

# American Tiger Martial Arts & Fitness

Kyin Kung Fu Center

## First Year Lessons

### Lesson A1 \_\_\_\_\_

Opponent attempts to grab you from the front by the shoulders with both hands

- From neutral stance step up w/ L & double upwindmill blocks continue that motion and
- Double palms to spleen & liver (keep head slightly down to protect your face from their head)
- R snap kick to groin, as you step down
- Double chops to collar bones (opnt falls)
- R flying stomp to solar plexus

### Week 1 and 2 Exercises:

Up windmill blocks, 2nd Squat position, Snap kicks, Stepping Snap kicks, Side kicks, Straight palms, Open palms, Chops from different angles, stomps, Flying stomps, Straight knees

### Week 3 and 4 Exercises:

Lead straight punches, Cross punch, Inside shin kicks, Roundhouse elbows, Down elbows, Roundhouse punches, Hook punches, Side kicks, Pump kicks, Quick Squats

### Lesson A2 \_\_\_\_\_

From a neutral stance opponent steps up with R foot and throws a big R roundhouse punch

- Starting in neutral stance, quickly step L foot forward and duck—L arm covering L side of head
- On the way back up, R straight punch to ribs
- R inside shin kick to opnt's R knee or shin
- L Roundhouse elbow to opnt's R jaw  
(Or L Hook Punch to opnt's R kidney)

### MD #1 (Mental Self Defense Technique)

#### Password Drill

If someone you are not **absolutely** sure that your parents would want you to go with tells you that they are supposed to give you a ride somewhere. It might be a trick.

- Stay back and ask them if they know the password
- If they don't know, **run to safety**
- If they do know and you feel safe with that person, check with the Adult in charge first

**Adult Students:** The Mental Self Defense Technique this month is designed with kids in mind. If you attend any of the Combination classes, you may have to participate with them in the learning process or we may use you in a supportive role. You will not be asked to test on this technique. This will not be taught in our Adult only class.

**“Only those who dare to fail greatly can ever achieve greatly.”**

**Robert F. Kennedy**