



Mighty Mites & Ninja Niños



White Belt / Orange Stripe – White Belt / Yellow 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.

- Low section block, Reverse punch :**
- High section block, Reverse punch :**
- Pushing palm block, Reverse punch :**

These movements each take one of the standard blocks, outlined earlier, and turn the defensive movement into a counter attack. In most cases, once an attack has been blocked, a target will present itself. Purely defensive movements give your opponent no reason to stop attacking. The longer they continue to attack, the more likely they are to land an attack. Counter-attacking, on your part, ends the initial attack and allows you to fight back. 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.

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.

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.

Front push kick :

The point of this kick is two-fold.

It is used to either push a static opponent backwards or to stop an advancing opponent in their tracks. In the second case, it usually has the added effect of “bouncing” you out of harm’s way, too.

Lift the knee as high as you can, with your back still straight. Do not lean into the kick as this both reduces the effect of the kick and puts your head in the firing line.

Once the knee reaches maximum height, then the kick can “explode” out.

Open up the hips and lean the shoulders back as you extend the knee. You are looking to land, with the flat of the foot, onto your opponent’s chest, solar plexus or stomach.