

# American Tiger Martial Arts & Fitness

Kyin Kung Fu Center

## First Year Lessons

### Lesson F13

Opnt throws a R punch

- Step up w/L and R Up windmill Block above opnt's elbow and pushing forward slightly turning opnt
- R Forearm hammer across both kidneys
- R Side kick stomp to the back of R ankle (opnt falls to knees)
- R Backhand to back of neck

**Week 1 and 2 Exercises:** Rear upwindmill blocks, Forearm hammers, Side kick stomps, Backhands, Stepping straight knees, Stepping snap kicks,

**Week 3 and 4 Exercises:** Stepping straight knees, Stepping snap kicks, Straight palms, open palms, Jab/crosses, Round-house elbows, Roundhouse punches

### MD #7 (Mental Self Defense Technique)

#### Asking for help

There are times in our lives when we need help from other people. Often we are afraid of looking foolish, weak or not wanting to admit that we made a poor choice.

It's important to reach out and ask questions when needed. Here at the studio, we encourage you to tell us when you are not getting something whether it's a technique, a lesson, hand form, drill etc. We are happy to help and also glad to know where we might not have explained something very well. We're all learning from each other. Often others around you are grateful that you asked because they did not understand it well either. This goes for other places in your life as well.

Sometimes we do something that may not have been our best idea and in trying to hide that it can make matters worse. If you messed up admit it, accept the consequences and learn from that. We ALL make mistakes.

### Lesson F14

Opnt grabs your L wrist with his R hand

- Step up with L & R Palm to chin (upward motion)
- R stepping snap kick to groin
- Grab back of opnt's neck at the base of the skull with both hands stacked on top of each other (do not lace fingers) and L knee to face (push opnt back if they are too close)

*"The strong individual is the one who asks for help when he (or she) needs it."*

– **Rona Barrett**, columnist and businesswoman.