

# American Tiger Martial Arts & Fitness

Kyin Kung Fu Center

## First Year Lessons

### Lesson F15

Opnt throws a L Straight Punch from L side up

- Step up w/R and L Up Windmill Block (you can start R side up and shuffle in or L side up and step through with R)
- Step behind opnt w/R and R 1 Knuckle Roundhouse punch to R Kidney
- Grab the chin from beneath opnts R arm then grab hair w/L. Tilt opnts head to the L & Step back and around w/L taking opnt down (be carefull w/partner)
- R Stomp to R Jaw Hinge

**Week 1 and 2 Exercises:** Rear Upwindmill blocks, Hammers, Backhands, Backhand elbows, Stomps, Side kicks, Hop kicks

**Week 3 and 4 Exercises:** Rear upwindmil blocks—stepping diagonally forward, 4 knuckle hammers (high and low) Backhand elbows moving forward, Down elbows, Roundhouse kicks, Pump kicks

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

#### Dealing with bullies Part 1

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 verbal self defense.

### Lesson F16

Start with hands down Opnt throws a R roundhouse Punch.

- Step up w/L and L Up Windmill Block & R 4 Knuckle Hammer to Nose
- R Snap Kick to Groin
- R Backhand Elbow to R Temple
- L 4 Knuckle Hammer to Back of Neck
- L Knee to Face

**“Stay strong. Stand up. Have a voice.”**

**Shawn Johnson - Gold Medal Olympian**