

American Tiger Martial Arts & Fitness

Kyin Kung Fu Center

Advanced Lessons

ADV. WEAPON LESSON A3 _____

Opnt has knife in their R hand touching the L side of your throat while holding your R shoulder w/L hand

- Turn upper body counterclockwise & quickly R grab opnt's wrist as you R knee groin pulling opnt's knife hand to your L hip
- Slide your R hand down and place R thumb on the back of opnt's hand and grab the other edge of opnt's hand with your L hand. Both thumbs are on back of opnt's hand w fingers gripping front side of opnts hand
- Step back and around w/R bringing opnts hand up then straight down in front of your waist with opnt fingers pointing straight up & apply Nintendo leverage to wrist
- R snap kick or knee face
- Disarm opnt if possible

Week 1 and 2 Exercises:

Snap kick/hop kick/pump kick combos (both sides)
Backfists, Shuffling side kicks, Hooking heels, Straight punches while dropping weight, parry blocks, spinning backhands, backfalls

Week 3 and 4 Exercises:

Knee drops, Add Rear straight punch, Hooking Heels, Inside Crescent kicks, Outside Crescent kicks, Wrist grabs, Upwindmill block and grabs, Check kicks

Adv Open Hand Lesson A4 _____

Opnt steps up w R foot and throws a big haymaker/roundhouse punch

- Starting in a neutral stance with your R foot forward Duck with L Cage cover and R STRONG straight punch to the solar plexus (knocking the wind out of them)
- Step R foot deep between opnts legs, grab behind both knees & shoulder bump opnts body while isolating or pulling back on knees (opnt falls)
- Step L foot forward to outside of opnts R hip & R knee drop to groin followed quickly with R punch to open face target

MD #2 (Mental Self Defense Technique)

Conflict management

Agreeing to disagree and compromise if needed

Often disagreeing over something can escalate to a fight (both verbal and physical). It's fine to discuss and get to an understanding of another person's views but sometimes you are never going to agree. Knowing when to just let go of an argument and compromise is a key life skill.

Role play situations:

Discussing things like where to go for dinner, who should do a chore, who should get the last slice of pizza etc

Recognize passive, assertive and aggressive forms of communication. Use "I" statements

"It's not the mountain we conquer, but ourselves."

Sir Edmond Hillary