

American Tiger Martial Arts & Fitness

Kyin Kung Fu Center

Advanced Lessons

ADV. WEAPON LESSON A9 _____

Opnt swings club towards head w/R

- Step up w/L & L out block & grab opnts R bicep while R hand thumb jabs opnts eye then shoots past opnts L ear to grab back of opnts neck
- Head butt opnts nose then R knee groin
- Bring L hand under opnts R armpit & across back applying shoulder leverage while R hand controls back of opnts head
- Rotate opnt clockwise by pushing opnt's head to the left and using leverage to throw opnt to floor, keeping control of opnts R arm (shuffle to your R to do this)
- Finish off

Week 1 and 2 Exercises:

Block pattern, Head butts, Thumb jabs, Rear Roundhouse kicks, spinning roundhouse kicks, Roundhouse punches (rotating waist) Jab/Cross/Hook/Uppercut combos

Week 3 and 4 Exercises:

Extended straight punches, Parry blocks while moving diagonally up and to side, Check kicks (lead and rear) Low/High kicks, Alternating Roundhouse punches with traditional half horses

Adv Open Hand Lesson A10 _____

Opnt throws a R straight punch (Right side up)

- Starting L side up. L parry block and R Straight punch to open face target
- Center your L foot next to opnts R hip and R forearm hammer to throat as you R back leg sweep to opnts R leg (opnt falls).
- R snap kick to groin.

MD #5 (Mental Self Defense Technique)

Boundaries:

Knowing how to protect ourselves from physical attack gives us confidence and helps keep us safe.

Sometimes people do things that make you feel uncomfortable without it being a physical attack. They might stand too close or touch you in ways that you don't like. They might try to convince us to do something that we do not feel good about and make it hard to say no. Peer pressure is one example. Your friends may want to do something that does not feel right for you and fear of losing that relationship might make you just go along.

Your **boundaries** are the edges of where you feel safe and people who go beyond those edges are trying to **cross your boundaries**. You know when that's happening when you feel uncomfortable.

Say "NO" to these types of things. Get the help from a trusted adult if you need to. **Protect your boundaries.**

"You teach people how to treat you by what you allow, what you stop, and what you reinforce."

Motivational speaker Tony Gaskins