
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