
TIP #1 – STUDENT CREED

TIP #2 - FORM

- 82. ASSUME PARALLEL ROOTING STANCE
- 83. BEGIN ABDOMINAL BREATHING
- 84. DIRECT ENERGY FLOW
- 85. PRESS FORWARD WITH MATCHED BREATHING
- 86. PRESS UP WITH MATCHED BREATHING
- 87. PRESS OUT WITH MATCHED BREATHING
- 88. PRESS DOWN WITH MATCHED BREATHING
- 89. CIRCLE LT AND RT WITH MATCHED BREATHING
- 90. RETURN TO ROOTING STANCE

TIP #3 - APPLICATIONS

THE RED HAND COMES TO US FROM THE SHAOLIN TEMPLE IN CHINA. IT IS THE MARTIAL APPLICATION OF CHI KUNG. DESIGNED TO DELIVER DEVASTATING POWER TO THE TARGET AREA, IT WILL ALSO PROMOTE HEALTH AND WELL BEING. MUCH STUDY, THOUGHT, AND PRACTICE ARE NECESSARY TO DERIVE THESE BENEFITS.

THE RED HAND IS INCLUDED IN OUR FREESTYLE FIGHTING SYSTEM BECAUSE NO MARTIAL ART COULD BE COMPLETE WITHOUT SOME FORM OF CHI KUNG TRAINING. CHI KUNG IS THE ROOT OF ALL MARTIAL ART.

TO PRACTICE RED HAND BEGIN IN A RELAXED, STANDING POSITION WITH KNEES SLIGHTLY BENT INWARD. YOUR TONGUE IS PLACED ON THE ROOF OF THE MOUTH. TUCK YOUR PELVIS SLIGHTLY FORWARD. BEGIN BREATHING THROUGH THE NOSE BY MOVING THE STOMACH OUT WHEN YOU INHALE AND IN WHEN YOU EXHALE. THIS BREATHING IS DONE TO EMULATE A BABY'S BREATHING. FOCUS YOUR EYES SOFTLY, STRAIGHT AHEAD AND TURN THE CORNERS OF YOUR MOUTH UPWARD.

TO START THE MOVEMENTS, BRING YOUR ARMS UP IN FRONT IN A RELAXED MANNER. REMEMBER RELAXATION IS THE KEY. AS YOU EXHALE PRESS YOUR PALMS FORWARD. AS YOU INHALE, RETRACT YOUR ARMS. MATCH YOUR MOVEMENTS TO YOUR BREATH. DON'T HURRY.

EACH DIRECTION IS DONE THE SAME WAY, MATCHING BREATHING TO MOVEMENT. A COMPLETE SET IS DOING 49 MOVEMENTS IN EACH DIRECTION. COMPLETE EACH DIRECTION BEFORE MOVING ON TO THE NEXT. THIS IS A MAJOR UNDERTAKING FOR THE BEGINNER. IT IS RECOMMENDED YOU BEGIN BY DOING 5 REPETITIONS IN EACH DIRECTION AND INCREASE BY 5 EACH WEEK UNTIL YOU CAN DO 49 COMFORTABLY. FOR OUR PURPOSES WHEN PERFORMING LEVEL 9 IN THE FORM, JUST DO ONE REPETITION IN EACH DIRECTION WITH MATCHED BREATHING.

TIP #4(ADULT) - BROWN BELT KICKING COMBINATIONS

- 1. #2 INNER CRESCENT KICK/JUMP BUTTERFLY KICK/REVERSE HOOK KICK/ROUND KICK
- 2. #2 FRONT KICK/ROUND KICK/SIDE KICK/JUMP #3 SIDE KICK
- 3. #1 SIDE KICK/SPINNING HOOK KICK/#3 ROUND KICK/SPINNING CRESCENT KICK

TIP #5(ADULTS) – BOARD BREAKING

ONE BREAK WITH HAND TECHNIQUE/ONE BREAK WITH FOOT TECHNIQUE/
FLYING SIDE KICK OR REVERSE SIDE KICK

TIP #6(ADULTS) - KNOWLEDGE

NAME OF LEVEL: RED HAND **MEANING:** FLOWING ENERGY TO THE PALMS

MOST IMPORTANT THING WHEN DOING LEVEL 9: FOCUS ON TECHNIQUE

QUALITY: LOVE **MEANING:** TO FEEL DEVOTION OR AFFECTION