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**STUDENT CREED**

**FLOW DRILLS**

1. Monkey Walk-With low cones set in a zigzag manner, do low outer crescent kick around and above cones.
2. Pommeling (Swim Drill)-From clinch, Partner 1 takes LT arm inside and under Partner 2 to hook arm. Partner 2 repeats. Partner 1 repeats other side of body. Partner 2 repeats on other side of body.
3. Grab – Crescent Kick – Step Back (left leg and right leg forward)

**APPLICATIONS**

\*KIHAPS REQUIRED ON ALL ATTACKS AND DEFENSES

1. **ATTACKER** - REACHES WITH TWO HANDS TO PUSH  
**DEFENDER** - TWIN OUTER KNIFE HAND BLOCK/MUAY TAI CLINCH/RT OUTER SWEEP
2. **ATTACKER** – DOUBLE LAPEL GRAB  
**DEFENDER** - TWIN SMALL KNUCKLE STRIKE TO OUTER FOREARM/MUAY TAI CLINCH/LT LEG HOOK SWEEP
3. **ATTACKER** - GRABS RT SHOULDER WITH LT HAND FROM BEHIND  
**DEFENDER** - LT KNIFEHAND STRIKE TO NECK/LT OUTER SWEEP WITH ARM BAR
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 FULL NELSON  
**DEFENDER** - USES BACK OF BOTH HANDS TO PUSH HEAD BACK TO TAKE PRESSURE OFF OF NECK/HIP  
POP TO BREAK HOLD/LT LEG SLIDES BEHIND ATTACKER RT LEG/RT ARM HOOKS BEHIND  
ATTACKERS THIGH/LT ARM TO CHEST FOR ARM-HIP CONTROL TAKE DOWN

**SPARRING COMBINATIONS**

\*KIHAPS REQUIRED ON ALL STRIKES

1. JAB, #2 ROUND KICK, SPINNING BACKFIST
2. REVERSE HOOK PUNCH,#1 FRONT KICK, LEAD DOWNWARD ELBOW
3. JAB, JAB, REVERSE PUNCH

**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