

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: Make Space and Race (T-Rise)

Month 1:

From Turtlesell 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.

Month 2:

Repeat actions, starting on other side

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

Month 2:

4. Drop right knee down into kneeling position – right reverse punch
5. Hug, 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