

American Tiger Martial Arts & Fitness

Kyin Kung Fu Center

Advanced Lessons

ADVANCED WEAPON LESSON A1

Opnt has you in choke hold from behind with club across throat

- Grab club w/L hand & pull down to release pressure
- Step slightly to the L w/L foot as you R back chop or backhand the groin *
- Wrap you R arm around back of opnt to opnt's R shoulder (You can opt to change grip from club to opnt's arm)
- Push hips to R and bend to flip opnt over lower back / hips to ground
- Pin opnt with R knee & Finish off

* Alternate moves: After the strike to groin:

- R Back elbow to any open face target
- Club should be free in L hand—strike any open target or strike without club to finish off

Week 1 and 2 Exercises:

Chops at different angles and targets, Elbow pattern (Roundhouse elbow, Backhand elbow, Down elbow, Back elbow, Downward forward elbow, Reverse uppercut elbow, Uppercut elbow) Side kicks, Lead Roundhouse kicks, Straight knees, Roundhouse knees

Week 3 and 4 Exercises:

Block Pattern (Up windmill block, Down windmill block, High block, Low block, Out block, Cross block) Head butts, 4 figure choke, Rear roundhouse kicks, Outside crescent kicks, Hooking heels, Jab/Cross combos

Advanced Open Hand Lesson A2

Stand facing opponent. Opponent throws a R, then a L punch.

- Step slightly forward w L & L up windmill cutting block & grab, then R up windmill cutting block & grab.
- Headbutt to the nose.
- R knee to groin.
- Tilt opnt to your L & spin opnt around counter clockwise so that you have his back
- Grab your R wrist w/L and choke or rear 4 figure choke. (make sure you are in a good horse stance – keeping opnt off balance)

MD #1 (Mental Self Defense Technique)

Password Drill

If someone that you are not **absolutely** sure that your parents would want you to go with tells you that they are supposed to give you a ride somewhere. It might be a trick.

- Stay back and ask them if they know the password
- If they don't know **Run To Safety**
- If they do know and you feel safe with that person, check with the Adult in charge first.

Since this is a new program, we will be doing the same Technique as Tiger students. This one is geared towards kids. Adult students will not be tested on this one.

“He who asks a question is a fool for five minutes; he who does not ask a question remains a fool forever.”

Chinese Proverb