
TIP #1 - STUDENT CREED

TIP #2 - FORM

- 25. RT CIRCLE BLOCK WITH FLEX
- 26. LOW X BLOCK WITH FLEX
- 27. DOUBLE CROSSOVER
- 28. SNAKE HAND ARM BAR
- 29. RT KNEE KICK
- 30. RT DOWNWARD ELBOW
- 31. HIGH X BLOCK WITH FLEX
- 32. RT FRONT KICK
- 33. WEBB BLOCK WITH FLEX

TIP #3 - APPLICATIONS

*KIHAPS REQUIRED ON ALL ATTACKS AND DEFENSES

- 1. **ATTACKER** - STEP FORWARD/SLASH AT WAIST
DEFENDER - STEP BACK/EXECUTE A CIRCLE BLOW WITH WRIST FLEX CONTROL
- 2. **ATTACKER** - STAB AT STOMACH
DEFENDER - SPLIT FRONT STANCE WITH LOW KNIFE HAND X BLOCK/DOUBLE CROSSOVER
- 3. **ATTACKER** - STEP FORWARD/SLASH ACROSS/SLASH BACK
DEFENDER - EVADE/GUARDING BLOCK WITH ARM BAR/KNEE/ELBOW STRIKE
- 4. **ATTACKER** - STAB DOWN
DEFENDER - SPLIT FRONT STANCE/HIGH KNIFE HAND X BLOCK/WRIST FLEX/RIGHT FRONT KICK
- 5. **ATTACKER** - STAB AT STOMACH
DEFENDER - SPLIT MIDDLE STANCE WITH WEB BLOCK/WRIST FLEX CONTROL

TIP #4 – BLUE BELT KICKING COMBINATIONS

- 1. #2 FRONT KICK
- 2. #2 OUTER CRESCENT KICK/REPEAT ROUND KICK
- 3. #2 FRONT KICK/ROUND KICK/#3 SIDE KICK

TIP #5 - KNOWLEDGE

NAME OF LEVEL: DEADLY FORCE **MEANING:** DEFENSE AGAINST KNIFE ATTACKS

MOST IMPORTANT WHEN DOING LEVEL 3: FOCUSING ON THE KNIFE

QUALITY: GRATITUDE **MEANING:** BEING THANKFUL