

# American Tiger Martial Arts & Fitness

Kyin Kung Fu Center

## Advanced Lessons

### Adv. Lesson A31\_\_\_\_\_

Approach opnt from the front with Futka walk

- Step up w/ L & R check kick to L temple then set kicking foot down in front of opnt
- Turn front of body away from opnt, Step back with L foot and set L knee on the ground lined up with opnt's L hip and set both hands on the ground under your shoulders
- R back leg sweep to L leg (using the back of your thigh) from the ground
- R grab and press down opnts L shoulder & R RH knee to R kidney

\*This lesson should flow from one move to the next without stopping

**Week 1 and 2 Exercises:** Futka walk, Front falls, Low/High kick, Check kick, Roundhouse knees, Back leg sweeps from the ground, Outside crescent kicks, Spinning outside crescent kicks

**Week 3 and 4 Exercises:** Quick outside crescent kicks, Snap kick/Hop kick/Pump kick combos, Stomps, Downward forward elbows, Jab/Cross combo (with precise footwork), Hook punches, Jumping spinning outside crescent kicks

### MD #15 (Mental Self Defense Technique)

#### Trust

Sometimes the word trust can be confusing. As we are growing up, we are often told who we can trust and who we can't. If someone who we've been told is trustworthy then does something to make you feel uncomfortable, it can be hard to know what to do.

The most important thing is to watch people's behavior and trust those people who prove themselves to be caring and respectful of you over and over. If anyone makes you feel uncomfortable you need to let them know that while telling them to stop and also let a trusted adult know what is going on. If anyone insists that you keep something a secret, that is a clear sign that you need to share that with a trusted adult.

People in authority positions such as teachers, babysitters, clergy, coaches, people in uniforms etc. may also prove to be untrustworthy. Most people are nice but if your gut tells you something's wrong, do not ignore that feeling.

### Adv. Open Hand Lesson A32\_\_\_\_\_

Opnt throws a L punch (opnt telegraphs the punch)

- QUICK R outside crescent kick to block the punch
- QUICK R hop kick to sternum
- R pump kick face (falls onto back)
- R stomp to R knee (hop up if necessary)

**"Begin with the end in mind."**

**Stephen R. Covey**

**Author of "7 Habits of Highly Effective People"**