

HILL'S MARTIAL ARTS - LEVEL 4

CHILDREN'S PURPLE BELT

TIP #1 – STUDENT CREED

TIP #2 - FORM

35. TRAP AND LOCK
36. HANDS SHOOT DOWN/RT HAND TRAPS ON TOP
37. HANDS COME UP AND TURN OUT
38. STEP RT/STRIKE DOWN
39. TRAP IN CHEST/TURN KNOCK IT AWAY
40. FRONT KICK
41. RT STEPS BACK/STRIKE TEMPLE
42. CAT STANCE/SHIN STRIKE
43. LT STEPS FORWARD STRIKE CHEST THEN CHIN
44. STRIKE BACK TO GROIN THEN TEMPLE
45. STRIKE FORWARD SOLAR PLEXIS/STEP RT TO TEMPLE
46. RT STEP BACK/STRIKE TEMPLE
47. CLAP/STEP LT/STRIKE SOLAR PLEXIS
48. TRAP SHOULDER/LEG SWEEP
49. RT STEP BACK/LT,RT,LT PARRY
50. LT STEPS UP/REAR CHOKE
51. TRAP WRIST/ROLL IT OVER

TIP #3 - APPLICATIONS

*KIHAPS REQUIRED ON ALL ATTACKS AND DEFENSES

1. **ATTACKER** – RT HAND LAPEL GRAB
DEFENDER – TRAP WRIST AT HEART POINT WITH KUBATON/CROSS LT HAND AND LOCK
2. **ATTACKER** - GRABS LT WRIST WITH RT HAND
DEFENDER - GRAB WRIST WITH WAND/RAISE HANDS UPWARD/FREE LT HAND
TURN CLOCKWISE/RAISE ARMS OVER HEAD/STEP TO LT FRONT STANCE TAKE ATTACKER DOWN/STRIKE TO NECK
3. **ATTACKER**–RT PUNCH
DEFENDER–KUBATON STRIKE TO LUNG/LARGE INTESTINE/LT PARRY/ TRAP PUNCH/FRONT KICK
4. **ATTACKER**-GRABS FROM REAR
DEFENDER-RAISES RT ARM ELBOW HIGH/TURN/STRIKE TO TEMPLE
ATTACKER-FRONT KICK TO BODY
DEFENDER-DOWNWARD STRIKE TO SHIN WITH WAND/PALM BLOCK WITH LT HAND
5. **ATTACKER**-LUNGE LT LEG FORWARD
DEFENDER–STEP LT FORWARD/STRIKE CHEST/UPWARD STRIKE TO CHIN
ATTACKER–LT HAND GRABS RT SHOULDER
DEFENDER–STRIKE GROIN/ROLL UP TO TEMPLE
ATTACKER-RT HOOK
DEFENDER-BLOCK BLADDER POINTS/STRIKE SOLAR PLEXIS/STEP RT/ ROLL TO TEMPLE
ATTACKER-LUNGES
DEFENDER-STEP BACK RT/STRIKE TO TEMPLE
ATTACKER-GRAB STRIKING WRIST
DEFENDER-SWITCH KUBATON TO LT HAND/STRIKE SOLAR PLEXIS/TRAP SHOULDER/LT LEG SWEEP
6. **ATTACKER**-THROWS 3 PUNCHES LEADING WITH RT
DEFENDER-LT WEAVE BLOCK/RT WEAVE BLOCK/LT WEAVE BLOCK/RT STRIKE TO PECTORAL/STEP UP BEHIND/REAR CHOKE
7. **ATTACKER**-GRABS RT WRIST
DEFENDER-SWING HAND UPWARD TO PALM OF HAND/ROLL WAND AROUND WRIST BONE APPLY DOWNWARD PRESSURE

TIP #4- KICKING COMBINATIONS

1. #2 ROUND KICK/SPIN OUTER CRESEANT/#1 SIDE
2. #3 SIDE KICK/ROUND KICK/SPIN HOOK KICK
3. #1 REPEAT SIDE/JUMP #1 SIDE KICK

TIP #5 – KNOWLEDGE

NAME OF LEVEL: LEGAL WEAPON **MEANING:** USING WHAT IS AT HAND FOR SELF-DEFENSE

MOST IMPORTANT THING WHEN DOING LEVEL 4: FOCUS ON TECHNIQUE

QUALITY: COURAGE **MEANING:** TAKING ACTION IN SPITE OF FEAR