

American Tiger Martial Arts & Fitness

Kyin Kung Fu Center

Advanced Lessons

Adv. Weapon Lesson A37

Opnt holds knife up w/R hand to scare you

- As soon as knife is presented step up & to L w/ L foot, grabbing knife hand at wrist w/R and bicep w/L pulling opnt down and forward by pulling knife hand past R thigh. At same time R RH knee to solar plexus
- Step R foot back to L 1/2 horse as you bend opnts arm and thrust knife forward into opnts body (use for R hip as brace)

Week 1 and 2 Exercises: Rear Roundhouse knees, Hooking heels, Elbow pattern (Roundhouse, Backhand, Down, Back, Downward forward, Reverse uppercut, uppercut)Hip throws, 4 figure choke, Guillotine choke

Week 3 and 4 Exercises: Stepping snap kicks, Spinning hooking heels, Jab/Cross/Hook, Extended straight punches, Side kicks, spinning backhands.

Adv. Lesson A38

Approach opnt from the front

- R snap kick groin
- Grab hair or cup back of neck at base of skull
- Step back w/L going down to L knee & pull opnts face into your R knee
- Twist opnts head face up & bring him to the ground on the left side of your body
- Use L hand to hold head and R inverted straight punch to throat

MD #17 (Mental Self Defense Technique)

Reacting to an Insult

Often physical fights happen as a build up of insulting words that are exchanged. Let's say you accidentally step on someone's foot. Especially if they've already had a bad or aggravating day, they may get very upset and say something mean or insulting to you. Your job is to not escalate the fight. Make sure you apologize if you've done something unintentional or without thinking and then just let it go.

When people say mean things it's usually not about you at all, it's about them and what type of mood they are in that day, week, month etc. Look them in the eye and say nothing or say something like "I'm sorry you feel that way" By not taking the insults to the next level, you are helping to keep more hurtful things from being said or stopping a potential physical fight from happening.

Is this hard to do? Yes, it's much harder and shows way more strength than responding in a way that might feel more satisfying yet escalates the altercation.

"The gem cannot be polished without friction, nor man perfected without trials."

Chinese Proverb