

Little Champions Black Belt Club AND Junior Beginners

Combination: Front Leg Side Kick

Month 1: Start with left leg in front and hands up by chin (left guarding block)

Hop forward left front punch / right reverse punch / Turn right heel/ front leg side kick / Pivot/ Back Leg Side Kick/ Foot to Foot/ Back Leg Side Kick

Month 2: Start with right leg in front and hands up by chin (right guarding block)

Hop forward right front punch / left reverse punch / Turn left heel/ front leg side kick / Pivot/ Back Leg Side Kick/ Foot to Foot/ Back Leg Side Kick

Self Defense:

Month 1:

Start: Student standing defensive, opponent on knees, reaching to tackle in grappling

As Opponent comes in to grab at knees, student places hands on opponents shoulders, leans in, hops legs back in 'sprawl' to get them out of range of opponent. The weight of student sprawling pushes opponent to the floor.

Month 2:

As in month one, but instead of using hands on opponent shoulders, student uses forearms.

Nunchucks: Fold, Seatbelt

Month 1:

Start in front, fold to the right, seatbelt to shoulder x 3, return to front

Month 2:

Start in front, fold to the left, seatbelt to shoulder x 3, return to front

Grappling:

Month 1: Escape the Guard To Crossbody

Month 2: Hip Escape to Guard

Start: start in Prayer Position, knees together, hands together

1. Partner starts in Cross Body
2. Bridge, sit up, push partner down to stomach
3. Hands go to partner's hip
4. Bridge again, turn towards their feet
5. 'Shrimp' – glue feet to floor and push bum out through partner's arms
6. Slide bottom leg across their waist / belt
7. Turn, straight out and wrap both legs around waist
8. End in guard position