

Little Champions Beginner

Combination: Jab/Cross/Side 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) 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: Double Wrist Grab

Month 1: Double Wrist Grab – Clap, Pull Through

Opponent: Grab student – both wrists

Student: Clap hands together, pull up and through opponent's grasp to escape, hands come up to your head as you twist away

Month2: Double Wrist Grab – Circle Down

Opponent: Grab student – both wrists

Student: Circle wrists out, up, push down on opponent's hands to escape. Hop back, hands up, Yell "Back Off"

Star Block Set (No punches)

Start: Sitting stance – "STAR BLOCK SIR/MA'AM"

Month 1: (Left Side)

1. UP block
2. IN block
3. OUT block
4. CROSS block
5. DOWN block
6. PUSH down

Month 2: (Right Side)

1. UP block
2. IN block
3. OUT block
4. CROSS block
5. DOWN block
6. PUSH down