

MAUDUDO - LEVEL 5

ADULT GREEN BELT/CHILD RED BELT

TIP #1 – STUDENT CREED

TIP #2 - FORM

43. TWIN OUTER KNIFE HAND BLOCK
44. RT OUTER SWEEP
45. TWIN SMALL KNUCKLE STRIKE
46. LT INNER SWEEP
47. LT KNIFE HAND STRIKE
48. LT OUTER SWEEP WITH ARM BAR
49. WAVE BLOCK
50. RT REVERSE LEG SWEEP
51. 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 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 BEAR HUG
DEFENDER - FULL KNUCKLE FIST STRIKE TO BACK OF HAND/LT ARM SWEEP

TIP #4(ADULT)- GREEN BELT KICKING COMBINATIONS

1. #3 HOOK KICK
2. #2 INNER CRESCENT KICK
3. #2 INNER CRESCENT/REVERSE HOOK KICK/ROUND KICK

TIP #4(CHILDREN) - 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(CHILDREN) - BOARD BREAKING

ONE BREAK WITH HAND TECHNIQUE/ONE BREAK WITH FOOT TECHNIQUE

TIP #5(ADULTS)/TIP #6(CHILDREN) - 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