

Little Champions Beginner

Combination: Jab/Jab/Cross

Month 1:

Start with left leg in front and hands up by chin (left guarding block)

Hop forward left front punch (Jab) / Left front punch (Jab) / right reverse punch (Cross)

Month 2:

Start with right leg in front and hands up by chin (right guarding block)

Hop forward right front punch (Jab) / Right front punch (Jab) / left reverse punch (Cross)

Self Defense:

Month1: Double Handed Push #1

Opponent: Reaches out with both hands as if to push student over.

Student: Grab attacker at elbows, step to Left or Right, pull elbows, and step past

Month 2: Double Handed Push #2

Opponent: Reaches out with both hands as if to push student over.

Student: Pac sao (brush arm with back of hand) Pass opponents arm with other hand, and push

Universal Form #3– Ends With Kung-Fu Stance

Start “Universal Ready Position” - left hand up, palm facing in, right fist sits on the palm of left hand

Month 1:

1. Step out to the left side – left back fist, I-stance
2. Right reverse punch – twist back heel off the ground
3. Slide left foot to right foot, feet together, step out to the right side – right back fist, I-stance
4. Left reverse punch – twist back heel off the ground
5. Slide right foot to left foot, feet together, palms up by chest
6. Step back right leg, high section x block, walking stance, right hand on top of x-block
7. Stay in same stance as #6 and low section x-block, walking stance, left hand on top of x-block

Month 2:

8. Left front kick – both hands up by chin
9. Left knife hand block – one hand by chin
10. Right reverse punch – one hand by chin
11. Hug - Both palms up, left hand inside, low section knife hand block, right knife hand block over head (kung-fu stance)
12. Bring left foot to right foot, cross arms in front, make a big X

VICTORY / HUMILITY / FOCUS / RESPECT