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**TIP #1 – STUDENT CREED**

**TIP #2 - FORM**

CREATE YOUR OWN FORM USING ONE APPLICATION FROM EACH LEVEL

**TIP #3 - APPLICATIONS**

APPLICATIONS OF CHOICE USED TO CREATE FORM

**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:** BRIDGING THE GAP **MEANING:** CONNECTING THE PATH OF BEGINNER TO EXPERT

**MOST IMPORTANT THING WHEN DOING LEVEL 9:** FOCUS ON TECHNIQUE

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

**WHAT DOES OUR SCHOOL DRAGON PATCH SYMBOLIZE:** STRENGTH AND WISDOM