

American Tiger Martial Arts & Fitness

Kyin Kung Fu Center

Advanced Lessons

Adv. Weapon Lesson A33

You and opnt both have staffs

Opnt hammers toward the top of your head

- Staff in hands R hand palm up, R foot forward. 2 handed high (horizontal) block as you hop to L into L kick stance bringing staff to your R hip
- L 2 handed backhand jab to any open face target
- 2 handed R uppercut to groin
- L RH elbow w/staff to temple

Week 1 and 2 Exercises: Stances: Full horse, 1/2 horses, Kick stance, Cross step, Entering footwork **With staffs:** High blocks, 2 handed backhand jabs, Lead 2 handed uppercuts, Roundhouse Elbows

Week 3 and 4 Exercises: Rear Upwindmill blocks moving forward diagonally, add lead straight punch, Snap kicks, 4 knuckle uppercuts, Single standing leg sweep, Rear roundhouse kicks, Jumping Roundhouse kicks

MD #16 (Mental Self Defense Technique)

Pursuing your goals to gain confidence

One of the biggest markers for living a successful and fulfilling life is a sense of self confidence. People who have a good sense of self worth, who communicate well and are kind to others are, generally speaking, well liked and respected.

One of the best ways to gain that self confidence is through training in the martial arts and when one continues to train long enough and puts in the extra effort to earn a Black Belt, that is an instant confidence boost that has far reaching effects for the rest of your life, even if you decide to stop training at some point.

Getting a Black Belt, especially in our Kyin Kung Fu style, is not easy, but it is doable for any student willing to overcome the resistance that will come up from time to time. You'll know for the rest of your life that you were able do something hard. Other challenges can be met with "I earned a Black Belt. I can do this too!"

Adv. Open Hand Lesson A34

Opnt throws L punch

- Step in w/ R & L windmill block & R 1 knuckle straight punch L ear
- R snap kick back of L knee (drops to knees)
- R backhand L side of neck
- L forearm underneath the chin (pulling opnt close) as you R 4 knuckle uppercut punch base of skull.

"Luck is what happens when preparation meets opportunity."

Seneca

Roman dramatist, philosopher, and politician