
TIP #1 – STUDENT CREED

TIP #2 - FORM

- 80. UPWARD ARM THRUST WITH RT SHOULDER THROW
- 81. LT CENTER BLOCK WITH GRAB AND ENTER
- 82. RT SHOUDLER THROW. ADULTS-GO DOWN TO LT KNEE, CHILDREN DO NOT
- 83. RT REVERSE KNIFE HAND HIGH BLOCK AND ENTER
- 84. LT SHOULDER THROW. ADULTS-GO DOWN TO RT KNEE, CHILDREN DO NOT
- 85. LT CENTER BLOCK WITH LEG WHIP
- 86. RT HIP THROW/ARM BAR
- 87. LT HIGH/LOW BLOCK
- 88. BODY STRIKE

TIP #3 - APPLICATIONS

*KIHAPS REQUIRED ON ALL ATTACKS AND DEFENSES

- 1. **ATTACKER** - GRABS FROM REAR IN BEAR HUG
DEFENDER - UPWARD ARM THRUST WITH SPLIT MIDDLE STANCE/RT SHOULDER THROW
- 2. **ATTACKER** - STEPS FORWARD AND THROWS RT PUNCH TO FACE
DEFENDER - LT CENTER BLOCK/GRAB TO RT WRIST PIVOT ON RT FOOT TO ENTER/RT SHOULDER THROW. GO DOWN TO LT KNEE
- 3. **ATTACKER** - STEPS FORWARD AND LT HAMMER FIST
DEFENDER - RT REVERSE KNIFE HAND HIGH BLOCK PIVOT ON LT FOOT TO ENTER/LT SHOULDER THROW. GO DOWN TO RT KNEE
- 4. **ATTACKER** - RT ARM CHOKE FROM REAR
DEFENDER - LT CENTER BLOCK TO RT WRIST/RT LEG WHIP TO ATTACKER'S NEAREST LEG RT HIP THROW WITH ARM BAR
- 5. **ATTACKER** - REACHES WITH BOTH HANDS TO GRAB
DEFENDER - HIGH/LOW BLOCK WITH LT HAND GRABBING ATTACKER'S RT WRIST PULL ATTACKER OFF BALANCE BY JERKING LT HAND BACK STEP THROUGH WITH RT LEG AND STRIKE ATTACKER WITH RT TORSO

TIP #4 - PURPLE BELT KICKING COMBINATIONS

- 1. #2 ROUND KICK/SPINNING CRESCENT KICK/#1 SIDE KICK
- 2. #3 SIDE KICK/ROUND KICK/SPINNING HOOK KICK
- 3. #1 REPEAT SIDE KICK/JUMP SIDE KICK

TIP #5 - KNOWLEDGE

NAME: LEVERAGE **MEANING:** THROWING AN OPPONENT

MOST IMPORTANT THING WHEN DOING LEVEL 7: CENTER OF BALANCE

QUALITY: LOYALTY **MEANING:** BEING FAITHFUL TO A BELIEF OR IDEA