

American Tiger Martial Arts & Fitness

Kyin Kung Fu Center

Advanced Lessons

ADV. WEAPON LESSON A17

Opnt swings club w/R in a diagonal hammer motion towards your head

- Step up w R & L upwindmill block and grab while you R four finger jab to eye
- Twist wrist counterclockwise
- Grab club from underneath w/ R hand and take it away as you step back w/ R
- Move in and strike any open target w club

Week 1 and 2 Exercises:

Rear upwindmill blocks and grabs, 4 finger jabs, uppercut punches (lead and rear) Hooking heels, Rear Inside crescent kicks, Spinning Inside crescent kicks, Flying side kicks

Week 3 and 4 Exercises:

Upwindmill grabs, uppercut palms, standing leg sweeps, Spinning Hooking heels, Guillotine chokes, Spinning Inside crescent kicks

Adv. Open Hand Lesson A18

Standing in front of your opnt; opnt grabs your L wrist with their R hand. (Straight grab)

- Step up w/L and L upwindmill grab as you R uppercut palm 1/2 inch above opnts R elbow.
- Grab R radial nerve w/fingers of your R hand and pull opnt's elbow towards and in front of you bending his arm.
- Still maintaining leverage on opnts arm, turn your R hand so your fingers are facing up and your R palm is pushing against opnts R tricep. Step behind and past opnts L foot w/your R & throw or single leg sweep opnts leg w R leg
- Still holding arm w/L hand and pinning opt w knee, strike any open target

MD #9 (Mental Self Defense Technique)

Dealing with bullies continued

The main difference between someone being mean or disrespectful and bullying is that bullying behavior is INTENTIONAL and REPETITIVE. Someone saying that they hate the shirt you're wearing is being rude but if continues to happen often, then it's bullying. Hurting someone's feelings, publically humiliating, spreading rumors, name calling and physically hurting someone are all forms of bullying.

This month we are going to concentrate on how to help people who are being bullied. It's not ok to join in, stand and just watch or pretend that you did not see it. We want to become "Upstanders" instead of "Bystanders." Here are some ways:

1. Get there first—If you see someone is about to be bullied, you can step in and invite them to join you somewhere else.
2. Step in and take charge—tell the person to stop harassing this person.
3. Distract and re-direct—Step in like you don't realize what's going on and say something to the victim and invite them to another area
4. Leave and report—If you don't feel safe stepping in, go let an adult know what's going on.

Remember tattling is when you trying to get someone in trouble. Telling is when you're hoping to help someone.

"Strong people don't put others down... They lift them up."

Michael P. Watson