

## Little Champions Beginner

### Combination: Jab/Cross/Front Leg Turning 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 right heel / Front leg (Left) Turning 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 left heel / Front leg (Right) Turning Kick

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

#### Month 1: Double Wrist Grab – Circle Down

Opponent: Grab student – both wrists

Student: Circle wrists out, up, push down on opponent's hands to escape

#### 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

## 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**