

American Tiger Martial Arts & Fitness

Kyin Kung Fu Center

Advanced Lessons

Adv. Weapon Lesson A41

Opnt holds knife in R hand in a threatening manner

- Have L side up and raise your hands chest level in surrender then quickly L inside parry block knife hand as you move in and R cross punch to R side of opnts face
- (if possible just run to safety, if not an option then...)
- R side kick stomp to back of opnts R knee forcing them to their knees
- R backhand base of skull
- Finish strike(s) if needed

Week 1 and 2 Exercises: Lead Parry block moving forward diagonally, Traditional half horses with cross punch, side kick stomps, Back falls, Break falls, snap kick/side kick/hooks heel/roundhouse kick combo

Week 3 and 4 Exercises: Step back and lead block, Straight punches moving forward, Hooking heels, Break falls, Hip throws, Standing leg sweeps, Front falls

MD #19 (Mental Self Defense Technique)

Recognizing a dangerous person

It might surprise you to know but most dangerous people you are likely to meet will be someone you already know. Predators usually start off kind and then continue to push past your boundaries in ways that are often hard to recognize.

There is process that many use which goes by the term "grooming." They may appear to be very friendly and ask you to do something that just doesn't seem like a big deal. Maybe you don't really want to help them in some way but, hey, you're a nice person, right?

Then they might do something that feels a bit uncomfortable and if you call them on it they might look really hurt and say that they didn't mean it in a bad way.

When you tell someone directly that something is making you feel uncomfortable and they disregard that or explain your feelings away or say it's because they love you; this is a sign that this might be a dangerous person. It's time to get away and get an adult you trust involved.

Adv. Lesson A42

Opnt walks up to you from R side & throws L punch.

- Step back to L side and R block.
- Shuffle in & R punch to L jaw hinge.
- Scissors take down: R foot to diaphragm, L behind legs.
- Sit up and R hammer to groin

"I've learned from experience that the greater part of our happiness or misery depends on our dispositions and not on our circumstances."

Martha Washington