

Little Champions Beginner

Combination: Jab/Cross/Front 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) / Front leg (Left) Front 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) / Front leg (Right) Front Kick

Self-Defense: Cross Grab R and L

Travelling Star Block Set (Right Side, With Punches)

Start: Ready position "TRAVELLING STAR BLOCK SET SIR / MA'AM"

Month 1:

1. Step forward, UP block, I-stance
2. Using front leg, step out into walking stance, reverse punch
3. Step forward, IN block, I-stance
4. Using front leg, step out into walking stance, reverse punch
5. Step forward, OUT block, I-stance

Month 2:

6. Using front leg, step out into walking stance, reverse punch
7. Step forward, DOWN block, I-stance
8. Using front leg, step out into walking stance, reverse punch
9. Step forward, PUSH down, I-stance
10. Using front leg, step out into walking stance, reverse punch