

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: Turtleshell / Make Space and Race

Month 1: Turtleshell

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

Month 2: T-Rise (Make Space and Race)

From Turtleshell or Breakfall: Turn onto right side of body while raising left arm over head (Raising Block) and right elbow supporting body on the ground. Side kick with left leg. Slide right palm onto ground and lift body off the ground. Side kick with right leg. Swing right leg back to meet right hand. Stand up while slightly shifting back and bring guard up.

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