

# American Tiger Martial Arts & Fitness

Kyin Kung Fu Center

## First Year Lessons

### Lesson F17

Opnt has their L hand around your throat & is holding your L arm/wrist behind your back w/R hand

- Grab opnts wrist with your L hand (that is being held by them) as you step to L side w/L and R palm to groin
- R back elbow to face (upward angle)
- Reach over your L shoulder w/R and grab opnts L tricep & pin arm to your body. Step back w/R & drop to your R knee pulling opnt over your L thigh to ground
- R hammer to groin or strike any open target

**Week 1 and 2 Exercises:** Low palms striking behind you, Back elbows, Break falls, hammer with knee on floor, Lead Roundhouse punches, Hooking heels

**Week 3 and 4 Exercises:** Rear Roundhouse punches, Uppercuts, Front falls, Uppercut elbows, Roundhouse knees, Roundhouse Kicks

### MD #9 (Mental Self Defense Technique)

#### Dealing with bullies Part 2

The main difference between someone being mean or disrespectful and bullying is that bullying behavior is INTENTIONAL and REPETITIVE. Someone saying that they hate the shirt you're wearing is being rude but if continues to happen often, then it's bullying. Hurting someone's feelings, publically humiliating, spreading rumors, name calling and physically hurting someone are all forms of bullying.

This month we are going to concentrate on how to help people who are being bullied. It's not ok to join in, stand and just watch or pretend that you did not see it. We want to become "Upstanders" instead of "Bystanders." Here are some ways: 1. Get there first –If you see someone is about to be bullied, you can step in and invite them to join you somewhere else. 2. Step in and take charge—tell the person to stop harassing this person. 3. Distract and re-direct—Step in like you don't realize what's going on and say something to the victim and invite them to another area 4. Leave and report—If you don't feel safe stepping in, go let an adult know what's going on. Remember tattling is when you trying to get someone in trouble. Telling is when you're hoping to help someone.

### Lesson F18

Opnt throws a R Lead Roundhouse punch

- Step in w/R and double forearm hammers to bicep and forearm (hitting radial nerve)
- R backhand to R side of neck
- L Roundhouse punch to R jaw
- R Knuckle uppercut to groin

**"Stay strong. Stand up. Have a voice."**

**Shawn Johnson - Gold Medal Olympian**