

# American Tiger Martial Arts & Fitness

Kyin Kung Fu Center

## First Year Lessons

### Lesson A3 \_\_\_\_\_

Opnt grabs you in a L head lock

- Make sure your R leg is behind opnts L leg
- Bring hips forward to straighten back as much as possible
- L Roundhouse punch to solar plexus
- R 1 knuckle Roundhouse punch to L kidney
- Make sure that your are very close to your partner and in a good 2nd squat position. R backhand motion using upper arm to throat (big upper body rotation) (opnt falls over your R leg)

### Lesson A4 \_\_\_\_\_

Opnt throws R uppercut to stomach

- Start in neutral stance
- Step up w/ R & R forearm hammer radial nerve
- R backhand to R side of neck
- L RH punch to ribcage (regular or 1 knuckle)
- R palm to groin (Option to step up w L foot while striking)

### Week 1 and 2 Exercises:

Roundhouse punches, Roundhouse Elbows, Backhands, Backhand Elbows, Uppercuts, Back falls, Break falls, squats

### Week 3 and 4 Exercises:

Forearm hammers, Backhand/ Roundhouse punch combos, Palms (groin level,) Hop kicks, Hooking Heels

### MD #2 (Mental Self Defense Technique)

#### Conflict management

#### Agreeing to disagree and compromise if needed

Often disagreeing over something can escalate to a fight (both verbal and physical). It's fine to discuss and get to an understanding of another person's views but sometimes you are never going to agree. Knowing when to just let go of an argument and compromise is a key life skill.

#### Role play situations:

Discussing things like where to go for dinner, a favorite sports team or band, who should get the last slice of pizza.

**Recognize passive, assertive and aggressive forms of communication. Use "I" Statements**

**"Focus on making yourself better, not thinking you are better"**

**Bohdi Sanders**

**Martial Artist and Author**