

# American Tiger Martial Arts & Fitness

Kyin Kung Fu Center

## Advanced Lessons

### Adv. Weapon Lesson A45

Opnt hammers toward head w/ club in R hand

- Standing R side up shuffle in w/ R & L upwindmill block & grab as you R backslap groin
- R upward chop motion (using your forearm) into crook of opnt's arm
- Using rolling motion bend opnt's arm up, twisting opnt's arm/elbow behind their back
- Grab your L arm or wrist with your R hand creating a 4 figure leverage behind opnt's back
- Push opnt's elbow toward his/her spine using your body & escort out

**Week 1 and 2 Exercises:** Spinning backhands, Upward forearm chop, 4 figure arm leverage, 4 figure choke, Rear roundhouse kick, Spinning outside crescent kicks, Jumping spinning outside crescent kicks

**Week 3 and 4 Exercises:** Downward claws, Backhand claws, Palm claws, Head butts, Single leg sweep standing, Single leg sweep from ground, Jumping spinning outside crescent kicks

### MD #23 (Mental Self Defense Technique)

#### Personal Core Values

How you handle any situation that arises in your life will be made much easier if you identify what your Core Values are. Core Values are the most basic attitudes that are most important to you.

Let's say that honesty is a trait that you admire and try your best to practice. If that is a Core Value in your life then when a situation comes up that calls for you to be honest, then you are less hesitate to tell the truth; even when that might be hard. When you go against your Core Values you have a tendency to feel extreme disappointment in yourself.

If kindness is another Core Value then you'll always feel better being considerate of others. Now when we mix honesty and kindness then it makes sense that if we have to be honest with someone we do it in a kind way.

Adventure, curiosity, happiness, love, openness, peace, justice (to name a few) are all possible Core Values. Take some time to consider what values are most important for you.

### Adv. Lesson A46

Opnt is standing behind you

- Step to L & drop to L knee as you R backhand groin
- R single leg sweep opnt's L leg
- Place R knee on opnt's back and R hammer to R side of neck

**"It's not hard to make decisions when you know what your values are"**

**Roy Disney**