

American Tiger Martial Arts & Fitness

Kyin Kung Fu Center

Advanced Lessons

Advanced Lesson A27 _____

Opnt aggressively approaches you from the front

- Starting in relaxed stance. Step back to kick stance and Snap kick to groin (either foot) setting kicking foot forward
- *Opposite stepping straight knee to face (*use L knee if you did R snap kick in first move or R knee if you did L snap kick) Opnt falls
- Kick opnt's legs open by using your shins striking just above the knees holding legs open then R knee drop into groin as you R straight punch nose. (Can be changed to L knee drop and L straight punch)

Week 1 and 2 Exercises: Stepping snap kicks moving forward, Stepping straight knees, Knee drops with same side straight punch angled toward ground, Rear upwindmill block and grabs moving forward diagonally, Single standing leg sweeps, Check kicks, Burpees

Week 3 and 4 Exercises: Rear upwindmill block and grabs moving forward diagonally, Quick deep squats, Jab/cross/hook, Hooking heels, Extended straight punches, Front falls

Adv. Open Hand Lesson A28 _____

Opnt throws L straight punch

- Start casual R side up—hands down. Step up w/ R & L upwindmill block & grab
- R roundhouse punch to L kidney
- R backhand to spleen
- R leverage opnt's wrist as you wrap your R arm around opnt's L & grab opnt's L shoulder (thumb in front)
- Step out to R w/ R & drive opnt's elbow into ground (you are in a full squat)
- Flip opnt over using the leverage & R knee drop to back of head or finish off

MD #13 (Mental Self Defense Technique)

De-escalation in Conflict Management

Sometimes we get angry at someone. Sometimes other people can get angry with us. This is often a place where conflict can move toward physical confrontation quickly. It is always best to find a way, if possible, to de-escalate a heated conflict in order to avoid a fight.

Here are some tips if someone is angry with you:

Ask questions and listen. Make sure that you find out in a calm way why someone may be angry with you.

Acknowledge the other person's feelings without passing judgement. Often people are angry when they don't feel heard.

Apologize if you contributed to the conflict whether you mean to or not.

Control the tone of your voice and your body language. Try not to appear threatening but be ready if things look like they might get physical.

Focus on the future and how you might avoid these angry feelings. Problem solve together.

"If you are patient in one moment of anger, you will escape a hundred days of sorrow."

Chinese proverb