

American Tiger Martial Arts & Fitness

Kyin Kung Fu Center

Advanced Lessons

Adv. Open Hand Lesson A21_____

Opponent chokes you from the front w/ both hands

- R knee to groin as you L hammer to R arm and R upward palm to L tricep
- Step L foot back and around counter clockwise and throw opnt to ground
- R snap kick any open target

Variation: step back and throw with out the knee

Week 1 and 2 Exercises: Rear straight knees, Backfists (quick/close and chambered/far) Side kicks, spinning side kicks, Shoulder rolls, Spinning inside crescent kicks, Jumping spinning inside crescent kicks

Week 3 and 4 Exercises: Shoulder Rolls, Roundhouse kicks from the ground, Jab/Cross/Hook (with proper footwork) Low/High kicks, Check kicks

MD #11 (Mental Self Defense Technique)

Dealing with bullies Part 4 BUDDYING

What can you do instead of bullying? How can you help people who are being bullied?

You can start "Buddying." Buddying is done by practicing acts of kindness. It's the exact opposite of Bullying. It's the right thing to do and can also be a lot of fun.

Strength and kindness go together. Truly strong people are kind and they practice buddying all the time.

When you do something nice for someone else, a chemical called serotonin is released in your body that makes you feel good. The same is true for the person you are being nice to and even for a person who only witnesses the kind act. Everyone benefits from buddying.

What are some of the ways you can start buddying?

You can let someone else go first, compliment someone, ask someone sitting alone to join you, hold a door open for another person, ask to help out, help someone with their homework etc. The list is endless really.

Just remember to keep yourself safe while being helpful.

Adv. Open Hand Lesson A22_____

Opponent throws a R punch

- R sidekick to R ribs
- R shoulder roll grabbing opnts R leg w/R hand and with L hand pull opnt to ground
- From ground, L palm grab groin, L roundhouse kick to face

*Variation if seriously struggling with shoulder roll:

- After R Sidekick move in with R backfist to temple
- L Cross punch to an open target

"Discipline is the bridge between goals and accomplishments."

Jim Rohn: Motivational speaker, philosopher, and entrepreneur