

# American Tiger Martial Arts & Fitness

Kyin Kung Fu Center

## Advanced Lessons

### Adv. Lesson A39 \_\_\_\_\_

Stand facing opnt from the front

- Step in between opnts legs w/ R & L palm throat w/ blade of hand as you R hook behind opnt's R knee and pull forward as you push opnt onto back w/L hand
- L straight punch groin (stay close using your legs to keep opnt's legs open)

**Week 1 and 2 Exercises:** Back falls, Front falls, Palm with blade edge of hand, straight punches toward ground, snap kick/side kick/hooking heel/roundhouse kick combo

**Week 3 and 4 Exercises:** Jab/Cross/Hook combo, Shuffling side kicks, Double palms, Pivoting between traditional half horses, basic mount and guard position, snap kick/hop kick/pump kick combo

### Adv. Lesson A40 \_\_\_\_\_

Opnt bear hugs from front under arms & picks you up (can be done before being lifted)

- double palm both ears (w/cupped hands) & grab hair (opnt drops you on your feet)
- Keep opnt close as you step back w/ R & pivot into R 1/2 horse
- Then bring L foot over opnt's R hip taking opnt to the ground (you can be in a low full horse squat or take the mount position)
- Continue to hold hair/head w/L & R strike face

### MD #18 (Mental Self Defense Technique)

#### Mental toughness

We can have the best martial arts technique in the world, be physically fit and strong, be kind and respectful of others and genuinely be a good person but what is of utmost importance is being able to meet challenges and not giving up. Mental toughness gives us the ability to keep on fighting when faced with obstacles.

That fight can be physical, as in defending yourself in an attack. You need to be able to keep on fighting even when you've been hit or want to give up. Protecting yourself or a loved one requires massive amounts of mental toughness.

That fight might be working through a difficult class or subject, a big test or some other mental challenge. To be your most successful person, you've got to learn to not give up.

Practice mental toughness. Use your martial arts training to develop these skills. The benefits are endless!

**"Training is like wrestling a gorilla.**

**You don't quit when you're tired—you quit when the gorilla is tired"**

**Robert Strauss**