



Mighty Mites & Ninja Niños



White Belt / Green Stripe – Yellow Belt

Walking stance :

This is, effectively, the same as a normal, everyday walking pace. The same as you would whilst walking along the street.

High section block, reverse punch

Pushing palm block, reverse punch :

Both movements need to have the same basic technique as they do when performed individually. Each needs hip movement, to generate the speed and the power. Pause (very) slightly between the movements, to ensure that the defensive move has fully completed. This has the effect of ensuring maximum power in both parts.

Once the reverse punch has been thrown, the punching hand will become the blocking hand for the next set.

Be aware that, from the high block, the counter punch MUST be to the mid-section. It cannot be high, as the attacking arm will be covering the attacker's face.

Mid-section outer block :

Your arms cross in front of your body, with the centre of the cross just below the solar plexus (the V of your training suit). The blocking arm must be the front arm of the cross, otherwise you run the risk of your arms catching on each other as you complete the technique.

The blocking arm then comes back across the body again, finishing level with the shoulder. The non-blocking arm pulls back to the hip at the same time as the blocking arm completes the technique. This opens out both the chest and the hips, generating more power in the block.

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.

Half turning kick :

This kick starts the same way as a 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.

Full turning kick

This starts in the same way as the half turning kick but, in this case, as you start to extend the leg, come up onto the ball of your standing foot and twist on it through 180 degrees. This opens up your hip angle by 90 degrees. Your upper body will also need to twist through 90 degrees.

The height of the knee will dictate the height of the final kick. Do not let the knee drop until the kick completes. The speed of the twist generates the speed in the kick and, therefore, the power it carries.

As the kick reaches it's impact point, your body should be in a straight line down the length of your body, from your shoulder to your foot. :