

Little Champions Beginner

Combination: Jab/Cross/Hook

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) / Left hook (Hook)

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) / Right hook (Hook)

Self-Defense: Normal Grab L & R

Month 1: Normal Grab L (Waiter)

If left wrist is grabbed, turn palm down, step in left foot, point left elbow to partner's nose, place right hand over top hand and grab, twist away to the right. Stomp left, left sidekick

Month 2: Normal Grab R (Waiter)

If right wrist is grabbed, turn palm down, step in right foot, point right elbow to partner's nose, place left hand over top hand and grab, twist away to the left. Stomp right, right sidekick

Travelling Star Block Set (With Punches, Left Side)

Start in 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