

Little Champions Beginner

Combination: Jab/Cross/Sidekick

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) 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 left heel / Front leg (Right) Side Kick

Self-Defense: Normal Grab and Cross Grab

Month 1: Normal Grab (Waiter) / Stomp / Sidekick

Month 2: Crossgrab (Pass the Pizza) / Stomp / Sidekick

Universal Form #1 - With Double Blocks

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

Month 1:

1. Step back right leg, I-stance, left downward knife hand strike, right hand by chin
2. Right crescent kick – hit the hand, drop right leg in front into I-stance
3. Right downward knife hand strike, I-stance, left hand by chin
4. Left crescent kick – hit the hand, drop left leg in front, I-stance
5. Monkey block facing sideways – cross left hand inside with both palms up (twin forearm block, I-stance)
6. Slide feet together, cross both arms in front – X – Sitting stance
7. Pull both elbows back, both palms up by belt, maintain sitting stance

Month 2:

8. Double UP block – sitting stance (double raising blocks)
9. Double IN block – sitting stance (double inner forearm blocks)
10. Double OUT block – sitting stance (double outer forearm blocks)
11. Double DOWN block – sitting stance (double low section block)
12. Double PUNCH – sitting stance (double mid section punches)
13. Feet together – make an X with arms

VICTORY / HUMILITY / FOCUS / RESPECT