

MAUDUDO - LEVEL 4

ADULT LIME BELT/CHILD PURPLE BELT

TIP #1 – STUDENT CREED

TIP #2 - FORM

34. SINGLE FINGER MANIPULATION
35. WRIST CONTROL WITH TAKE DOWN
36. GRAB RELEASE
37. REAR GRAB RELEASE
38. DOWNWARD BLOCK
39. FOUR CORNER DEFENSE
40. SWITCH AND FLOAT
41. MULTIPLE WEAVE WITH TAKE DOWN
42. WRIST TRAP

TIP #3 - APPLICATIONS

*KIHAPS REQUIRED ON ALL ATTACKS AND DEFENSES

1. ATTACKER - POINTS INDEX FINGER
DEFENDER - GRABS FINGER WITH WAND RUNNING ALONG OUTSIDE EDGE APPLYING
DOWNWARD PRESSURE WITH BOTH HANDS
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 - GRABS LT LAPEL WITH RT HAND
DEFENDER - STRIKE BACK OF HAND/INWARD PALM STRIKE TO FOREARM
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 - AGAINST FOUR ATTACKERS(LEFT, RIGHT, FRONT, REAR)
DEFENDER - STRIKE ATTACK ON LEFT TO THROAT/RIGHT TO GROIN
FRONT TO SOLAR PLEXUS/REAR TO TEMPLE
ATTACKER - GRABS RT WRIST WITH LT HAND
DEFENDER - SWITCH WAND TO LT HAND/PULL DOWN RT HAND/STRIKE TO FLOATING RIB
6. ATTACKER - THROWS 3 PUNCHES LEADING WITH RT
DEFENDER - LT WEAVE BLOCK/RIGHT WEAVE BLOCK/LEFT WEAVE BLOCK
RT STRIKE TO PECTORAL/STEP UP BEHIND/PULL DOWN
7. ATTACKER - GRABS RT WRIST
DEFENDER - SWING HAND UPWARD TO PALM OF HAND/ROLL WAND AROUND WRIST BONE
APPLY DOWNWARD PRESSURE

TIP #4(ADULT) - LIME BELT KICKING COMBINATIONS

1. #1 SIDE KICK
2. #1 ROUND KICK
3. #2 ROUND KICK/REVERSE SIDE KICK

TIP #4(CHILDREN) - PURPLE BELT KICKING COMBINATIONS

1. #2 ROUND KICK/SPINNING CRESCENT KICK/#1 SIDE KICK
2. #3 SIDE KICK/ROUND KICK/SPINNING HOOK KICK
3. #1 REPEAT SIDE KICK/JUMP 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