

MAUDUDO - LEVEL 1

ADULT WHITE BELT/CHILD LIME BELT

TIP #1 – STUDENT CREED (ADULTS)

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

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| 1. LT PARRY/RT PALM HEEL TO NOSE | 9. LT VERTICAL PUNCH TO NOSE |
| 2. RT KNEE TO GROIN | 10. RT KNUCKLE PUNCH TO THROAT |
| 3. RT DOWNWARD ELBOW TO SPINE | 11. LT FRONT KICK TO GROIN |
| 4. LT INWARD PARRY/RT UPSET PUNCH TO RIBS | 12. RT OUTWARD PARRY/LT PUNCH TO NOSE |
| 5. LT BACK FIST TO NOSE | 13. RT DOWNWARD PALM BLOCK |
| 6. RT ROUND KICK TO RIBS | 14. RT SIDE KICK TO SPINE |
| 7. RT KNIFE HAND STRIKE TO NECK | 15. RT VERTICAL PUNCH TO NOSE - KIHAP |
| 8. LT HOOKING SWEEP BLOCK | |

TIP #3 – APPLICATIONS

*KIHAPS REQUIRED ON ALL ATTACKS AND DEFENSES

- DEFENSE AGAINST RT PUNCH TO NOSE
ATTACKER - RT PUNCH TO NOSE
DEFENDER - LT PARRY/RT PALM HEEL TO NOSE/RT KNEE TO GROIN
ATTACKER - BENDS AT WAIST
DEFENDER - RT DOWNWARD ELBOW TO SPINE
- DEFENSE AGAINST RT PUNCH TO NOSE
ATTACKER - RT PUNCH TO NOSE
DEFENDER - LT INWARD PARRY/RT UPSET PUNCH TO RIBS
LT BACK FIST TO NOSE/RT ROUND KICK TO RIBS
ATTACKER - BENDS AT WAIST
DEFENDER - RT KNIFE HAND TO NECK
- DEFENSE AGAINST LT FRONT KICK
ATTACKER - LT FRONT KICK TO BODY
DEFENDER - LT HOOKING SWEEP BLOCK/LT PUNCH TO NOSE
RT KNUCKLE PUNCH TO THROAT/LT FRONT KICK TO GROIN
- DEFENSE AGAINST LT PUNCH TO NOSE AND LT SIDE KICK
ATTACKER - LT PUNCH TO NOSE
DEFENDER - RT OUTWARD PARRY/LT PUNCH TO NOSE
ATTACKER - LT SIDE KICK TO BODY
DEFENDER - RT DOWNWARD PALM BLOCK/RT SIDE KICK TO RIBS
- DEFENSE AGAINST RT PUNCH TO NOSE
ATTACKER - RT PUNCH TO NOSE
DEFENDER - RT PUNCH TO NOSE/CREATE 3 TO 4 TECHNIQUE COMBINATION

TIP #4(CHILDREN) – LIME BELT KICKING COMBINATIONS

- #1 SIDE KICK
- #1 ROUND KICK
- #2 ROUND KICK/REVERSE SIDE KICK

TIP #4(ADULTS)/TIP #5(CHILDREN) - KNOWLEDGE

NAME OF LEVEL: 3 CIRCLES **MEANING:** 3 STRIKING RANGES OF SELF-DEFENSE

3 STRIKING RANGES: LONG-KICKING, MEDIUM-PUNCHING, SHORT-KNEES AND ELBOWS

MOST IMPORTANT THING WHEN DOING LEVEL 1: FOCUS ON TECHNIQUE

QUALITY: COURTESY **DEFINITION:** POLITE BEHAVIOR

MAUDUDO: THE WAY TO THE INNER-SELF

3 PARTS OF SCHOOL PATCH: MIND, BODY, SPIRIT

BLACK LINE AROUND SCHOOL PATCH: DISCIPLINE THAT HOLDS THE 3 PARTS TOGETHER