

American Tiger Martial Arts & Fitness

Kyin Kung Fu Center

Advanced Lessons

Adv. Weapon Lesson A29 _____

Opnt has knife in R hand pointed toward you about to attack (If they are asking for your money, phone, keys etc just give it to them)

- Bring hands slowly up and out in surrender. Talk to the person like “Hold On” “What do you want?” etc
- **Quickly** move to your L and grab opnt’s R wrist with your L hand pulling it down and across your body as you R punch hard to any open face target
- Continue punching till you feel like you’ve taken control
- Grab opnt’s knife hand with your R
- Disarm as you L side kick stomp to the opnt’s R knee

Week 1 and 2 Exercises: Lead parry block and grab, Multiple cross punches with same hand, Side kick stomps, Check kicks, Outside crescent kicks, Spinning Outside crescent kicks

Week 3 and 4 Exercises: Shoulder bumps (with guard hand up), Backhands, Side kicks, Jab/Cross, Shuffling side kicks, Hooking heels, Spinning hooking heels,

MD #14 (Mental Self Defense Technique)

Consent

Being able to recognize and respect when someone asks you NOT to do something and being able to be clear about your own boundaries.

Sometimes situations come along when your are doing something with another person and you or they change their minds and do not want to continue.

Let’s say, for instance, that you decide to give someone a hug and they hug you for longer than you’d like and it starts to feel uncomfortable. You need to use your voice and say “Hug’s over!” or “Stop hugging me now!” If that person is respectful they will stop. What happened is that you gave your consent or approval of the hug but then you took it back.

It might happen the other way also. You’re hugging and suddenly you feel them stop hugging back. Even without them having to say something, you need to stop. If you feel confused, ask them and respect what they tell you.

Adv. Open Hand Lesson A30 _____

Opnt attempts to grab you from the side in a bear hug

- Step into a good half horse & R shoulder bump to sternum (Do not lean!)
- R backhand to R side of neck
- R side kick to bladder

Do both sides changing R’s and L’s

Undertake something that is difficult; it will do you good.

Unless you try to do something beyond what you have already mastered, you will never grow.

Ronald E. Osborn—Professor and Author