

American Tiger Martial Arts & Fitness

Kyin Kung Fu Center

Advanced Lessons

Adv. Weapon Lesson A25 _____

Opnt R Backhand slashes at head/face w knife

- L side up in guarding stance. Step up w L & R forearm block and grab while L 4 finger jab to eye (slide blocking hand to pad of hand below the opnt's thumb—not the wrist)
- R snap/roundhouse kick to groin as you L grab inside/crook of opnt's R arm
- Push off rear foot moving forward w R to R 1/2 horse and redirect knife into opnt's body using your R hip to support butt end of knife

Week 1 and 2 Exercises: Entering footwork with JCL position, Lead 4 Finger jabs moving forward, Rear Snap kicks and Roundhouses bringing leg back, Side kick stomps, Back Kicks, Jumping spinning inside crescent kicks

Week 3 and 4 Exercises: Parry blocks, Rear 4 finger jabs moving diagonally forward, Stepping snap kicks moving forward, Inverted uppercut punches, Spinning backhands, Back falls, Front Falls, Hook punches

Adv. Open Hand Lesson A26 _____

Opnt attempts to throw R punch (works with a straight or Roundhouse punch)

You start with hands down

- Quickly step up and out diagonally w/ R & L finger jabs into the eyes
- L snap/roundhouse kick to groin
- Jumping R inside crescent kick (downward motion) to back of head driving opnt to ground

MD #13 (Mental Self Defense Technique)

Being true to yourself

Sometimes the biggest bully that we have to deal with is ourselves. The ways that we think about ourselves is more important than what other people think about us.

It is often very easy to get caught up in how we feel other people view us. If we think that they might not like us because of the things that we are interested in, the way we like to dress, the people we choose to spend time with as friends and in more intimate relationships etc., then sometimes it might feel easier to try to be what we think others will like. The way that backfires on us is that we then are in relationships with people who do not know us and only like the fake persona that we put on.

Be proud of who you are! There is only one YOU! Make sure that you say positive things about yourself. Every day think of all the things you like about YOU. If there are things you'd like to change about yourself and you're doing it for the right reasons than GO FOR IT! Just remember how awesome you are.

“You can measure the size the accomplishment by the obstacles you had to overcome to reach your goals.”

Booker T. Washington—Educator and cultural leader