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

16. LT REAR ELBOW TO SOLAR PLEXUS
17. RT OUTWARD FLEX WITH TAKE DOWN
18. LT SIDE STOMP KICK
19. SPREAD LOCK
20. RT FRONT KICK TO GROIN
21. RT INWARD FLEX
22. LT DOWNWARD FLEX
23. INVERTED PALM HEEL TO JAW - KIHAP
24. WRIST LOCK

TIP #3 - APPLICATIONS

*KIHAPS REQUIRED ON ALL ATTACKS AND DEFENSES

1. **ATTACKER** - GRABS FROM REAR LEFT LAPEL WITH RT HAND/GRABS LT BICEP WITH LT HAND
DEFENDER - STEPS BACK/THRUSTS LT ARM FORWARD TO BREAK HOLD/LT REAR ELBOW TO SOLAR PLEXUS/GRAB ATTACKER'S RT HAND WITH RT HAND
EXECUTE OUTWARD FLEX WHILE STEPPING WITH LT FOOT TO LT BACK STANCE
ATTACKER - BREAK FALL ON BACK
DEFENDER - LT SIDE STOMP KICK TO VITAL AREA
2. **ATTACKER** - FROM THE LT SIDE/GRABS LT BICEP WITH RT HAND AND LT WRIST WITH LT HAND
DEFENDER - EXECUTES SPREAD LOCK WITH THROW
ATTACKER - ROLLS OUT
3. **ATTACKER** - GRABS LT LAPEL WITH RT HAND
DEFENDER - RT FRONT KICK TO INNER THIGH/GRAB WITH RT HAND EXECUTE INWARD FLEX WHILE TURNING 180 DEGREES TO RT FRONT STANCE
ATTACKER - ROLLS OUT
4. **ATTACKER** - GRABS LT LAPEL WITH RT HAND
DEFENDER - GRABS HAND WITH BOTH HANDS
EXECUTES DOWNWARD FLEX CONTROL WITH LT HAND
EXECUTE INVERTED PALM HEEL TO JAW
5. **ATTACKER** - GRABS RT LAPEL WITH LT HAND
DEFENDER - GRABS WITH LT HAND/EXECUTES INWARD FLEX WHILE STEPPING BACK WITH LT LEG TO KNEELING POSITION WITH WRIST LOCK CONTROL

TIP #4 - GREEN BELT KICKING COMBINATIONS

1. #3 HOOK KICK
2. #2 INNER CRESCENT KICK
3. #2 INNER CRESCENT/REVERSE HOOK/ROUND KICK

TIP #5 - KNOWLEDGE**NAME OF LEVEL:** THE 4TH CIRCLE **MEANING:** THE GRAPPLING RANGE OF SELF-DEFENSE**MOST IMPORTANT THING WHEN DOING LEVEL 2:** THUMB REINFORCEMENT**QUALITY:** HUMILITY **MEANING:** LACK OF EXCESSIVE SELF-ESTEEM