

# American Tiger Martial Arts & Fitness

Kyin Kung Fu Center

## First Year Lessons

### Lesson F21 \_\_\_\_\_

Opnt throws a L straight punch.

- Step up & out w/R and L upwindmill block.
- R Roundhouse punch to L kidney.
- L Straight punch to nose.
- R Straight punch to the L ribs.
- R snap kick to L knee (1" above knee).

**Week 1 and 2 Exercises:** Rear upwindmill blocks moving forward diagonally, Straight punches, Lead roundhouse punches, Low snap kicks, Roundhouse knees, Open palms

**Week 3 and 4 Exercises:** High hammers, Backhands, Roundhouse elbows, Hop kicks, Hooking heels, Straight palms, Front falls

### MD #11 (Mental Self Defense Technique)

#### Dealing with bullies Part 4 BUDDYING

What can you do instead of bullying? How can you help people who are being bullied?

You can start "Buddying." Buddying is done by practicing acts of kindness. It's the exact opposite of Bullying. It's the right thing to do and can also be a lot of fun. Strength and kindness go together. Truly strong people are kind and they practice buddying all the time.

When you do something nice for someone else, a chemical called serotonin is released in your body that makes you feel good. The same is true for the person you are being nice to and even for a person who only witnesses the kind act. Everyone benefits from buddying.

What are some of the ways you can start buddying?

You can let someone else go first, compliment someone, ask someone sitting alone to join you, hold a door open for another person, ask to help out, help someone with their homework etc. The list is endless really.

Just remember to keep yourself safe while being helpful.

### Lesson F22 \_\_\_\_\_

Opnt starts L side up, steps up w R & throws a R roundhouse punch.

- L upwindmill block as you step in w/R and R hammer to L side of the nose.
- R backhand to the throat.
- R hopping snap kick to the groin.

**"YOU HAVE BRAINS IN YOUR HEAD. YOUR FEET IN YOUR SHOES.**

**YOU CAN STEER IN ANY DIRECTION YOU CHOOSE."**

**DR. SEUSS**