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**TIP #1 – STUDENT CREED**

**TIP #2 - FORM**

- 53. TWIN OUTER KNIFE HAND BLOCK
- 54. RT OUTER SWEEP
- 55. TWIN SMALL KNUCKLE STRIKE
- 56. LT INNER SWEEP
- 57. LT KNIFE HAND STRIKE
- 58. LT OUTER SWEEP
- 59. WAVE BLOCK
- 60. RT REVERSE LEG SWEEP
- 61. LT ARM SWEEP

**TIP #3 - APPLICATIONS**

\*KIHAPS REQUIRED ON ALL ATTACKS AND DEFENSES

- 1. **ATTACKER** - REACHES WITH TWO HANDS TO GRAB  
**DEFENDER** - TWIN OUTER KNIFE HAND BLOCK RT OUTER SWEEP
- 2. **ATTACKER** - GRABS WITH TWO HANDS  
**DEFENDER** - TWIN SMALL KNUCKLE STRIKE TO FOREARM PRESSURE POINT LT INNER SWEEP
- 3. **ATTACKER** - GRABS RT SHOULDER WITH LT HAND FROM BEHIND  
**DEFENDER** - LT KNIFEHAND STRIKE TO NECK/LT OUTER SWEEP
- 4. **ATTACKER** - RT #2 SIDE KICK  
**DEFENDER** - WAVE BLOCK WHILE STEPPING BACK WITH RT LEG/RT REVERSE LEG SWEEP
- 5. **ATTACKER** - GRABS FROM REAR WITH BEAR HUG  
**DEFENDER** - FULL KNUCKLE FIST STRIKE TO BACK OF HAND/LT ARM SWEEP

**TIP #4 - RED BELT KICKING COMBINATIONS**

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

**TIP #5 - BOARD BREAKING**

ONE BREAK WITH HAND TECHNIQUE/ONE BREAK WITH FOOT TECHNIQUE

**TIP #6 - KNOWLEDGE**

**NAME OF LEVEL:** FOUNDATION **MEANING:** SWEEPING AN OPPONENT OFF HIS FEET

**MOST IMPORTANT THING WHEN DOING LEVEL 5:** TWO WAY ACTION (PUSH/PULL)

**QUALITY:** TOLERANCE **MEANING:** ACCEPTING PEOPLE'S DIFFERENCES