
TIP #1 – STUDENT CREED

SIR/MA'AM

*I AM DEVELOPING MYSELF IN A POSITIVE MANNER AND I AVOID ANYTHING THAT WOULD REDUCE MY MENTAL GROWTH OR PHYSICAL HEALTH.

*I AM DEVELOPING SELF-DISCIPLINE IN ORDER TO BRING OUT THE BEST IN MYSELF AND OTHERS.

*I AM USING WHAT I LEARN IN CLASS CONSTRUCTIVELY AND DEFENSIVELY, TO HELP MYSELF AND MY FELLOW MAN AND NEVER TO BE ABUSIVE OR OFFENSIVE.

SIR/MA'AM

TIP #2 –FORM

1. STEP AND LEFT PUNCH
2. STEP AND RIGHT PUNCH
3. STEP AND LEFT HOOK
4. STEP AND RIGHT HOOK
5. MIDDLE STANCE LEFT UPPER CUT
6. RIGHT UPPER CUT
7. CHAMBER
8. STEP LEFT LEG BACK 180 DEGREE
9. LEFT BACK FIST
10. RIGHT REVERSE PUNCH
11. RIGHT BACK FIST
12. LEFT REVERSE PUNCH
13. RIGHT LEG STEP BACK TO FACE FORWARD
14. RIGHT HAND CIRCLES
15. RIGHT LEG STEPS BACK
16. LEFT HAND CIRCLES
17. MIDDLE STANCE AND BOTH HANDS CIRCLE

TIP #3 – PAD COMBO

1. LEFT JAB
2. RIGHT REVERSE PUNCH
3. LEFT CROSS PUNCH
4. RIGHT CROSS PUNCH
5. 4 RABBIT UPPER CUTS
6. RIGHT SLIDE HOOK
7. LEFT SLIDE HOOK
8. BOB AND WEAVE
9. 2 RIGHT CROSS PUNCHES
10. LEFT CROSS PUNCH
11. BOB AND WEAVE
12. 2 LEFT CROSS PUNCHES
13. RIGHT CROSS PUNCH

KNOWLEDGE**MEANING OF SONGAHM:** PINE TREE CELL (PLANTING SEEDS FOR THE FUTURE)