

American Tiger Martial Arts & Fitness

Kyin Kung Fu Center

Advanced Lessons

Adv. Lesson A43

Opnt grabs both wrists (from front).

- Step back & Double escapes (rotate palms up, keeping elbows close to body).
- (If unable to escape, strike opnt in some way)
- Quickly launch forward & Double palm/thumb jabs to eyes.

Variation: Double grab to R arm.

- Quickly reach left hand over to grab top of R fist. Step back w/ L & pull up and back to your L shoulder. Sling shot R fist forward and back-hand or backfist temple

Week 1 and 2 Exercises: Cutting blocks, Double thumb jabs, backfists, Jab/Cross, Rear Round-house elbows, Hooking heels, Outside crescent kicks, Spinning outside crescent kicks

Week 3 and 4 Exercises: Stomps, Step up and hammers, Hooking heels, Jab/Cross/Hook, Guillotine chokes, Straight knees, Flying straight knees, Spinning outside crescent kicks

MD #20 (Mental Self Defense Technique)

Peer Pressure

It is very easy to get caught up in the desire to be well liked that it can sometimes cloud our judgement. Most people crave a sense of belonging and that is usually a good thing when that happens with respectful people who share your values.

What can sometimes happen though is that you might be with someone or a group who decides to do something that makes you feel uncomfortable. It is important that you honor your feelings and make good choices for yourself. This can sometimes mean going against or stepping away from a person or group or even stepping in and stating your concerns. It can be an unkind comment made about someone, a joke that you find offensive or disrespectful, or an activity that you do not wish to participate in. True friends will be ok with you communicating your opinions, concerns or feelings. If they try to coerce you or shame you for not going along with everything they do or say then they may not be the right friend or group for you.

Adv. Lesson A44

Kyin Kung Fu Lesson 95

Opnt bear hugs you from behind with their arms on top of yours

- Grab their arms with yours as you R stomp the top of foot (Grab opnts R wrist w your L hand)
- Lift both arms up bringing opnt's arms up too as you step under opnts R arm w R and straighten opnt's arm
- Step back in w R and R forearm hammer 1" above elbow

"Today is the tomorrow we worried about yesterday."

Anonymous