

# American Tiger Martial Arts & Fitness

Kyin Kung Fu Center

## First Year Lessons

### Lesson F9 \_\_\_\_\_

Opnt throws a L Straight punch.

- Step out w/R and L Upwindmill block & grab the wrist.
- R uppercut elbow to opnt's elbow (1" above). Use leverage to bend opnt over.
- R backhand to the L temple.
- L open palm to the throat.

**Week 1 and 2 Exercises:** Straight punches, Rear upwindmill blocks and grabs, Upper cut elbows, Backhands, Open palms, Roundhouse kicks

**Week 3 and 4 Exercises:** Roundhouse punches, Back elbows, Backhand elbows, Low snap kicks, Jab/cross, Back falls,

### Lesson F10 \_\_\_\_\_

Opnt throws a R Roundhouse punch.

- Step in w/R and L upwindmill block & R uppercut elbow to solar plexus.
- R backhand elbow to R ribs.
- Grab opnt's R ankle w/L as push your R forearm down onto the R hip (above thigh) as you pull opnt's leg to your L hip (opnt falls).
- Snap kick to groin

### MD #5 (Mental Self Defense Technique)

#### Boundaries:

Knowing how to protect ourselves from physical attack gives us confidence and helps keep us safe.

Sometimes people do things that make you feel uncomfortable without it being a physical attack. They might stand too close or touch you in ways that you don't like. They might try to convince us to do something that we do not feel good about and make it hard to say no. Peer pressure is one example. Your friends may want to do something that does not feel right for you and fear of losing that relationship might make you just go along.

Your **boundaries** are the edges of where you feel safe and people who go beyond those edges are trying to **cross your boundaries**. You know when that's happening when you feel uncomfortable.

Say "NO" to these types of things. Get the help from a trusted adult if you need to. Protect your boundaries.

**"No" is a complete sentence"**

**Anne Lamont**