

# Little Champions Black Belt Club AND Junior Beginners

## 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: Double Wrist Grab (Pretend Partner – No Student Contact)

### Month1: Double Wrist Grab – Circle Down

Opponent: Grab student – both wrists

Student: Circle wrists out, up, push down on opponent's hands to escape, Front kick, Straight punches x 6

### Month 2: Double Wrist Grab – Clap, Pull Through

Opponent: Grab student – both wrists

Student: Clap hands together, pull up and through opponent's grasp to escape, Front leg side kick, Back Fist, Straight punches x 6

## Nunchucks:

### Month 1:

Fold under (R), Seat Belt to Shoulder x3, Catch in front

### Month 2:

Repeat (L) Side

## 4 Direction Punch

### Month 1: 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

### Month 2: Repeat (L)