

American Tiger Martial Arts & Fitness

Kyin Kung Fu Center

First Year Lessons

Lesson F23

Opnt steps up w/L and throws a L straight punch toward face

- Starting R side up move up and diagonally to the R (entering footwork) and L upwindmill block and grab) pulling opponent off balance
- R forearm hammer to R elbow (1 inch above)
- R 4 knuckle hammer to the base of the skull
- Step R foot between opnts legs, bump them and R choke pulling them against your body as you step into a solid R half horse behind them

Week 1 and 2 Exercises: Rear upwindmill blocks moving forward diagonally, Straight punches, forearm hammers, High 4 knuckle hammers, Half horses, Side kicks, Hooking heels

Week 3 and 4 Exercises: Umpah and roll, down elbows, Back elbows, Stomps, Uppercuts, 4 knuckle uppercuts, Side kicks (working on height), hooking heels,

MD #12 (Mental Self Defense Technique)

Overcoming Resistance: We all deal with it. There is something that we need to do but really don't want to do it. It could be chores, work, school, homework, a project etc. We can think of 200 other things that we would rather be doing. It can be really frustrating.

Added to that is when it's something that someone else is asking you to do such as a parent, spouse, partner or teacher. It can sometimes feel like they are nagging at us and we can feel angry and frustrated at them.

So what can we do about this? The first thing is to be honest about how your feeling. Are you feeling overwhelmed? Confused? Physically tired? Let the person you have to answer to know what's going on (including yourself) You might be able to get some help.

Find ways to at least get started even for just a short time. Often that's all that's needed to get the whole job done. Make it as fun as possible. Listen to music. Make it a game. Break it down to shorter goals. Reward yourself when you get each part done. Know that when you do get it done you will feel much better. Don't let the resistance stop you! You are too strong for that!

Lesson F24

Opnt is sitting on top of you holding wrists to floor beside your head

- Get feet flat on floor with knees bent
- Spit in their face as you extend your arms overhead and lift your hips quickly and umpah opnt over to the right onto their back (sticking with them)
- R elbow to the groin (If they still have a hold of your wrists grab your R fist with your L hand and R elbow groin with hands joined)
- Stand up and move back into guarding stance

"EVEN IF YOU ARE ON THE RIGHT TRACK, YOU'LL GET RUN OVER IF YOU JUST SIT THERE"

WILL ROGERS