

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

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

Self Defense: Normal Grab/Waiter

Month 1:

Partner grabs wrist, same side of body (Normal Grab). Turn Palm down, same leg steps in, point elbow to partners nose, place other hand over top hand and grab, twist away (Waiter move). Then, Footstomp, Sidekick

Month 2:

Repeat actions, starting on other side

Travelling Star Block Set (With Punches)

Start in ready position "TRAVELLING STAR BLOCK SET SIR / MA'AM"

Month 1: (Left Side)

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