

American Tiger Martial Arts & Fitness

Kyin Kung Fu Center

Advanced Lessons

ADV. WEAPON LESSON A13 _____

Opnt swings bat at you in R two handed swing

- Move in quickly with R foot forward to L side of opnt (get VERY close) and block/trap their arms with your forearms
- R backfist to open face target
- R backhand elbow to the heart
- L open palm throat then quickly run past opnt to safety

Week 1 and 2 Exercises:

Backfists, Elbow pattern (Roundhouse elbow/Backhand elbow/Down elbow/Back elbow/Downward forward elbow/Reverse uppercut elbow/Uppercut elbow) Rear outside crescent kicks, Jab/Cross/Hook/Uppercut combos

Week 3 and 4 Exercises:

Lead snap kicks, Stepping snap kicks, Rear outside crescent kicks, Spinning outside crescent kicks (w/ lead foot crossover step) Jab/Cross/Hook/Uppercut combos

MD #7 (Mental Self Defense Technique)

Asking for help

There are times in our lives when we need help from other people. Often we are afraid of looking foolish, weak or not wanting to admit that we made a poor choice.

It's important to reach out and ask questions when needed. Here at the studio, we encourage you to tell us when you are not getting something whether it's a technique, a lesson, hand form, drill etc. We are happy to help and also glad to know where we might not have explained something very well. We're all learning from each other. Often others around you are grateful that you asked because they did not understand it well either. This goes for other places in your life as well.

Sometimes we do something that may not have been our best idea and in trying to hide that it can make matters worse. If you messed up admit it, accept the consequences and learn from that. We ALL make mistakes.

Do not be afraid to ask for help.

Adv Open Hand Lesson A14 _____

Opnt is shaking your hand.

- Torque opnts hand to your L as you grab opnt's R wrist w your L hand and R snap kick groin.
- Step R foot past opnt's R side (point wrist straight up) while stepping counterclockwise
- Let go w R and twist opnt's wrist up w L causing opnt to bend back
- Step between opnts legs w R bumping tailbone as you apply R choke hold
- Pull opnt back in full horse position pinning their back against your R thigh

Don't let your fear of being judged stop you from asking for help when you need it...

Unknown