

TIP #1 – STUDENT CREED

TIP #2 – FORM

LEVEL 7

- 74. UPWARD ARM THRUST WITH RT SHOULDER THROW
- 75. LT CENTER BLOCK WITH GRAB AND ENTER
- 76. RT SHOUDLER THROW.
- 77. RT REVERSE KNIFE HAND HIGH BLOCK AND ENTER
- 78. LT SHOULDER THROW.
- 79. LT CENTER BLOCK WITH LEG WHIP
- 80. RT HIP THROW
- 81. LT HIGH/LOW BLOCK
- 82. BODY STRIKE

LEVEL 8

- 83. SHIELDING BLOCK WITH TAKE DOWN
- 84. TWIN CENTER BLOCK WITH TAKE DOWN
- 85. LEFT INNER TRAP WITH RIGHT HAMMER FIST
- 86. RIGHT OUTER TRAP WITH PALM HEAL
- 87. LEFT LEG HOOK WITH TAKE DOWN
- 88. LEFT ROLLING HEEL KICK
- 89. LEFT FRONT KICK /RT INVERTED FRONT KICK
- 90. LEFT OUTWARD PALM BLOCK
- 91. LEFT SIDE KICK

LEVEL 9

- 92. ASSUME PARALLEL ROOTING STANCE
- 93. BEGIN ABDOMINAL BREATHING
- 94. DIRECT ENERGY FLOW
- 95. PRESS FORWARD WITH MATCHED BREATHING
- 96. PRESS UP WITH MATCHED BREATHING
- 97. PRESS OUT WITH MATCHED BREATHING
- 98. PRESS DOWN WITH MATCHED BREATHING
- 99. CIRCLE LT AND RT WITH MATCHED BREATHING
- 100. RETURN TO ROOTING STANCE

TIP #3 - APPLICATIONS

LEVEL 7

*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.
- 3. **ATTACKER** - STEPS FORWARD AND LT HAMMER FIST
DEFENDER - RT REVERSE KNIFE HAND HIGH BLOCK/PIVOT ON LT FOOT TO ENTER/LT SHOULDER THROW.
- 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
- 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

LEVEL 8

*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/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
4. **ATTACKER** - RT LEG IS OUTSIDE OF DEFENDER'S RT ARM
DEFENDER - RT OUTER LEG TRAP/LT PALM HEEL TO OUTSIDE OF RT KNEE
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

LEVEL 9

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 – KNOWLEDGE

LEVEL 7

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

LEVEL 8

NAME OF LEVEL: TERRAIN **MEANING:** GROUND FIGHTING TECHNIQUES

MOST IMPORTANT THING WHEN DOING LEVEL 8: FOCUS ON TECHNIQUE

QUALITY: CHOOSE A QUALITY IN WHICH YOU NEED IMPROVEMENT

MEANING: DEFINE THE QUALITY YOU CHOSE

LEVEL 9

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