

Little Champions Beginner

Combination: Jab/Cross/Front 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) / Front Leg Front 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) / Front Leg Front Kick

Self Defense: Double Wrist Grab

Month 1:

Partner grabs both wrists. Circle hands out and up, turn Palms down, push down on opponents hands to escape. Finish with Front Kick

Month 2:

Partner grabs both wrists. Clap hands together, pull out sideways to head as if cushioning head to sleep. Finish with Backfist, palm strike.

Universal Form #4 - Make a Tail

Start “Universal Ready Position” - left hand up, palm facing in, right fist sits on the palm of left hand

Month 1:

1. Step back right leg, left knife hand block – other hand by chin
2. Right reverse punch – other hand by chin, twist back heel off ground
3. Back leg front kick – both hands up by chin, drop leg in front
4. Right knife hand block – other hand by chin
5. Kneel – left reverse punch, left knee is touching the ground
6. Make a heart in front of nose – turn and hands on the floor

Month 2:

7. Right side kick, look over right shoulder
8. Left back kick, look over left shoulder
9. Make a tail – drop the left leg in front, spin on right knee
10. Reverse Right knife hand block – other hand by chin
11. Left knife hand block – other hand by chin (still in kneeling position – right knee is on the ground)
12. Right reverse punch – other hand by chin (still in kneeling position – right knee is on the ground)
13. Stand – make an X, feet together

VICTORY / HUMILITY / FOCUS / RESPECT