

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