER - WAVE BLOCK WHILE STEPPING BACK WITH RT LEG/RT REVERSE LEG SWEEP
- 5. **ATTACKER** - GRABS FROM REAR WITH FULL NELSON
DEFENDER - USES BACK OF BOTH HANDS TO PUSH HEAD BACK TO TAKE PRESSURE OFF OF NECK/HIP POP
TO BREAK HOLD/LT LEG SLIDES BEHIND ATTACKER RT LEG/RT ARM HOOKS BEHIND ATTACKERS
THIGH/LT ARM TO CHEST FOR ARM-HIP CONTROL TAKE DOWN

TIP #4(ADULT)- GREEN BELT KICKING COMBINATIONS

- 1. #3 HOOK KICK
- 2. #2 INNER CRESCENT KICK
- 3. #2 INNER CRESCENT/REVERSE HOOK KICK/ROUND KICK

TIP #5(ADULTS) - KNOWLEDGE

NAME OF LEVEL: FOUNDATION **MEANING:** SWEEPING AN OPPONENT OFF HIS FEET

MOST IMPORTANT THING WHEN DOING LEVEL 5: TWO WAY ACTION (PUSH/PULL)

QUALITY: TOLERANCE **MEANING:** ACCEPTING PEOPLE'S DIFFERENCES