

# American Tiger Martial Arts & Fitness

Kyin Kung Fu Center

## Advanced Lessons

### Adv. Lesson A35 \_\_\_\_\_

Approach opponent from the front

- R roundhouse kick to L knee using the ball of the foot
- R outside crescent kick to jaw hinge or any open face target
- R roundhouse kick any open face target (opponent falls)
- R flying sidekick stomp to L ankle

Note: Do these kicks without bending or leaning so that you are not telegraphing the moves.

**Week 1 and 2 Exercises:** Cross steps, Entering footwork, Rear Roundhouse Kicks w/ball of foot (knee level to head level), Lead Outside crescent kicks, Flying stomps, Hip throws

**Week 3 and 4 Exercises:** Back elbows from casual stance, Rear high forearm hammers, Lead 4 knuckle uppercuts, Spinning outside crescent kicks, 4 figure choke, Guillotine choke

### MD #17 (Mental Self Defense Technique)

**The courage to be you and the respect to let others be themselves.**

Sometimes we can feel like we are having to live up to everybody's expectations of who we should be. Wanting to fit in and be accepted is a strong need. Often though, we might feel compelled to pretend to be someone we are not in order to feel part of a group or close to someone.

The great thing is that the more you present your genuine self, the more you will attract people into your life that you can have close and healthy relationships with. Even here at the studio, we want you to learn and develop your martial arts skills and confidence but we are not trying to change the person that you are. We welcome everyone in all our diversity and only ask that you try hard and treat others well.

Also, let others be who they are without ridicule or judgement. If they are being mean or disrespectful then choose not to associate with them but respect and be kind to others that appear "different" than you. Get to know them, you may find that you'll enjoy their company more than you thought.

### Adv. Lesson A36 \_\_\_\_\_

Opnt stands behind you

- Rotate upper body & R back elbow to any open face target
- Step back w/R and turn towards opnt & L forearm hammer R side of neck & hook L hand around back of opnt's neck and pushing their head down
- R 4 knuckle uppercut punch throat while still holding head
- R snap kick groin

Do both sides changing R's and L's

**"Wisdom is knowing what to do next; virtue is doing it."**

**David Starr Jordan**

**Biologist and educator**