

American Tiger Martial Arts & Fitness

Kyin Kung Fu Center

First Year Lessons

Lesson F7

Opnt throws a R roundhouse punch (can be lead or rear punch)

- Step up w/ L & L upwindmill block and R straight palm to L jaw
- R snap kick groin
- R side kick throat

Week 1 and 2 Exercises: Roundhouse punches from lead and rear hand, Lead Upwindmill blocks— moving forward, Rear straight palms, Snap kicks, Side Kicks

Week 3 and 4 Exercises: Rear block and grabs, Roundhouse punch/Backhand combo, 4 knuckle uppercuts, Forearm hammers, 4 knuckle hammers

MD #4 (Mental Self Defense Technique)

Being able to forgive:

Often when someone has made a mistake that effects us negatively or does something to hurt us, it can be hard to forgive them. It's important to remember that when we continue to hold on to a past grievance it hurts us a lot more than it hurts the other person.

Forgiving does not mean that what happened was ok, or that you should forget; it just means that you have decided that it's not going to run your life and cause further unhappiness to you; even if that person has not apologized. You keep the lesson but move on.

Often conflicts happens when we are unwilling to forgive and try to find a way to "get back" at someone or let the anger build. You might have learned not to trust someone which is a good lesson but usually storing up anger or "getting even" will escalate the next conflict that comes along.

Lesson F8

Opnt throws L lead straight punch

- Step up and out diagonally w/ R & L upwindmill block & grab
- R Roundhouse punch to L kidney
- R backhand spleen
- L 4 knuckle uppercut groin
- R forearm hammer back of neck or 4 knuckle hammer if opnt is close (or if you shuffle forward to keep opnt close)

"The weak can never forgive. Forgiveness is the attribute of the strong."

Mahatma Gandhi