

# American Tiger Martial Arts & Fitness

Kyin Kung Fu Center

## First Year Lessons

### Lesson F19 \_\_\_\_\_

Opponent throws a R roundhouse punch.

- Step in w/ L and L upwindmill block then quickly step up w/ R & Roundhouse punch to L temple.
- L uppercut to throat. (Get close)
- Step R foot in as you R palm down through opnts R hip (opnt falls).
- Step L foot over opnts R leg and R snap kick to groin.

**Week 1 and 2 Exercises:** Lead Upwindmill blocks- moving forward, Lead Roundhouse punch, Rear uppercuts, Rear Uppercut elbows, Low Snap kicks, Side kicks, Back falls

**Week 3 and 4 Exercises:** Jab/Cross, Downwindmill blocks, Hop kicks, Side kicks, Low 4 knuckle hammers, Hooking heels, Back falls

### MD #10 (Mental Self Defense Technique)

#### Dealing with bullies Part 3

What do you do if someone is bullying you?

We are going to practice ways to deal with bullying by using "The Five Rules of Personal Safety." They are:

- Use your mind : It is perfectly fine to avoid people who are treating you disrespectfully. If you know that they hang out in a certain place at a particular time and it's easy for you to avoid the area then don't go there.
- Use your words: Look them right in the eye and ask them why they are treating you this way. Tell them to stop in a clear, firm voice. Use their name. It adds power
- Use your legs: If you believe that the person is about to hit you, it's ok to run to safety. Especially if it's a person who you are not likely to see again. Running to stay safe is not being a coward.
- Ask for help: Talk to a trusted adult to get advice and help if you need to.
- Defend yourself: If other means have failed, you have a right to physically protect yourself. Use what you've learned here. Only fight until you are safe and report it to a trusted adult.

### Lesson F20 Hip Throw \_\_\_\_\_

Grab opponent's R tricep w/L hand.

- Step past opnt's R foot w/your R foot.
- Wrap R arm under opnts L arm and grab L shoulder and tilt them to their right
- Step back w/L and throw opnt over your R hip.

**"No one can make you feel inferior without your consent"**

**Eleanor Roosevelt Presidential First Lady and U.S. Diplomat**