

**TIP #1 – STUDENT CREED****TIP #2 – FORM**

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|---|---------------------------------------|
| 1. LT PARRY/RT PALM HEEL TO NOSE          | 9. LT VERTICAL PUNCH TO NOSE          |
| 2. RT KNEE TO GROIN                       | 10. RT KNUCKLE PUNCH TO THROAT        |
| 3. RT DOWNWARD ELBOW TO SPINE             | 11. LT FRONT KICK TO GROIN            |
| 4. LT INWARD PARRY/RT UPSET PUNCH TO RIBS | 12. RT OUTWARD PARRY/LT PUNCH TO NOSE |
| 5. LT BACK FIST TO NOSE                   | 13. RT DOWNWARD PALM BLOCK            |
| 6. RT ROUND KICK TO RIBS                  | 14. RT SIDE KICK TO SPINE             |
| 7. RT KNIFE HAND STRIKE TO NECK           | 15. RT VERTICAL PUNCH TO NOSE - KIHAP |
| 8. LT HOOKING SWEEP BLOCK                 |                                       |

**TIP #3 – APPLICATIONS**

\*KIHAPS REQUIRED ON ALL ATTACKS AND DEFENSES

**1. DEFENSE AGAINST RT PUNCH TO NOSE****ATTACKER** - RT PUNCH TO NOSE**DEFENDER** - LT PARRY/RT PALM HEEL TO NOSE/RT KNEE TO GROIN**ATTACKER** - BENDS AT WAIST**DEFENDER** - RT DOWNWARD ELBOW TO SPINE**2. DEFENSE AGAINST RT PUNCH TO NOSE****ATTACKER** - RT PUNCH TO NOSE**DEFENDER** - LT INWARD PARRY/RT UPSET PUNCH TO RIBS/LT BACK FIST TO NOSE/RT ROUND KICK TO RIBS**ATTACKER** - BENDS AT WAIST**DEFENDER** - RT KNIFE HAND TO NECK**3. DEFENSE AGAINST LT FRONT KICK****ATTACKER** - LT FRONT KICK TO BODY**DEFENDER** - LT HOOKING SWEEP BLOCK/LT PUNCH TO NOSE/RT KNUCKLE PUNCH TO THROAT  
LT FRONT KICK TO GROIN**4. DEFENSE AGAINST LT PUNCH TO NOSE AND LT SIDE KICK****ATTACKER** - LT PUNCH TO NOSE**DEFENDER** - RT OUTWARD PARRY/LT PUNCH TO NOSE**ATTACKER** - LT SIDE KICK TO BODY**DEFENDER** - RT DOWNWARD PALM BLOCK/RT SIDE KICK TO RIBS**5. DEFENSE AGAINST RT PUNCH TO NOSE****ATTACKER** - RT PUNCH TO NOSE**DEFENDER** - RT PUNCH TO NOSE**TIP #4 – LIME BELT KICKING COMBINATIONS**

- #1 SIDE KICK
- #1 ROUND KICK
- #2 ROUND KICK/REVERSE SIDE KICK

**TIP #5- KNOWLEDGE****NAME OF LEVEL:** 3 CIRCLES **MEANING:** 3 STRIKING RANGES OF SELF-DEFENSE**3 STRIKING RANGES:** LONG-KICKING, MEDIUM-PUNCHING, SHORT-KNEES AND ELBOWS**MOST IMPORTANT THING WHEN DOING LEVEL 1:** FOCUS ON TECHNIQUE**QUALITY:** COURTESY **DEFINITION:** POLITE BEHAVIOR