



Mighty Mites & Ninja Niños



White belt - White Belt / Orange Stripe

Guarding Stance -

The length and width of the stance is the same as a normal walking stride - a distance at which we should all feel comfortable. Both feet face forward and both knees are slightly bent.

Both arms need to be bent, with the back fist in front of the chin. The front hand needs to be lower, to cover attacks to the body.

Reverse punch :

This technique is delivered using the first two knuckles of the rear fist. The punching hand only moves forward, reducing the chance of an opponent seeing the movement and avoiding, blocking or counter-attacking.

The non-striking hand moves back to the hip just as fast as the punching hand moves. This opens up the chest and twists the hips, generating more speed and more power. Once the punch has completed, both hands should return to the guarding position.

Low section block :

This technique is designed to stop a kick to the stomach or groin.

The non-blocking arm should move to cover the groin / stomach. That way, if the block is not fast enough, you still have something in the way of the kick to, at least, take some of the sting out of it.

The blocking hand then moves to the non-blocking elbow. Again, this is the position where the chamber is enough to generate power in the block but not so much that it increases the time taken to perform it.

The blocking hand then moves to just above the front knee. The arm should have a slight bend.

At the same time, the non-blocking arm needs to pull back to the hip at the same speed as the block is executed. This opens up the hips and the chest, increasing both speed and power in the block.

A low block should be aimed to land on the outside of the incoming leg.

Otherwise, you will be blocking against the shin bone. Your forearm will not be strong enough to withstand this.

High section block :

This technique is designed to stop a punch to the face, although it could also protect against an attack to the throat or to the top of the head.

The blocking hand ends approximately 2 fists distance above the head, on the opposite side. The shortest distance and, therefore, the fastest movement, is in a straight line. So, the fist of the blocking arm needs to travel in a straight line between the two points – up and across, in one movement. Twisting the forearm during the blocking movement helps to make the attack spin off of the block, increasing it's effectiveness.

Pushing palm block :

The hand performing the block moves across the body, with the hand open and the fingers pointing upwards. Make sure that the thumb is tucked in, otherwise it could potentially be hit by the incoming attack, breaking your thumb.

Knee strike

A relatively close range strike. This is aimed at either the groin or the solar plexus.

At its most basic, this is a front snap kick, without the leg extending. The distance of the fight, and the target aimed for, dictates the amount your body leans backwards and the hips thrust forward.

A short-range strike to the groin needs no body lean. It is, in effect, just a knee-lift.

A strike to the solar plexus is turned into a "long knee" strike. This is exactly the same movement as a front snap kick, without the leg extending.

Front kick :

This is the first of the snap-kicks. All of the other snap-kick techniques stem from this one.

This kick should be thrown in a "wave" motion, with the shoulders acting as the pivot point.

Imagine you are a player in a bar football game. The bar goes through your shoulders. When you kick, everything below the shoulders goes forward and everything above goes back. This gives you extra reach on the kick, extra power by throwing the hips and it keeps your head out the way of any potential counter-attack.

Your hips lead, then the knee, then the foot. The height of the knee dictates the height of the final kick.

You should be on the ball of your standing foot, which remains forward facing. If you need to, you can hold your hands in front, in "gun sight" position.

Kicking between the hands guarantees that the kick is straight in front.

The kick should be thrown beyond the target, to guarantee maximum impact.

There are three potential targets for a front kick. The face and the body need the kick to be landed with the ball of the foot. An attack to the groin is landed with the instep