

American Tiger Martial Arts & Fitness

Kyin Kung Fu Center

Advanced Lessons

ADV. WEAPON LESSON A5 _____

Opnt grabs R lapel w/ L & R club striking in Hammer/RH motion towards head.

- Step in w/L & L cutting block & grab opnts R bicep & R grab back of neck & head butt nose
- R knee groin
- *Take R hand down & under opnts L armpit placing hand on opnts back
- Step L foot around counterclockwise throwing opnt to ground hanging on to opnts R arm
- Finish off
- *Optional moves: After R kneeing the groin, Step back deep with R & bring opnt face-first to ground going to your R knee. Finish off

Week 1 and 2 Exercises:

Cutting blocks, Straight knees, Side kicks, Hooking heels, Outside crescent kicks, Spinning outside crescent kicks, Break falls

Week 3 and 4 Exercises:

Elbow pattern (Roundhouse elbow, Backhand elbow, Down elbow, Back elbow, Downward forward elbow, Reverse uppercut elbow, Uppercut elbow) Front Falls, Spinning outside crescent kicks, Jumping spinning outside crescent kicks

Adv Open Hand Lesson A6 _____

Approach opnt from the front. (Futka Walk)

- Step R foot past opnts L foot and L roundhouse elbow to heart.
- Pivot into a L 1/2 horse and drop to your R knee (cover your face w L guard hand) and R forearm strike to his L calf, sweeping it out from under him as you stand back up. Opnt falls on his/her back.
- R back stomp to groin.

MD #3 (Mental Self Defense Technique)

Anger management - What to do if you feel really angry at any of the people in your life

Everyone gets angry sometimes. It's ok to be angry. What most people have trouble with is how they respond to being angry. When you feel yourself getting really angry and maybe even feel like yelling or hitting someone (who is not physically attacking you or isn't about to) tell them you are angry and need some time to calm down. **Walk away**, take some long deep breaths. Exercise and/or talking to a trusted person can help too. Sometimes anger erupts from the build up of previous issues that you did not talk about. When you feel more calm ask to talk about it. **Use "I feel" Statements** Try to **talk about the problem**, not the person. Listen and care about the other's feelings. **Repeat back what you think you have heard** the other person say is the problem and visa versa. Admit where feel you might be wrong. Get help from a trusted adult if things seem too hard to work out.

"A quick temper will make a fool of you soon enough"

Bruce Lee