

# American Tiger Martial Arts & Fitness

Kyin Kung Fu Center

## Advanced Lessons

### Adv. Lesson A47

Opnt throws L looping punch

- Step out w/R foot, ducking punch and L straight punch to spleen
- Step up w/L and R spinning backhand to clear way (this may or may not connect) and R outside crescent kick to solar plexus
- R pump kick to face

**Week 1 and 2 Exercises:** Proper yells, Proper guarding stance (Rhino horn) Looping punch, Spinning backhand/Outside crescent kick combo, Pump kicks, Jabs (both eyes on target tuning shoulders, quick speed at end)

**Week 3 and 4 Exercises:** Low backhands (groin level) Proper hair/head grabs, Hooking heels (tighter motion) Stepping snap kicks (quicker at end of the kick) Cross punches (with step to side and rear foot pivot)

### MD #24 (Mental Self Defense Technique)

#### Controlling your responses

Like the quote below describes, there are many things in our life that we have little to no control of. If we were hoping for a sunny day and it ends up raining, there is not one thing that we can do to change that. We can only try to control our own reactions to any circumstance. You have the choice to spend all day being mad that the weather was not what you wanted or you can switch gears and figure out how to have a great day. Embracing the unexpected will yield many benefits in your life.

If someone says or does something to you that you do not like, there are many choices you can make; you can ignore it, talk to the person to find out what their issue is or tell them how you feel. Sometimes you might need to stand up for yourself but the main thing is that you should take a few seconds or minutes to figure out your best response to any situation that might come along.

### Adv. Lesson A48

Approach opnt from front

- R Backhand to groin
- R forearm strike to throat and grab hair/head as you grab hair/head w/ L
- Step back w/ L and throw over R hip
- Place opnts head on L knee as you R hammer nose

**“It’s not what happens to you but how you react to it that matters”**

**Epictetus**

**Greek born slave who became a great philosopher and teacher**