

American Tiger Martial Arts & Fitness

Kyin Kung Fu Center

Advanced Lessons

ADV. WEAPON LESSON A19 _____

Opponent starts out L side up then steps up w / R & hammers toward the top of your skull w knife in R hand

- Move forward and to the L w/ L foot and 2 handed high block above opnt's elbow w/L and blocking and grabbing as close to wrist as possible w/R.
- Without stopping opnt's strike; use your opnts momentum and redirect down, around and into opnt's body (use a good modified L 1/2 horse and put entire body behind this thrust moving forward)
- Push opnt away hard from the side with your L hand, back up into guarding stance be ready to RUN!

Week 1 and 2 Exercises: Entering footwork from Modified half horses, Double diagonal high blocks moving forward diagonally, Outside crescent knees, Spinning inside crescent kicks, Cross step side kicks

Week 3 and 4 Exercises: Extended straight punches w good traditional half horses, Jab/Cross/Hook/Rear Roundhouse kick, Spinning inside crescent kick, Jumping spinning inside crescent kick

MD #10 (Mental Self Defense Technique)

Dealing with bullies Part 3

What do you do if someone is bullying you?

We are going to practice ways to deal with bullying by using "The Five Rules of Personal Safety." They are:

- Use your mind : It is perfectly fine to avoid people who are treating you disrespectfully. If you know that they hang out in a certain place at a particular time and it's easy for you to avoid being the area then don't go there.
- Use your words: Look them right in the eye and ask them why they are treating you this way. Tell them to stop in a clear, firm voice. Use their name. It adds power
- Use your legs: If you believe that the person is about to hit you, it's ok to run to safety. Especially if it's a person who you are not likely to see again. Running to stay safe is not being a coward.
- Ask for help: Talk to a trusted adult to get advice and help if you need to.
- Defend yourself: If other means have failed, you have a right to physically protect yourself. Use what you've learned here. Only fight until you are safe and report it to a trusted adult.

Adv. Open Hand Lesson A20 _____

Approach opnt from behind.

- Step up between opnt's legs w/R foot, bump opnt and grab hair at top of head with both hands. (Rake hands through hair for firm grip. If they have little to no hair grab over further to forehead)
- Step back w/R, dropping to R knee taking opnt all the way to ground right under your waist
- R hammer underneath chin.

"Rudeness is the weak man's imitation of strength."

Eric Hoffer - Philosopher