
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
EXECTUES 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