
TIP #1 – STUDENT CREED

TIP #2 - FORM

- 65. STEP UP RT LUNG/LARGE INTESTINE PRESSURE POINT GRAB/SLIDE TO WRIST/LT UPSET STRIKE
- 66. LT DOWNWARD STRIKE WHILE PULLING RT HAND TO HIP
- 67. RT RIDGE HAND
- 68. STEP RT 45 DEGREES/RIGHT HOOK
- 69. LT DOWNWARD PUNCH
- 70. STEP FORWARD WITH LT LEG AND LT ROLLING HAMMER FIST - KIHAP
- 71. DOUBLE UPSET KNIFE TO NECK
- 72. CROSS HAND TRAP/CROSS STEP/STEP OUT/KNIFEHAND STRIKE
- 73. STEP BACK WITH RT LEG/CROSS DOWNWARD STRIKE/PULL TO RT HIP
- 74. LT UPSET PUNCH
- 75. DOWNWARD RT HAMMER FIST
- 76. LT HAND REACHES BEHIND/CURL UP/RT HANF STRIKE
- 77. RT PALM HEAL
- 78. RT INSTEP KICK
- 79. RT HAMER FIST

TIP #3 - APPLICATIONS

*KIHAPS REQUIRED ON ALL ATTACKS AND DEFENSES

- 1. **ATTACKER** - GRAB DEFENDER'S LT WRIST WITH RT HAND
DEFENDER - USE RT THUMB TO PRESS INTO LUNG OR LARGE INTESTINE ON OUTSIDE OF FOREARM/SLIDE RT HAND DOWN ATTACKER'S ARM GRABBING WRIST AND STRIKING WITH LT FIST TO TRIPLE WARMER ON HINGE OF JAW/ ROLL ATTACKER'S ARM OVER AND USE KNUCKLES TO RUB DOWN INTO GOLGI TENDON/RT RIDGE HAND TO BLADDER POINTS AT BACK OF NECK
- 2. **ATTACKER** - RT HOOK TO DEFENDER'S FACE
DEFENDER - STEP IN 45 DEGREES WITH RT LEG AND STRIKE WITH SMALL KNUCKLES OF RT HAND TO LUNG OR LARGE INTESTINE ON INSIDE OF ATTACKER'S ARM/PUNCH DOWNWARD TO CONCEPTION VESSEL JUST BELOW CENTER OF BELT/STEP FORWARD WITH LT LEG WHILE LT HAMMER FISTING TO GOVERNING VESSEL ON TOP OF ATTACKER'S HEAD/DOUBLE UPSET KNIFE TO STOMACH POINTS ON EITHER SIDE OF NECK
- 3. **ATTACKER** - RT HAND PUSH TO THE DEFENDER'S CHEST
DEFENDER - CROSS ARMS OVER TOP OF ATTACKER'S WRIST PULLING IN TOWARDS CHEST LOCKING WRIST POINTS /CROSS STEP AND TURN SHOULDERS TO TORQUE POINTS/STEP OUT AND RT KNIFEHAND STRIKE TO GALL BLADDER 20 AT BASE OF SKULL
- 4. **ATTACKER** - DOUBLE LAPEL GRAB
DEFENDER - STRIKE RT ARM IN A DOWNWARD MOTION ON LUNG OR LARGE INTESTINE PULLING ARM TO RT HIP/LT UPPER CUT TO LIVER POINT SIDE OF STOMACH/RT BACK FIST TO STOMACH POINT RT SIDE OF JAW
- 5. **ATTACKER** – USE RT HAND TO GRAB DEFENDER'S LT WRIST FROM BEHIND
DEFENDER – ROLL LT WRIST UP/RT SMALL KNUCKLE PUNCH TO ATTACKER'S PERICARDIUM POINTS INSIDE MIDDLE OF FOREARM/RT PALM HEEL TO LUNG POINT WHERE DELTOID AN PECTORAL MUSCLES MEET AT ATTACKERS RT SHOULDER/RT INSTEP TO ATTACKER'S RT LEG SPLEEN LIVER MERIDIAN WHERE SHIN BONE AND CALF MEET/RT HAMMER TO STOMACH POINT UNDER EYE

TIP #4(ADULT) - BLUE BELT KICKING COMBINATIONS

- 1. #2 FRONT KICK
- 2. #2 OUTER CRESCENT KICK/REPEAT ROUND KICK
- 3. #2 FRONT KICK/ROUND KICK/#3 SIDE KICK

TIP #5(ADULTS) - KNOWLEDGE

NAME OF LEVEL: DRAGONS TOUCH **MEANING:** USING PRESSURE POINTS FOR SELF-DEFENSE

MOST IMPORTANT THING WHEN DOING LEVEL 6: ANGLE AND DIRECTION

THREE WAYS TO ACTIVATE A PRESSURE POINT: STRIKE, RUB, PRESS

QUALITY: EMPATHY **MEANING:** PUTTING YOURSELF IN SOMEONE ELSE'S SHOES