

# American Tiger Martial Arts & Fitness

Kyin Kung Fu Center

## Advanced Lessons

### ADV. WEAPON LESSON A15 \_\_\_\_\_

Opnt grabs your R lapel w L hand and holds knife w R to heart

- Raise both hands in surrender communicating “Please don’t hurt me!”
- Step L foot back & Turn L side of body away from knife & Double down windmill blocks sharply to inside of opnts wrists & quickly snap kick groin
- Finish off (Any strike that makes sense given that the opnt probably still has the knife)

**Week 1 and 2 Exercises:** Double down windmill blocks (with step back and twisting body) add Lead snap kick, Modified half horses, Shuffling side kicks, Sliding side kicks, Check kicks, Entering footwork

### **Week 3 and 4 Exercises:**

Entering footwork, add the step around from Lesson A16, Straight punches toward the ground, Inside crescent kicks, Hooking heels, Palm claws, Low High kicks, Rear roundhouse kicks

### **MD #8 (Mental Self Defense Technique)**

#### **Dealing with bullies**

There are times in our lives when we will have to deal with mean, disrespectful or aggressive people. How we stand up for ourselves is very important.

We need to treat people with courtesy and respect unless they prove to be a threat. If someone is showing bullying behavior towards you, there are things you can do to take care of yourself. Also know that you can go to a trusted adult for help if things get serious.

Being **passive** is when you let people do or say mean things without standing up for yourself.

Being **aggressive** is when you yell, scream or hit and take the conflict to the next level.

Being **assertive** is when you stand up for yourself without making matters worse. You look them in the eye and tell or show them how you expect to be treated. Telling someone to “Back Off” in a firm voice is often a good way to show others where your boundaries are. We will practice this verbal self defense.

### Adv. Open Hand Lesson A16 \_\_\_\_\_

Opnt throws a R roundhouse kick.

- Starting R side up. As they start the kick, push QUICKLY off L foot straight into opnt’s body, moving in PAST opnts knee of kicking leg and catch leg (R hand grabs from underneath & L hand grabs over the top).
- Step back w/L foot counter clockwise (opnt falls over your R leg).
- R straight punch to groin.

**“Strong people don’t put others down... They lift them up.”**

**Michael P. Watson**