

Little Champions Black Belt Club

Combination: Turning Kick (Front Leg)

Month 1:

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

Hop forward left front punch / right reverse punch / Turn back heel / Front (L) leg turning kick / Right leg turning kick/foot to foot, Right leg turning kick

Month 2:

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

Hop forward right front punch / left reverse punch / Turn back heel / Front (R) leg turning kick / Left leg turning kick/foot to foot, Left leg turning kick

Self Defense:

Month 1: Double Handed Push

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. Close arm comes up under opponents armpits, clothesline

Month 2:

None

Sticks: Basic Blocking 1-6

Month 1: Basic Blocking 1-3

Leader

Strike HIGH follow through

Strike HIGH follow through

Strike MID follow through

Blocker

Block HIGH on left side

Block HIGH on right side

Block MID on left side

Month 2: Basic Blocking 4-6

Leader

Strike MID follow through

Strike LOW follow through

Strike LOW follow through

Blocker

Block MID on right side

Block LOW on left side

Block LOW on right side

Grappling (Masters):

Month 1: Hip Escape 1

Start: start in Prayer Position, knees together, hands together

1. Partner starts in Cross Body
2. Sit up, enough to push partner down to stomach
3. Hands go to partner's hip
4. Bridge, turn to the side
5. 'Shrimp' – glue feet to floor and push bum out through partner's arms
6. Slide bottom leg across their waist / belt
7. Turn, straighten out and wrap both legs around waist
8. End in guard position

Month 2: Guillotine From Guard

Start: On back, with partner in closed guard

Drop legs from guard. Place hands on partner's hip, turn and 'shrimp out' (not fully, just enough to gain some space). Arm on the ground circles out to support as student sits up, other hand across opponent's back, palm down. Bring arm across back and up to neck, wrap around to choke position, wrist facing up. Supporting hand comes in to grab other wrist (gable grip) to maintain choke position. Fall back, legs go back into guard. Extend and twist your body, bringing opponent's head to floor, twist body in opposite direction.

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4 Direction Punch – (Right punch)

This whole routine is done with walking stances

Start: Ready position – hands in front of belt, feet shoulder width apart, student “READY” to begin

1. Aim with left hand, step forward right punch
2. Slide right foot in, turn and push right leg back, left hand crosses up to right ear, left low section block
3. Aim with left hand, step forward right punch
4. Slide right foot in, turn and push right leg back, left hand crosses up to right ear, left low section block
5. Aim with left hand, step forward right punch
6. Slide right foot in, turn and push right leg back, left hand crosses up to right ear, left low section block
7. Aim with left hand, step forward right punch

4 Direction Punch – (Left Punch)

This whole routine is done with walking stances

Start: Ready position – hands in front of belt, feet shoulder width apart, student “READY” to begin

1. Aim with right hand, step forward left punch,
2. Slide left foot in, turn and push left leg back, right hand crosses up to left ear, right low section block
3. Aim with right hand, step forward left punch
4. Slide left foot in, turn and push left leg back, right hand crosses up to left ear, right low section block
5. Aim with right hand, step forward left punch
6. Slide left foot in, turn and push left leg back, right hand crosses up to left ear, right low section block
7. Aim with right hand, step forward left punch