



Mighty Mites & Ninja Niños



White Belt / Yellow Stripe – White Belt /Green Stripe

Walking Stance :

This is, effectively, the same as a normal, everyday walking pace. The same as you would whilst walking along the street. All techniques thrown in this stance need to complete at the same time the step completes.

Walking punch :

As with all punches, this technique is delivered using the first two knuckles of the fist, not the last three. The punching hand only moves forward, reducing the chance of an opponent seeing the movement and avoiding, blocking or counter-attacking.

The punch itself does not move until the feet have almost completed the step into the walking stance. This speeds the technique up, as it should finish at the same time the forward step completes.

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.

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 begins at the hip and 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.

Mid section inner block :

This technique is designed to stop a punch to the chest or stomach.

The blocking hand begins at the hip, this time ending level with the opposite shoulder. Again, the fastest movement is in a straight line but, this time, bringing the whole of the forearm across with it. There should be a 90 degree bend in the elbow, so that you cover as much of your body as possible.

You will need to twist your body slightly, to get the arm into the right position.

Low section block

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

It is not possible to perform this block in a straight line movement, like the other blocks.

The non-blocking arm should move to cover the groin / stomach. That way, even if the block is not fast enough, you still have something in the way of the kick.

The blocking hand then moves to the non-blocking elbow. This is the position where the chamber is enough to generate power in the block but not so much that it takes too long.

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. 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.

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.

Front kick

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.

Half turning kick :

This kick starts in the same way as the front kick. As you start to extend the leg, come up onto the ball of your standing foot and twist on it through 90 degrees. This opens up your hip angle by 45 degrees. The kick is now delivered at such an angle as to come up and across together, into your opponent's ribs. Your shoulders remain square-on, just like the front kick. Only the bottom half of your body turns.

This kick is only ever thrown to your opponent's ribs. Any higher and you start to reduce the effect of opening the hips. It also means that your own body presents a bigger target for your opponent to counter-attack.

This is the real "bread and butter" kick. It is the one kick thrown most often in any combat situation, be it competition or self-defence