

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: Breakfall (Turtleshell)/Make Space and Race

Month 1: Turtleshell

Drop bottom to the ground, roll on back hands up and feet up. Keep head from touching the ground. Kick x4

Month 2: T-Rise (Make Space and Race)

From Turtleshell 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.

Universal Form#1 - With Double Blocks

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, I-stance, left downward knife hand strike, right hand by chin
2. Right crescent kick – hit the hand, drop right leg in front into I-stance
3. Right downward knife hand strike, I-stance, left hand by chin
4. Left crescent kick – hit the hand, drop left leg in front, I-stance
5. Monkey block facing sideways – cross left hand inside with both palms up (twin forearm block, I-stance)
6. Slide feet together, cross both arms in front – X – Sitting stance
7. Pull both elbows back, both palms up by belt, maintain sitting stance

Month 2:

8. Double UP block – sitting stance (double raising blocks)
9. Double IN block – sitting stance (double inner forearm blocks)
10. Double OUT block – sitting stance (double outer forearm blocks)
11. Double DOWN block – sitting stance (double low section block)
12. Double PUNCH – sitting stance (double mid section punches)
13. Feet together – make an X with arms

VICTORY / HUMILITY / FOCUS / RESPECT