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**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