

# American Tiger Martial Arts & Fitness

Kyin Kung Fu Center

## Advanced Lessons

### ADV. WEAPON LESSON A11\_\_\_\_\_

Opnt thrusts knife at your stomach w R

- Jump both feet back as you grab opnts R wrist with both hands
- L snap kick to opnts R ribs
- Step around clockwise w/R applying leverage to opnts R elbow (1 inch above) across your upper L arm
- Take knife away w / R hand pulling down
- R slash throat (knife will be in reverse grip)

### Week 1 and 2 Exercises:

Lead snap kicks, Backfists, Chops, Rear Roundhouse kicks, spinning roundhouse kicks, Roundhouse punches (stepping out and rotating waist) Jab/Cross/Hook/Uppercut combos (using stepping out techniques)

### Week 3 and 4 Exercises:

Rear Upwindmill blocks and grabs (moving forward at angle) Rear outside crescent kicks, Spinning outside crescent kicks (w lead foot crossover step) Backhands, Spinning backhands, Jab/Cross/Hook/Uppercut combos (using stepping out techniques)

### Adv Open Hand Lesson A12\_\_\_\_\_

Opnt reaches out w L to grab your shirt, shoulder or throat and load up rear punch

- Step up and out w/R and L up windmill block, grab wrist pulling off balance.
- R Roundhouse punch to L kidney.
- R backhand to spleen.
- Wrap R arm around & grab opnts bicep w/R and apply leverage to wrist. (Bring tight to body)
- Step to R, Squat and bring opnt to ground, pin w/L knee, twist opnts arm counter clockwise, rolling him onto his belly, keeping arm locked behind. (stay w / opnt)
- Finish off or hold down

### MD #6 (Mental Self Defense Technique)

#### Blocking a Hug

Last month we talked about **Boundaries** and that we get to decide how close we want people to get to us. Some people we would almost always be comfortable giving and receiving a hug from and we may not feel that way about others. This can change from moment to moment. We do not have to hug anyone that we do not feel comfortable being that close to.

If someone goes to hug you and you don't want to hug them you have the right to tell them "No." If it's someone you know well it's nice to say it in a kind way. Sometimes you may need to say no more forcefully if they insist when you've asked them not to or when you are VERY uncomfortable.

We will be learning a nice way to block a hug that is coming toward you. It involves meeting their outreached hands, bringing them around and down and in front of you, looking them in the eye and talking to them in a nice way. After you learn this skill you can practice to make it feel more natural.

**When you say "Yes" to others, make sure that you are not saying "No" to yourself**

**Paul Coelho**