

## Little Champions Beginner

### Combination: Jab/Cross/Front Leg Side kick

#### Month 1:

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

Hop forward left front punch (Jab) / Right reverse punch (Cross) / Turn Back Heel, Left Leg Up, Side Kick

#### Month 2:

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

Hop forward right front punch (Jab) / Left Reverse punch (Cross) / Turn Back Heel, Right Leg Up, Side Kick

### Self Defense:

#### Month 1: Turtlesell

Drop bottom to the ground, roll on back hands up and feet up. Keep head from touching the ground

#### Month 2: Make Space and Race

Turn on Side, Arm up for defense, Kick with bottom leg, Escape

## Universal Form #2 - Ends With Crane Stance

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

#### Month 1:

1. Step back with right foot, left back fist – other hand by chin
2. Step forward, right lunge punch, other hand by chin
3. Step forward, left lunge punch, other hand by chin
4. Drop right knee down into kneeling position – right reverse punch
5. Push back deep right L-stance, low section knife hand block, high section knife hand block over head (kung-fu stance)
6. Move into sitting stance – both hands up by belt

#### Month 2:

7. Left flat fingertip thrust – high section – palms down flat
8. Right flat fingertip thrust – high section – palms down flat
9. Left mid section knife hand – palm side ways
10. Right mid section knife hand – palm side ways
11. Left low section upset fingertip thrust – palm up
12. Right low section upset fingertip thrust – palm up
13. Left leg in – right hand shoulder, left hand pocket
14. Crane – left high section knife hand over head, right low push block - stand on right leg, left knee lifted high

**VICTORY / HUMILITY / FOCUS / RESPECT**