

**MAUDUDO - LEVEL 8      ADULT RED BELT/CHILD FIRST DEGREE BLACK BELT**

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**TIP #1 – STUDENT CREED**

**TIP #2 - FORM**

- 73. SHIELDING BLOCK WITH TAKE DOWN
- 74. TWIN CENTER BLOCK WITH TAKE DOWN
- 75. LEFT INNER TRAP WITH RIGHT HAMMER FIST
- 76. RIGHT OUTER TRAP WITH PALM HEAL
- 77. LEFT LEG HOOK WITH TAKE DOWN
- 78. LEFT ROLLING HEEL KICK
- 79. LEFT FRONT KICK / INVERTED FRONT KICK
- 80. LEFT OUTWARD PALM BLOCK
- 81. LEFT SIDE KICK

**TIP #3 - APPLICATIONS**

\*KIHAPS REQUIRED ON ALL ATTACKS AND DEFENSES

- 1. ATTACKER - RT FRONT KICK  
DEFENDER - RT SHIELDING BLOCK/DOUBLE ARM TRIP TAKE DOWN  
KEYLOCK ATTACKER'S RT ARM
  
- 2. ATTACKER - LT STOMP KICK  
DEFENDER - TWIN CENTER/BLOCK WITH TAKE DOWN
  
- 3. ATTACKER - LT LEG IS BETWEEN DEFENDER'S LT ARM AND BODY  
DEFENDER - LT INNER LEG TRAP/RT HAMMER FIST TO OUTSIDE OF KNEE
  
- 4. ATTACKER - RT LEG IS OUTSIDE OF DEFENDER'S RT ARM  
DEFENDER - RT OUTER LEG TRAP/LT PALM HEEL TO OUTSIDE OF RT KNEE
  
- 5. DEFENDER - LT 90 DEGREE HIP PIVOT  
ATTACKER - STEP CLOSE WITH LT LEG  
DEFENDER - LT LEG HOOKS ATTACKER'S LT LEG/RT PRESSING SIDE KICK BELOW LT KNEE
  
- 6. ATTACKER - GRABS RIGHT ANKLE  
DEFENDER - PULL IN RT LEG/ROLL COUNTER CLOCKWISE/LT HOOK KICK TO SIDE OF HEAD
  
- 7. DEFENDER - ASSUME CRAB STANCE  
ATTACKER - STEP INTO RANGE  
DEFENDER - LT FRONT KICK TO INNER THIGH/RT INVERTED FRONT KICK TO LT KNEE
  
- 8. DEFENDER - ASSUME CRAB STANCE  
ATTACKER - LT SIDE KICK  
DEFENDER - LT OUTER PALM HEEL BLOCK WHILE SHIFTING TO 3 POINT STANCE  
LT SIDE KICK FROM 3 POINT STANCE/STAND UP ASSUME IN GUARD POSITION

**TIP #4(ADULTS) - 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(ADULTS) – BOARD BREAKING**

ONE BREAK WITH HAND TECHNIQUE/ONE BREAK WITH FOOT TECHNIQUE

**TIP #4(CHILDREN)/TIP #6(ADULTS) - KNOWLEDGE**

**NAME OF LEVEL:** TERRAIN    **MEANING:** GROUND FIGHTING TECHNIQUES

**MOST IMPORTANT THING WHEN DOING LEVEL:** FOCUS ON TECHNIQUE

**QUALITY:** CHOOSE A QUALITY IN WHICH YOU NEED IMPROVEMENT

**MEANING:** DEFINE THE QUALITY YOU CHOSE