

## 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: Double Grab Wrist Grab (Two hands grab one wrist)

#### Month1: Circle up

Opponent: Use two hands to grab one wrist

Student: Circle wrist inwards and up (scoop the water) , push away

#### Month 2: Reach and pull through

Opponent: Use two hands to grab one wrist

Student: Reach through with free hand, grab own elbow, pull up and out

### Universal Form #3 – Ends With Kung-Fu Stance

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

#### Month 1:

1. Step out to the left side – left back fist, I-stance
2. Right reverse punch – twist back heel off the ground
3. Slide left foot to right foot, feet together, step out to the right side – right back fist, I-stance
4. Left reverse punch – twist back heel off the ground
5. Slide right foot to left foot, feet together, palms up by chest
6. Step back right leg, high section x block, walking stance, right hand on top of x-block
7. Stay in same stance as #6 and low section x-block, walking stance, left hand on top of x-block

#### Month 2:

8. Left front kick – both hands up by chin
9. Left knife hand block – one hand by chin
10. Right reverse punch – one hand by chin
11. Hug - Both palms up, left hand inside, low section knife hand block, right knife hand block over head (kung-fu stance)
12. Bring left foot to right foot, cross arms in front, make a big X

**VICTORY / HUMILITY / FOCUS / RESPECT**