

# American Tiger Martial Arts & Fitness

Kyin Kung Fu Center

## Advanced Lessons

### Adv. Weapon Lesson A23 \_\_\_\_\_

Opnt has staff & R 2 handed swing at L side of head

- L side up. L forearm cage cover as you duck, moving toward your opnt
- As soon as the staff goes past head stand & R straight palm nose.
- R snap kick to groin
- Grab opnts hair w both hands & R knee face
- Step back w R and go down to R knee bringing opnts face to ground
- R hammer base of skull

**Week 1 and 2 Exercises:** Cage cover & duck, Straight palms upward motion, Rear straight knees then stepping back bringing knee to ground, Low/High kicks, Check kicks, Jumping spinning inside crescent kicks

**Week 3 and 4 Exercises:** Stepping Straight knees, Extended straight punches, Lead uppercuts, Rear palm claws, Outside crescent knees, Multiple Jumping spinning inside crescent kicks,

### Adv. Open Hand Lesson A24 \_\_\_\_\_

Opnt bear hugs you from the front, pinning arms down.

- Finger flick the groin (startles opnt into letting go)
- R knee to groin
- Step back w/L as you uppercut throat/chin
- Move in and use your R foot to apply T-leverage to opnt's R leg as you R palm inside of opnt's R leg

### MD #12 (Mental Self Defense Technique)

**Overcoming Resistance:** We all deal with it. There is something that we need to do but really don't want to do it. It could be chores, work, school, homework, a project etc. We can think of 200 other things that we would rather be doing. It can be really frustrating.

Added to that is when it's something that someone else is asking you to do such as a parent, spouse, partner or teacher. It can sometimes feel like they are nagging at us and we can feel angry and frustrated at them.

So what can we do about this? The first thing is to be honest about how your feeling. Are you feeling overwhelmed? Confused? Physically tired? Let the person you have to answer to know what's going on (including yourself) You might be able to get some help.

Find ways to at least get started even for just a short time. Often that's all that's needed to get the whole job done. Make it as fun as possible. Listen to music. Make it a game. Break it down to shorter goals. Reward yourself when you get each part done. Know that when you do get it done you will feel much better. Don't let the resistance stop you! You are too strong for that!

**"It is not only for what we do that we are held responsible, but also for what we do not do."**

**John Baptiste Moliere - 17th century French playwright**