
TIP #1 – STUDENT CREED

TIP #2 - FORM

- 89. SHIELDING BLOCK WITH TAKE DOWN
- 90. TWIN CENTER BLOCK WITH TAKE DOWN
- 91. LEFT INNER TRAP WITH RIGHT HAMMER FIST
- 92. RIGHT OUTER TRAP WITH PALM HEAL
- 93. LEFT LEG HOOK WITH TAKE DOWN
- 94. LEFT ROLLING HEEL KICK
- 95. LEFT FRONT KICK / INVERTED FRONT KICK
- 96. LEFT OUTWARD PALM BLOCK
- 97. LEFT SIDE KICK

TIP #3 - APPLICATIONS

*KIHAPS REQUIRED ON ALL ATTACKS AND DEFENSES

- 1. **ATTACKER** - RT FRONT KICK
DEFENDER - RT SHIELDING BLOCK/DOUBLE ARM TRIP TAKE DOWN/HAMMER FIST TO SOLAR PLEXIS/KEYLOCK ATTACKER'S RT ARM
- 2. **ATTACKER** - LT STOMP KICK
DEFENDER - TWIN CENTER/BLOCK WITH TAKE DOWN/RT ROUND KICK/STAND ASSUME IN GUARD POSITION
- 3. **ATTACKER** - LT LEG IS BETWEEN DEFENDER'S LT ARM AND BODY
DEFENDER - LT INNER LEG TRAP/RT HAMMER FIST TO OUTSIDE OF KNEE/ROLLING TAKE DOWN TO LEG LOCK
- 4. **ATTACKER** - RT LEG IS OUTSIDE OF DEFENDER'S RT ARM
DEFENDER - RT OUTER LEG TRAP/LT PALM HEEL TO OUTSIDE OF RT KNEE/HEELS TO ATTACKERS SOLAR PLEXIS/TAKEDOWN/LEG LOCK
- 5. **DEFENDER** - LT 90 DEGREE HIP PIVOT
ATTACKER - STEP CLOSE WITH LT LEG
DEFENDER - LT LEG HOOKS ATTACKER'S LT LEG/RT PRESSING SIDE KICK BELOW LT KNEE
- 6. **ATTACKER** - GRABS RIGHT ANKLE
DEFENDER - PULL IN RT LEG/ROLL COUNTER CLOCKWISE/LT HOOK KICK TO SIDE OF HEAD
- 7. **DEFENDER** - ASSUME CRAB STANCE
ATTACKER - STEP INTO RANGE
DEFENDER - LT FRONT KICK TO INNER THIGH/RT INVERTED FRONT KICK TO LT KNEE
- 8. **DEFENDER** - ASSUME CRAB STANCE
ATTACKER - LT SIDE KICK
DEFENDER - LT OUTER KNIFE HAND BLOCK WHILE SHIFTING TO 3 POINT STANCE LT SIDE KICK FROM 3 POINT STANCE/STAND UP ASSUME IN GUARD POSITION

TIP #4(ADULTS) - RED BELT KICKING COMBINATIONS

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

TIP #5(ADULTS) – BOARD BREAKING

ONE BREAK WITH HAND TECHNIQUE/ONE BREAK WITH FOOT TECHNIQUE

TIP #6(ADULTS) - KNOWLEDGE

NAME OF LEVEL: TERRAIN **MEANING:** GROUND FIGHTING TECHNIQUES
MOST IMPORTANT THING WHEN DOING LEVEL: FOCUS ON TECHNIQUE
QUALITY: CHOOSE A QUALITY IN WHICH YOU NEED IMPROVEMENT
MEANING: DEFINE THE QUALITY YOU CHOSE