

# American Tiger Martial Arts & Fitness

Kyin Kung Fu Center

## First Year Lessons

### Lesson F5 \_\_\_\_\_

Opnt attempts to grab your shirt or shoulder

- Step up and out w/ R & R forearm cross block
- R backhand to groin
- L upper cut punch to solar plexus
- R hammer L temple
- R backhand nose
- R hop kick groin

### Week 1 and 2 Exercises:

Cross blocks, Low backhands, Rear uppercuts High hammers, Hop kicks, Half horses/Full horses, Side kicks

### Week 3 and 4 Exercises:

Blocks and grabs, Uppercut elbows, Roundhouse knees, Low snap kicks, Side kicks, Hooking Heels

### Lesson F6 \_\_\_\_\_

(utilize the convenience of a wall)

Opnt throws a L punch

- Step up w/ R & L upwindmill block & grab
- Step toward wall w/ R and R uppercut elbow opnts elbow as you drive opnt into wall
- R roundhouse knee to lower spine
- step out to R while sliding L hand to top opnt's hand leveraging opnts L wrist & Grabbing radial nerve w/ R & squat as you drive opnt's elbow to ground (opnt falls on back)
- R snap kick L temple

### MD #3 (Mental Self Defense Technique)

**Anger management - What to do if you feel really angry at any of the people in your life**

Everyone gets angry sometimes. It's ok to be angry. What most people have trouble with is how they respond to being angry. When you feel yourself getting really angry and maybe even feel like yelling or hitting someone (who is not physically attacking you or isn't about to) tell them you are angry and need some time to calm down. **Walk away**, take some long deep breaths. Exercise and/or talking to a trusted person can help too. Sometimes anger erupts from the build up of previous issues that you did not talk about. When you feel more calm ask to talk about it. **Use "I feel" Statements** Try to **talk about the problem**, not the person. Listen and care about the other's feelings. **Repeat back what you think you have heard** the other person say is the problem and visa versa. Admit where feel you might be wrong. Get help from a trusted adult if things seem too hard to work out.

**"If you are patient in one moment of anger, you will escape a hundred days of sorrow"**

**Chinese Proverb**