

American Tiger Martial Arts & Fitness

Kyin Kung Fu Center

First Year Lessons

Lesson F11 _____

Opnt grabs both shoulders.

- Drop chin down and R knee to groin as hands come up
- Grab back of head (or hair in same spot,) Keep opnt close & step back w/ R, push opnt's head down and drop to R knee. (opnt goes face first to ground)
- Line your R shoulder above target and R straight punch base of skull.

Week 1 and 2 Exercises: Straight knees, Down elbows, Rear roundhouse elbows, Uppercuts (front and rear) Roundhouse kicks, Hop kicks, Pump kicks

Week 3 and 4 Exercises: Jab/cross, Side kicks (standing & on ground) Snap kicks (standing and on ground) Roundhouse kicks from the ground) Back falls

MD #6 (Mental Self Defense Technique)

Blocking a Hug

Last month we talked about **Boundaries** and that we get to decide how close we want people to get to us. Some people we would almost always be comfortable giving and receiving a hug from and we may not feel that way about others. This can change from moment to moment. We do not have to hug anyone that we do not feel comfortable being that close to.

If someone goes to hug you and you don't want to hug them you have the right to tell them "No." If it's someone you know well it's nice to say it in a kind way. Sometimes you may need to say no more forcefully if they insist when you've asked them not to or when you are VERY uncomfortable.

We will be learning a nice way to block a hug that is coming toward you. It involves meeting their outreached hands, bringing them around and down and in front of you, looking them in the eye and talking to them in a nice way. After you learn this skill you can practice to make it feel more natural.

Lesson F12 _____

You are on the ground, leaning on R side, opnt approaches & attempts to throw a R roundhouse kick to your head

- Cover L side or head w your left arm & L sidekick to opnt's L knee.
- L snap kick to face.
- Roll onto opposite side as you R roundhouse shin kick to outside of L knee.
- R sidekick to any open target.

"Respect yourself and others will respect you."

Confucius