

GUARDIAN ACADEMY
Even Years, Trimester 1
January thru April

EY,T1 MONTH ONE

MONDAY, JANUARY 4, 2010

WELCOME CLASS

Protocols, Belt Tying, Exercise Instruction, Exercises

WEDNESDAY, JANUARY 6, 2010

Karate 1: Drill: Forward Kick; Kumite Drill: Slow Motion Sparring, Three Step Freeze Sparring, Three Step Sparring

Lecture: Guardian Kempo Hands 100

Jujitsu 1: Control Circle: 1. Mount (Test, Test, Test); 2. Kneeling Mount; 3. Switch Base Mount; 4. Top Mount; 5. Side Mount; Four Ways: Loose Clockwise; Loose Counter Clockwise; Tight Clockwise; Tight Counter Clockwise

Lecture: Reality is More Important Than Anything We Believe 98

Kobujitsu 1: Cover Commands (Covers); Sword Form 1, 2: 1 Upward Diagonal Inside Slash, 2 Middle Thrust; 2 Downward Cut, 2 Outside Cut, 2 Diagonal Outside Slash

Lecture: Kenjitsu as Philosophy 96

MONDAY, JANUARY 11, 2010

Karate 2: Drill: Side Kick; Kumite Drill: Foundation Form Bad Guy 1 Explosion

Lecture: Unfill the Space 101

Jujitsu 2: Practice Control Circle, Guard Circle Part 1: 1. One Knee Base, Under the Leg to Side Mount. Buck and Side Slide, Insert Knee, Establish Closed Guard; 2. One Knee Base, Standing Base, Turn and Push Down, Knee Walk Across to Side Mount. Buck and Side Slide, Insert Knee, Establish Closed Guard.

Lecture: All Principles Must Be Consistently Applied 99

Kobujitsu 2: Cover Commands (Moving); Sword Form 3, 4, 5: 1 High Thrust, Side Kick; 2 Downward Slash, 2 Middle Jab; 2 Upward Diagonal Inside Slash, 2 High Thrust, Round Kick, Outside Elbow

Lecture: Warfare as Philosophy 97

WEDNESDAY, JANUARY 13, 2010

Karate 3: Drill: Back Kick; Kumite Drill: Front Kick Groin Hunting. Defending the Front Kick Groin Hunt.

Lecture: Create an Opening 102

Jujitsu 3: Practice Control Circle; Practice Guard Circle, Part 1; Guard Circle, Part 2: 3. Turn and Slide Up to Switch Base Mount. Press Back, Hip Slide to Knee Base, Slide Knee to Mount, Heel Hook and Roll to Open Guard.

Lecture: Defining Principles 100

Kobujitsu 3: Cover Commands (Switches); Sword 6, 7: Reinforced Guide Over, 1 Inside Slash, 1 Diagonal Outside Slash; 2 Inside Upward Block, 2 Diagonal Outside Slash, 2 Inside Thrust, 2 Inside Slash

Lecture: Philosophy as Martial Arts 98

MONDAY, JANUARY 18, 2010

CLOSED FOR MARTIN LUTHER KING, JR.

WEDNESDAY, JANUARY 20, 2010

Karate 4: Drill: Clash and Clinch; Kumite Drill: Lead Leg Kick Jamming

Lecture: Angle In, Angle Out 103

Jujitsu 4: Practice Control Circle; Practice Guard Circle, Part 1 and 2; Guard Circle, Part 3: 4. Press and Knee Walk, Knee Walk to Mount. Buck and Hip Slide to Insert Knee, Establish Closed Guard, Grab Both Wrists; 5. Split the Wrists, Trap Across, Unhook the Scissors, Press and Knee Walk, Knee Walk to Mount. Buck and Roll, Remain in Guard. Practice Other Side.

Lecture: Understanding Principles 101

Kobujitsu 4: Sword Form 8, 9: 2 Inside Cut, 2 Diagonal Inside Cut, 2 Outside Slash; 1 Upward Diagonal Inside Slash, 1 Downward Slash

Lecture: Four Options to Defeating an Opponent 99

MONDAY, JANUARY 25, 2010

Karate 5: Drill: Round Kick; Kumite Drill: Stand Your Ground vs. Angle In, Angle Out

Lecture: Limited Option Sparring 104

Jujitsu 5: Practice Control Circle; Practice Guard Circle; Standing Back Circle: 1. Arm Drag (forward wrist); 2. Arm Drag (across wrist); 3. Slip Under; 4. Duck Under; 5. Glide Past

Lecture: The Principles are Consistent 102

Kobujitsu 5: Sword Form 10, 11: 10 - Outside Chop, Hook Kick, 1 Upward Diagonal Outside Slash, Palm; 11 - 1 Outside Deflect Riposte; Back to 10 - 2 Inside Backward Thrust; Back to 11 - 1 Pommel Hammer, Knee, Reinforced Blade Jab, Reinforced Slash

Lecture: Weapon Principles and The Weapon's Place 100

WEDNESDAY, JANUARY 27, 2010

Karate 6: Drill: Inside Crescent Kick; Kumite Drill: Limited Option Sparring

Lecture: Flash Line Sparring 105

Jujitsu 6: Practice Guard Circle; Practice Standing Back Circle; Falls and Rolls Chain: 1. Fall Forward; 2. Fall Backward; 3. Roll Forward; 4. Roll Backward; 5. Breakfall

Lecture: Martial Arts Principles in Personal Growth 103

Kobujitsu 6: Sword Form 12, 13: 12 - 1 Middle Thrust, 2 Outside Upward Block, Forward Kick; 13 - 2 Inside Thrust; Back to 12 - 2 Pommel Hammer, Knee, 1 Outside Slash, Inside Elbow

Lecture: Weapon Defense Principles 101

MONDAY, FEBRUARY 1, 2010

Karate 7: Drill: Outside Crescent Kick; Kumite Drill: Flash Sparring <i>Lecture: Kumite</i>	106
Jujitsu 7: Practice Guard Circle; Practice Standing Back Circle; Practice Falls and Rolls Chain; Ki Principles: 1. Keep One Point; 2. Relax Completely; 3. Weight Underside; 4. Extend Ki; 5. Counter the Power; Ki Moves: 1. Ki Full Body Drop; 2. Ki Pull Down; 3. Ki Push; 4. Ki Pull; 5. Ki Drop. <i>Lecture: Principle Lead Martial Arts</i>	104
Kobujitsu 7: Sword Form 14: 2 Downward Cut, 2 Diagonal Outside Cut, 2 Diagonal Inside Slash, 2 Outside Cut, 2 Upward Diagonal Outside Slash, 2 Middle Thrust <i>Lecture: Multiple Opponent Combat and Warfare Combat</i>	102

EY,T1 MONTH TWO

WEDNESDAY, FEBRUARY 3, 2010

Karate 1: Drill: Side Kick, Step Forward Side Kick; Class: Foundation Form 1: High Punch, Inside Chop, Upward Inverted Punch, Horizontal Chop <i>Lecture: Forms (Kata): Producing an Effect</i>	107
Jujitsu 1: Grappling Class 1: Face Drop from Behind, Face Drop, Twisting Head Drop. <i>Lecture: Slow Motion Grappling</i>	105
Kobujitsu 1: Sword Form 15: 2 Outside Upward Block, Reinforced Block, Reinforced Blade Jab, 1 Outside Deflect Riposte <i>Lecture: Correct in What They Assert and Wrong in What They Deny: Principle</i>	103

MONDAY, FEBRUARY 8, 2010

Karate 2: Drill: Step Forward Side Kick, Skip Forward Side Kick; Class: Foundation Form 2: Forward Kick, Side Kick, Inside Elbow, Outside Knuckle <i>Lecture: Kumite Kata: What's Supposed to Happen</i>	108
Jujitsu 2: Grappling Class 2: Hook Drag Down, Foot Trap Drag Down from Behind. <i>Lecture: Cooperative Grappling</i>	106
Kobujitsu 2: Sword form 16, 17: 2 Outside Thrust; Side Kick, 2 Pommel Hammer, 1 Diagonal Inside Slash, 1 Upward Diagonal Outside Slash, Palm, 1 Middle Thrust, 1 Inside Deflect Riposte <i>Lecture: Correct in What They Assert and Wrong in What They Deny: Martial Arts</i>	104

WEDNESDAY, FEBRUARY 10, 2010

Karate 3: Drill: Skip Forward Side Kick, Jumping Side Kick; Class: Foundation Form 3: Outside Groin Strike, Vertical Punch; Roll <i>Lecture: Kumite: Changing Outcomes</i>	109
Jujitsu 3: Grappling Class 3: Knee Trip, Round Kick Takedown. <i>Lecture: Effortlessness</i>	107
Kobujitsu 3: Sword Form 18: Back Kick, 2 Inside Backward Thrust, Reinforced Slash <i>Lecture: Turn the Other Cheek</i>	105

MONDAY, FEBRUARY 15, 2010

CLOSED FOR PRESIDENT'S DAY

WEDNESDAY, FEBRUARY 17, 2010

Karate 4: Drill: Side Kick (Rear Leg), Hopping Side Kick (Rear Leg); Class: Foundation Form 4: Groin Strike, Horizontal Chop, Eye Poke, Middle Punch <i>Lecture: Forms: With Meaning and Purpose</i>	110
Jujitsu 4: Grappling Class 4: Heel Trip, Knee Collapse. <i>Lecture: Serenity Grappling</i>	108
Kobujitsu 4: Sword form 19: 1 Pommel Hammer, Vertical Punch, 2 High Jab, 1 Downward Slash, Round Kick, 1 High Thrust, Outside Chop, One Hand Headsmash to Knee <i>Lecture: Buy a Sword. He Who Lives By The Sword Will Die By The Sword.</i>	106

MONDAY, FEBRUARY 22, 2010

Karate 5: Drill: Flying Side Kick; Class: Foundation Form 5: Outside Knuckle, Low Punch, Outside Crescent Kick, Inside Crescent Kick, Back Kick, (Cover) <i>Lecture: Basic Kiai, Basic Integrity</i>	111
Jujitsu 5: Grappling Class 5: Heel Hook Drive Down, Heel Hook Drive Down from Behind. <i>Lecture: Ego Free Sparring</i>	109
Kobujitsu 5: Sword Form 20, 21: Reinforced Block, 1 Diagonal Outside Slash, Vertical Punch, Inside Elbow, Outside Elbow, 2 Inside Slash; 2 Diagonal Inside Slash, 1 Outside Slash, Hook Kick, 2 Downward Slash <i>Lecture: Learning About Yourself and Get the Inside to the Outside</i>	107

WEDNESDAY, FEBRUARY 24, 2010

Karate 6: Drill: Double Side Kick, Step Forward Double Side Kick; Class: Foundation Form 6: Inverted Punch, Outside Chop, Vertical Punch, Inside Crescent Kick <i>Lecture: Advanced Kiai, Advanced Integrity</i>	112
Jujitsu 6: Grappling Class 6: Arm Bar from Guard, Twist the Bar. <i>Lecture: Tap Out</i>	110
Kobujitsu 6: Sword Form 22, 23: 2 Inside Upward Block, 2 Diagonal Outside Cut, Forward Kick, One Hand Headsmash to Knee; 2 Upward Diagonal Outside Slash, 2 Inside Cut, 1 Diagonal Inside Slash <i>Lecture: The Process of Internalizing</i>	108

MONDAY, MARCH 1, 2010

- Karate 7: Drill: Double Side Kick, Step Forward Double Side Kick; Class: Foundation Form 7: Step Forward Double Side Kick, Inverted Punch, High Punch, Inside Chop, Groin Strike, Vertical Chop, Outside Crescent Kick
Lecture: Mushin, Abiding 113
- Jujitsu 7: Grappling Class 7: Double Leg Arm Bar from Mount, Arm Choke to Compression Wrist Lock, Beat the Bar.
Lecture: Learn by Losing 111
- Kobujitsu 7: Sword Form 24, 25, 26, 27: 2 Middle Jab, Reinforced Guide Over, 2 Upward Diagonal Inside Slash 2 Outside Slash, 2 High Jab ; 2 Outside Thrust, 1 Inside Deflect Riposte; Back Kick, 2 Diagonal Inside Cut, 1 Inside Slash; 2 High Thrust
Lecture: How to Internalize 109

EY, T1, MONTH THREE

WEDNESDAY, MARCH 3, 2010

- Karate 1: Drill: Round Kick, Double Round Kick; Class: Foundation Form 8: Double Round Kick, Palm, Eye Poke, Vertical Punch, Outside Chop, Hook Punch, Hook Punch, Inside Elbow, **Cover**, Side Kick
Lecture: Skills: Laying the Foundation 114
- Jujitsu 1: EY, T1 Testing Sets: STARTS: 1. Heel Hook Drive Down, 2. Hook Drag Down, 3. Heel Trip; CHANGES: 1. Twist the Bar, 2. Beat the Bar, 3. Face Push Back; FINISHES: 1. Arm Bar from the Guard, 2. Double Leg Arm Bar from Mount, 3. Arm Choke to Compression Wrist Lock.
Lecture: Hopelessness 112
- Kobujitsu 1: Review Guardian Kobujitsu: Tamishi Giri, Iaijitsu, Sword Set, Two Man Sword Drills, Two Man Sword to Sword
Lecture: Practice Makes Permanent at the Level of Practice 110

MONDAY, MARCH 8, 2010

- Karate 2: Drill: Round Kick, Double Round Kick; Class: Foundation Form 9, 10: Outside Groin Strike, Low Punch; Roll; Double Outside Deflect, Double Vertical Chop, Palm, Back Kick; (Cover)
Lecture: Skills: Self-Perfection 115
- Jujitsu 2: EY, T2 Testing Sets: STARTS: 1. Back Control, 2. Hook Guard, 3. Half Guard; CHANGES: 1. Back Control Escape, 2. Hook Guard to Guard Pass Dump, 3. Switchover Half Guard Escape; FINISHES: 1. Triangle Arm Choke from Back Control, 2. Shoulder Lock from Guard, 3. Guillotine from Guard.
Lecture: Hopelessness: Accessing the Power 113
- Kobujitsu 2: Review Guardian Kobujitsu: Bo Form, Yari Set, Naginata Set, Jo Set
Lecture: Dislike vs. Disagree 111

WEDNESDAY, MARCH 10, 2010

Karate 3: Drill: Groin Strike, Outside Groin Strike; Class: Foundation Form 11: Double Side Kick, Upward Inverted Punch, Forward Kick

Lecture: Power 116

Jujitsu 3: EY, T3 Testing Sets: STARTS: 1. Small Circle Drop, 2. Hip Throw, 3. Shoulder Throw; CHANGES: 1. Brace Away, 2. Finger Lock Release, 3. Kneeling Small Circle Shoulder Throw from Triangle Choke; FINISHES: 1. Take the Groin and Counter Throw, 2. Shoulder Throw slip to Headlock, 3. Figure 4 Wrist Compression Wrist Lock.

Lecture: Hopelessness: Doing the Impossible 114

Kobujitsu 3: Review Guardian Kobujitsu: Bo Spin Chain, Bo Set, Two Man Bo Drill Chain

Lecture: Learning by Agreement 112

MONDAY, MARCH 15, 2010

Karate 4: Drill: Groin Strike, Outside Groin Strike; Class: Foundation Form 12, 13: Double Round Kick, Round Kick, Middle Punch; Round Kick, Double Outside Circle, Exhale, High Crosswrist Knife Hand and Break

Lecture: Transfer of Power 117

Jujitsu 4: OY, T1 Testing Sets: STARTS: 1. Drive Forward to Mount, 2. Drive Behind the Neck to Side Mount, 3. Drag to Guard; CHANGES: 1. Switch Base Escape from Head to Head, 2. Hip Slide Escape from Top Control, 3. Kneeling Mount Escape to Guard; FINISHES: 1. Collar Choke, Mount, 2. Ground Shoulder Lock, 3. Downward Ground Shoulder Lock.

Lecture: Hopelessness: Producing Results 115

Kobujitsu 4: Review Guardian Kobujitsu: Escrima Form, Two Man Escrima to Escrima, Two Man Knife to Knife

Lecture: Learning by Disagreement 113

WEDNESDAY, MARCH 17, 2010

Karate 5: Drill: Spear Hand, Eye Poke, Vertical Spear Hand, Inverted Spear Hand; Class: Foundation Form

Lecture: Redundant Power, Power Beyond Control 118

Jujitsu 5: OY, T2 Testing Sets: STARTS: 1. Spinning Takedown, 2. Single Leg Takedown, 3. Double Leg Side Dump; CHANGES: 1. Maintain Range to Guide Past, 2. Kneeling Defense and Guillotine against Single Leg Takedown, 3. Push Down; FINISHES: 1. Foot Lock, 2. Heel Lock, 3. Leg Bar.

Lecture: Rules 116

Kobujitsu 5: Review Guardian Kobujitsu: Escrima Set, Sinawali, Knife Set, Two Man Knife Drills, Two Man Escrima to Knife

Lecture: Learning by Launching 114

MONDAY, MARCH 22, 2010

Karate 6: Drill: Double Outside Deflect, High Crosswrist Knife Hand and Break; Class:

Foundation Form

Lecture: The Sense of Being Pulled 119

Jujitsu 6: OY, T3 Testing Sets: STARTS: 1. Standing Headlock, 2. Headlock to Ground, 3. Brace, Unthread, Twist Down; CHANGES: 1. Headlock Escape to Back, 2. Rolling Headlock Escape, 3. Brace Back Headlock Escape to Knees; FINISHES: 1. Under Jaw Press, 2. Tiger Mouth Choke, 3. Leg Triangle.

Lecture: Deciphering Rules 117

Kobujitsu 6: Review Guardian Kobujitsu: Sword Form, Cover Commands

Lecture: Learning by Refining 115

WEDNESDAY, MARCH 24, 2010

Karate 7: Drill: Foundation Form; Class: Review Guardian Karate

Lecture: Be Mindful of the Whole 120

Jujitsu 7: EY, T1 Testing Sets: STARTS: 1. Heel Hook Drive Down, 2. Hook Drag Down, 3. Heel Trip; CHANGES: 1. Twist the Bar, 2. Beat the Bar, 3. Face Push Back; FINISHES: 1. Arm Bar from the Guard, 2. Double Leg Arm Bar from Mount, 3. Arm Choke to Compression Wrist Lock.

Lecture: Articulation and Exploration 118

Kobujitsu 7: Review Guardian Kobujitsu

Lecture: Learning from Mistakes 116

CLOSED SATURDAY, MARCH 27 thru SUNDAY, APRIL 4 EASTER BREAK

EY, T1, MONTH FOUR

MONDAY, APRIL 5, 2010

Karate 1: Review Guardian Karate

Lecture: Thrusting Kicks and Strikes 121

Jujitsu 1: Review Guardian Jujitsu

Lecture: Rule Changing: 1. Evaluate 119

Kobujitsu 1: Review Guardian Kobujitsu

Lecture: Learning from Success and Honing Success 117

WEDNESDAY, APRIL 7, 2010

Karate 2: EVALUATION, Even Years, Trimester 2 Adv. Orange+

Lecture: Snapping Kicks and Strikes 122

Jujitsu 2: EVALUATION, Even Years, Trimester 2 Adv. Orange+

Lecture: Rule Changing: 2. Define 120

Kobujitsu 2: EVALUATION, Even Years, Trimester 2 Adv. Orange+

Lecture: Future Success Presumption 118

MONDAY, APRIL 12, 2010

Karate 3: EVALUATION, Even Years, Trimester 3 <i>Lecture: Intent</i>	Orange+	123
Jujitsu 3: EVALUATION, Even Years, Trimester 3 <i>Lecture: Rule Changing: 3. Old Rule Out</i>	Orange+	121
Kobujitsu 3: EVALUATION, Even Years, Trimester 3 <i>Lecture: Backwards Engineering Future Success</i>	Orange+	119

WEDNESDAY, APRIL 14, 2010

Karate 4: EVALUATION, Odd Years, Trimester 1 <i>Lecture: Power by Choice</i>	Adv. Yellow+	124
Jujitsu 4: EVALUATION, Odd Years, Trimester 1 <i>Lecture: Rule Changing: 4. New Rule In</i>	Adv. Yellow+	122
Kobujitsu 4: EVALUATION, Odd Years, Trimester 1 <i>Lecture: Future Pacing</i>	Adv. Yellow+	120

MONDAY, APRIL 19, 2010

Karate 5: EVALUATION, Odd Years, Trimester 2 <i>Lecture: Meaningful Training</i>	Yellow+	125
Jujitsu 5: EVALUATION, Odd Years, Trimester 2 <i>Lecture: Rule Changing: 5. Anchor</i>	Yellow+	123
Kobujitsu 5: EVALUATION, Odd Years, Trimester 2 <i>Lecture: Growing Up, Growing Old, or Dying</i>	Yellow+	121

WEDNESDAY, APRIL 21, 2010

Karate 6: EVALUATION, Odd Years, Trimester 3 <i>Lecture: Practice Makes Permanent</i>	Adv. White+	126
Jujitsu 6: EVALUATION: Odd Years, Trimester 3 <i>Lecture: Rule Changing: 6. Commitment</i>	Adv. White+	124
Kobujitsu 6: EVALUATION, Odd Years, Trimester 3 <i>Lecture: Making a Life</i>	Adv. White+	122

MONDAY, APRIL 26, 2010

Karate 7: BELT TEST , Even Years, Trimester 1	White+	
Jujitsu 7: BELT TEST , Control Circle, Guard Circle, Standing Circle, Falls and Rolls, Ki Principles, Ki Moves; Even Years, Trimester 1	White+	
Kobujitsu 7: BELT TEST , Even Years, Trimester 1	White+	

WEDNESDAY, APRIL 28, 2010

BONUS CLASS

GUARDIAN ACADEMY
Even Years, Trimester 2
May thru August

EY, T2, MONTH ONE

MONDAY, MAY 3, 2010

Karate 1: Drill: Forward Kick; Kumite Drill: Slow Motion Sparring, Three Step Freeze Sparring, Three Step Sparring

Lecture: Three Step Range Check 128

Jujitsu 1: Control Circle: 1. Mount (Test, Test, Test); 2. Kneeling Mount; 3. Switch Base Mount; 4. Top Mount; 5. Side Mount; Four Ways: Loose Clockwise; Loose Counter Clockwise; Tight Clockwise; Tight Counter Clockwise

Lecture: Techniques to Principles 126

Kobujitsu 1: Escrima Set, Sinawali 1

Lecture: Anatomy of a Stick: Hanbo, Escrima and Hestitan 123

WEDNESDAY, MAY 5, 2010

Karate 2: Drill: Side Kick; Kumite Drill: Three Step Range Check, Three Step – One Trigger

Lecture: Three Step One Trigger 129

Jujitsu 2: Practice Control Circle, Guard Circle Part 1: 1. One Knee Base, Under the Leg to Side Mount. Buck and Side Slide, Insert Knee, Establish Closed Guard; 2. One Knee Base, Standing Base, Turn and Push Down, Knee Walk Across to Side Mount. Buck and Side Slide, Insert Knee, Establish Closed Guard.

Lecture: Principles to New Applications 127

Kobujitsu 2: Escrima Set, Sinawali 2

Lecture: Sinawalis 124

MONDAY, MAY 10, 2010

Karate 3: Drill: Back Kick; Kumite Drill: Clash Guard. Clash, Clinched, Drop and Hook Punch, Head Smash to Knee

Lecture: Fill the Space 130

Jujitsu 3: Practice Control Circle; Practice Guard Circle, Part 1; Guard Circle, Part 2: 3. Turn and Slide Up to Switch Base Mount. Press Back, Hip Slide to Knee Base, Slide Knee to Mount, Heel Hook and Roll to Open Guard.

Lecture: Extending Principles to Life 128

Kobujitsu 3: Sinawali 3, 4, 5

Lecture: One Hand Weapons and One Handed Fighting 125

WEDNESDAY, MAY 12, 2010

BONUS CLASS

MONDAY, MAY 17, 2010

Karate 4: Drill: Clash and Clinch; Kumite Drill: Clash, Clinched, Passed Under, Grab the Wrist and Follow Around to Guard

Lecture: Blitz 131

Jujitsu 4: Practice Control Circle; Practice Guard Circle, Part 1 and 2; Guard Circle, Part 3: 4. Press and Knee Walk, Knee Walk to Mount. Buck and Hip Slide to Insert Knee, Establish Closed Guard, Grab Both Wrists; 5. Split the Wrists, Trap Across, Unhook the Scissors, Press and Knee Walk, Knee Walk to Mount. Buck and Roll, Remain in Guard. Practice Other Side.

Lecture: Understanding Life Principles 129

Kobujitsu 4: Sinawali Chain

Lecture: Two Weapon Fighting 126

WEDNESDAY, MAY 19, 2010

Karate 5: Drill: Round Kick; Kumite Drill: Defensive Screen (Fill the Space). Defensive Screen, Front Kick Groin Hunt

Lecture: Defensive Screen 132

Jujitsu 5: Practice Control Circle; Practice Guard Circle; Standing Back Circle: 1. Arm Drag (forward wrist); 2. Arm Drag (across wrist); 3. Slip Under; 4. Duck Under; 5. Glide Past

Lecture: Applying Life Principles 130

Kobujitsu 5: Sinawali Chain, Knife Set

Lecture: Be Prepared to Fight Injured 127

MONDAY, MAY 24, 2010

Karate 6: Drill: Inside Crescent Kick; Kumite Drill: Defending the Head Smash to Knee. Elbow Guard. Knock Aside and Take the Groin. Two Hand Block, Upward Knuckle, Inside Elbow, Outside Hammer Fist

Lecture: Combinations and Flow 133

Jujitsu 6: Practice Guard Circle; Practice Standing Back Circle; Falls and Rolls Chain: 1. Fall Forward; 2. Fall Backward; 3. Roll Forward; 4. Roll Backward; 5. Breakfall

Lecture: Principle Lead Life 131

Kobujitsu 6: Knife Set, Two Man Knife Drill 1, 2: Slash Blocks High, Slash Blocks Low

Lecture: Knife Fighting, Weapon and Knife 128

WEDNESDAY, MAY 26, 2010

Karate 7: Drill: Outside Crescent Kick; Kumite Drill: Flash Sparring

Lecture: Timing the Rhythm of the Fight 134

Jujitsu 7: Practice Guard Circle; Practice Standing Back Circle; Practice Falls and Rolls Chain; Ki Principles: 1. Keep One Point; 2. Relax Completely; 3. Weight Underside; 4. Extend Ki; 5. Counter the Power; Ki Moves: 1. Ki Full Body Drop; 2. Ki Pull Down; 3. Ki Push; 4. Ki Pull; 5. Ki Drop.

Lecture: Life Principles to Martial Arts 132

Kobujitsu 7: Two Man Knife Drill 3, 4, 5

Lecture: Knife Wound First Aid 129

MONDAY, MAY 31, 2010
CLOSED FOR MEMORIAL DAY

EY, T2, MONTH TWO

WEDNESDAY, JUNE 2, 2010

Karate 1: Drill: Weave; Class: Stance Set	
<i>Lecture: The Spirit, Soul, Body Model</i>	135
Jujitsu 1: Grappling Class 1: Back Control, Cross Ankle Lock, Back Control Escape, Triangle Arm Choke from Back Control.	
<i>Lecture: Use Your Clothes</i>	133
Kobujitsu 1: Two Man Knife Drill Chain	
<i>Lecture: Forgive and Learn: 70 times 7</i>	130

MONDAY, JUNE 7, 2010

Karate 2: Drill: Weave and Grip Break; Class: Stance Set, Grab Technique 1	
<i>Lecture: Spirit, Soul, Body</i>	136
Jujitsu 2: Grappling Class 2: Closed Guard, Single Leg Guard Pass, Scissors Sweep.	
<i>Lecture: Use Your Opponent's Clothes</i>	134
Kobujitsu 2: Two Man Escrima to Knife (Knife Side), Knife Set, Two Man Knife Drill Chain	
<i>Lecture: Consider it Pure Joy</i>	131

WEDNESDAY, JUNE 9, 2010

Karate 3: Drill: Triangle Choke, Neck Break; Class: Grab Technique 1	
<i>Lecture: Will, Mind, Emotion</i>	137
Jujitsu 3: Grappling Class 3: Open Guard, Double Knee Standing Pass, Single Knee Standing Pass.	
<i>Lecture: Pure Grappling Strengths</i>	135
Kobujitsu 3: Two Man Escrima to Knife (Escrima Side), Escrima Set, Sinawali Chain	
<i>Lecture: Phileo</i>	132

MONDAY, JUNE 14, 2010

Karate 4: Drill: Turtle, Hook Release; Class: Grab Technique 2	
<i>Lecture: Three Greek Loves</i>	138
Jujitsu 4: Grappling Class 4: Open Guard, Knee Through Pass, Open Guard, Eliminate Base.	
<i>Lecture: Weaknesses of Pure Grappling</i>	136
Kobujitsu 4: Two Man Escrima to Knife	
<i>Lecture: Phileo Bank Account</i>	133

WEDNESDAY, JUNE 16, 2010

Karate 5: Drill: Esophagus Takedown; Class: Grab Technique 2	
<i>Lecture: Phileo</i>	139
Jujitsu 5: Grappling Class 5: Hook Guard, Hook Guard to Guard Pass Dump, Hook Guard to Hook Sweep.	
<i>Lecture: The Bad Guy Gets the First Move</i>	137
Kobujitsu 5: Two Man Knife Drill Chain, Knife Set	
<i>Lecture: Phileo Math</i>	134

MONDAY, JUNE 21, 2010

Karate 6: Drill: Stomp and Pull; Class: Grab Technique 3	
<i>Lecture: Phileo Makes the Difference</i>	140
Jujitsu 6: Grappling Class 6: Half Guard, Knee Up Half Guard Escape, Switchover Half Guard Escape.	
<i>Lecture: The Bad Guy Chooses His Strength</i>	138
Kobujitsu 6: Sinawali Chain, Escrima Set	
<i>Lecture: Building Phileo on Purpose</i>	135

WEDNESDAY, JUNE 23, 2010

Karate 7: Drill: Arm Cross, Rake Stomp; Class: Grab Technique 3	
<i>Lecture: Phileo Math</i>	141
Jujitsu 7: Grappling Class 7: Collar Choke from Guard, Shoulder Lock from Guard, Guillotine from Guard, Leg Triangle from Guard.	
<i>Lecture: Go the Bad Guy's Weakness</i>	139
Kobujitsu 7: Two Man Escrima to Knife	
<i>Lecture: Points in Absentia</i>	136

MONDAY, JUNE 28, 2010

**Rehearsal Week for San Diego County Fair
Performance Training**

WEDNESDAY, JUNE 30, 2010

**Rehearsal Week for San Diego County Fair
Performance Training**

MONDAY, JULY 5, 2010

**CLOSED MONDAY, JULY 5 and WEDNESDAY, JULY 7
for INDEPENDENCE DAY and
ADVANCED INSTRUCTOR TRAINING**

WEDNESDAY, JULY 7, 2010

**CLOSED MONDAY, JULY 5 and WEDNESDAY, JULY 7
for INDEPENDENCE DAY and
ADVANCED INSTRUCTOR TRAINING**

EY, T2, MONTH THREE

MONDAY, JULY 12, 2010

- Karate 1: Drill: Inside Vertical Punch, Upward Ridge Hand; Class: Grab Technique 4
Lecture: The Phileo Bank Account 142
- Jujitsu 1: EY, T2 Testing Sets: STARTS: 1. Back Control, 2. Hook Guard, 3. Half Guard;
CHANGES: 1. Back Control Escape, 2. Hook Guard to Guard Pass Dump, 3. Switchover
Half Guard Escape; FINISHES: 1. Triangle Arm Choke from Back Control, 2. Shoulder
Lock from Guard, 3. Guillotine from Guard.
Lecture: Overwhelm: Happening 140
- Kobujitsu 1: Review Guardian Kobujitsu: Sword Form, Cover Commands
Lecture: Phileo: Interpretations 137

WEDNESDAY, JULY 14, 2010

- Karate 2: Drill: Pry to Arm Bar; Class: Grab Technique 4
Lecture: Living in Reaction and Revenge 143
- Jujitsu 2: EY, T3 Testing Sets: STARTS: 1. Small Circle Drop, 2. Hip Throw, 3. Shoulder
Throw; CHANGES: 1. Brace Away, 2. Finger Lock Release, 3. Kneeling Small Circle
Shoulder Throw from Triangle Choke; FINISHES: 1. Take the Groin and Counter
Throw, 2. Shoulder Throw slip to Headlock, 3. Figure 4 Wrist Compression Wrist Lock.
Lecture: Overwhelm: To Do 141
- Kobujitsu 2: Review Guardian Kobujitsu: Tamishi Giri, Iaijitsu, Sword Set, Two Man Sword
Drills, Two Man Sword to Sword
Lecture: Phileo: Intensity 138

MONDAY, JULY 19, 2010

- Karate 3: Drill: Shoulder Round Kick Takedown; Class: Grab Technique 5
Lecture: The Pure Power of Forgiveness 144
- Jujitsu 3: OY, T1 Testing Sets: STARTS: 1. Drive Forward to Mount, 2. Drive Behind the Neck
to Side Mount, 3. Drag to Guard; CHANGES: 1. Switch Base Escape from Head to
Head, 2. Hip Slide Escape from Top Control, 3. Kneeling Mount Escape to Guard;
FINISHES: 1. Collar Choke, Mount, 2. Ground Shoulder Lock, 3. Downward Ground
Shoulder Lock.
Lecture: Massive Action 142
- Kobujitsu 3: Review Guardian Kobujitsu: Bo Form, Yari Set, Naginata Set, Jo Set
Lecture: Phileo: Associations 139

WEDNESDAY, JULY 21, 2010

- Karate 4: Drill: Hip Shift, Backward Groin Strike; Class: Grab Technique 5
Lecture: The Phileo Balance Sheet: Forgiveness 145
- Jujitsu 4: OY, T2 Testing Sets: STARTS: 1. Spinning Takedown, 2. Single Leg Takedown, 3.
Double Leg Side Dump; CHANGES: 1. Maintain Range to Guide Past, 2. Kneeling
Defense and Guillotine against Single Leg Takedown, 3. Push Down; FINISHES: 1. Foot
Lock, 2. Heel Lock, 3. Leg Bar.
Lecture: Become More, Have More 143
- Kobujitsu 4: Review Guardian Kobujitsu: Bo Spin Chain, Bo Set, Two Man Bo Drill Chain
Lecture: Phileo: Chunk and DeChunk 140

MONDAY, JULY 26, 2010

- Karate 5: Drill: Hook Drop Spin, Hook Drop Spin to Upward Ridge Hand; Class: Grab Techniques with Uke
Lecture: Five Step Forgiveness Technique 146
- Jujitsu 5: OY, T3 Testing Sets: STARTS: 1. Standing Headlock, 2. Headlock to Ground, 3. Brace, Unthread, Twist Down; CHANGES: 1. Headlock Escape to Back, 2. Rolling Headlock Escape, 3. Brace Back Headlock Escape to Knees; FINISHES: 1. Under Jaw Press, 2. Tiger Mouth Choke, 3. Leg Triangle.
Lecture: Inadequacy 144
- Kobujitsu 5: Review Guardian Kobujitsu: Escrima Form, Two Man Escrima to Escrima, Two Man Knife to Knife
Lecture: Variable Reinforcement 141

WEDNESDAY, JULY 28, 2010

- Karate 6: Drill: Head Smash to Knee; Knee; Class: Grab Techniques with Uke
Lecture: Symbolic Forgiveness 147
- Jujitsu 6: EY, T1 Testing Sets: STARTS: 1. Heel Hook Drive Down, 2. Hook Drag Down, 3. Heel Trip; CHANGES: 1. Twist the Bar, 2. Beat the Bar, 3. Face Push Back; FINISHES: 1. Arm Bar from the Guard, 2. Double Leg Arm Bar from Mount, 3. Arm Choke to Compression Wrist Lock.
Lecture: Disassociation 145
- Kobujitsu 6: Review Guardian Kobujitsu: Escrima Set, Sinawali, Knife Set, Two Man Knife Drills, Two Man Escrima to Knife
Lecture: Intimacy Accentuates Flaws 142

MONDAY, AUGUST 2, 2010

- Karate 7: Drill: Stance Set; Class: Review Guardian Karate
Lecture: Embrace, Elevate, Expand 148
- Jujitsu 7: EY, T2 Testing Sets: STARTS: 1. Back Control, 2. Hook Guard, 3. Half Guard; CHANGES: 1. Back Control Escape, 2. Hook Guard to Guard Pass Dump, 3. Switchover Half Guard Escape; FINISHES: 1. Triangle Arm Choke from Back Control, 2. Shoulder Lock from Guard, 3. Guillotine from Guard.
Lecture: Disassociation Technique 146
- Kobujitsu 7: Review Guardian Kobujitsu
Lecture: Intimacy Accentuates Mismatches 143

EY, T2, MONTH FOUR

WEDNESDAY, AUGUST 4, 2010

- Karate 1: Review Guardian Karate
Lecture: Language of Emotions 149
- Jujitsu 1: Review Guardian Jujitsu
Lecture: Disassociation from Trauma 147
- Kobujitsu 1: Review Guardian Kobujitsu
Lecture: Distance to Ideal Ranges 144

MONDAY, AUGUST 9, 2010

Karate 2: EVALUATION, Even Years, Trimester 3	Adv.Orange+	
<i>Lecture: Manifestation of Beliefs</i>		150
Jujitsu 2: EVALUATION, Even Years, Trimester 3	Adv. Orange+	
<i>Lecture: Disassociation from Pleasure</i>		148
Kobujitsu 2: EVALUATION, Even Years, Trimester 3	Adv.Orange+	
<i>Lecture: Phileo: Gaining and Losing at Once</i>		145

WEDNESDAY, AUGUST 11, 2010

Karate 3: EVALUATION, Odd Years, Trimester 1	Orange+	
<i>Lecture: Human Beings, Doings, Havings, Seemings</i>		151
Jujitsu 3: EVALUATION, Odd Years, Trimester 1	Orange+	
<i>Lecture: Heighten Association</i>		149
Kobujitsu 3: EVALUATION, Odd Years, Trimester 1	Orange+	
<i>Lecture: Phileo: Threshold</i>		146

MONDAY, AUGUST 16, 2010

Karate 4: EVALUATION, Odd Years, Trimester 2	Adv.Yellow+	
<i>Lecture: Attitude of Gratitude</i>		152
Jujitsu 4: EVALUATION, Odd Years, Trimester 2	Adv. Yellow+	
<i>Lecture: Heighten Association Technique</i>		150
Kobujitsu 4: EVALUATION, Odd Years, Trimester 2	Adv.Yellow+	
<i>Lecture: Phileo Balance Sheet</i>		147

WEDNESDAY, AUGUST 18, 2010

Karate 5: EVALUATION, Odd Years, Trimester 3	Yellow+	
<i>Lecture: Victory or Pending Victory</i>		153
Jujitsu 5: EVALUATION, Odd Years, Trimester 3	Yellow+	
<i>Lecture: Changing Association</i>		151
Kobujitsu 5: EVALUATION, Odd Years, Trimester 3	Yellow+	
<i>Lecture: Eros</i>		148

MONDAY, AUGUST 23, 2010

Karate 6: EVALUATION, Even Years, Trimester 1	Adv.White+	
<i>Lecture: The Phoenix Principle</i>		154
Jujitsu 6: EVALUATION, Even Years, Trimester 1	Adv. White+	
<i>Lecture: Chunking and DeChunking</i>		152
Kobujitsu 6: EVALUATION, Even Years, Trimester 1	Adv.White+	
<i>Lecture: Storge</i>		149

WEDNESDAY, AUGUST 25, 2010

Karate 7: BELT TEST , Even Years, Trimester 2	White+	
Jujitsu 7: BELT TEST , Control Circle, Guard Circle, Standing Circle, Falls and Rolls, Ki Principles, Ki Moves; , Even Years, Trimester 2	White+	
Kobujitsu 7: BELT TEST , Even Years, Trimester 2	White+	

MONDAY, AUGUST 30, 2010
BONUS CLASS

GUARDIAN ACADEMY
Even Years, Trimester 3
September thru December

EY, T2, MONTH ONE

WEDNESDAY, SEPTEMBER 1 - THURSDAY, SEPTEMBER 2, 2010

Karate 1: Drill: Forward Kick; Kumite Drill: Slow Motion Sparring, Three Step Freeze Sparring,
Three Step Sparring

Lecture: Posture, Base, Position 156

Jujitsu 1: Control Circle: 1. Mount (Test, Test, Test); 2. Kneeling Mount; 3. Switch Base Mount;
4. Top Mount; 5. Side Mount; Four Ways: Loose Clockwise; Loose Counter Clockwise;
Tight Clockwise; Tight Counter Clockwise

Lecture: Legal and Moral Self Defense 154

Kobujitsu 1: Two Man Escrima to Escrima

Lecture: Weapon and Hand and Weapon and Grappling 150

MONDAY, SEPTEMBER 6 - TUESDAY, SEPTEMBER 7, 2010

CLOSED MONDAY, Labor Day

Tuesday - BONUS CLASS

WEDNESDAY, SEPTEMBER 8 - THURSDAY, SEPTEMBER 9, 2010

Karate 2: Drill: Side Kick; Kumite Drill: Lead Leg Side Kick

Lecture: Precision, Accuracy and Focus 157

Jujitsu 2: Practice Control Circle, Guard Circle Part 1: 1. One Knee Base, Under the Leg to Side
Mount. Buck and Side Slide, Insert Knee, Establish Closed Guard; 2. One Knee Base,
Standing Base, Turn and Push Down, Knee Walk Across to Side Mount. Buck and Side
Slide, Insert Knee, Establish Closed Guard.

Lecture: Philosophy of Testing 155

Kobujitsu 2: Two Man Escrima to Escrima

Lecture: Understand Your Weapon as an Extension of You 151

MONDAY, SEPTEMBER 13 - TUESDAY, SEPTEMBER 14, 2010

Karate 3: Drill: Back Kick; Kumite Drill: Clash, Create Space, Side Kick	
<i>Lecture: Linear and Circular</i>	158
Jujitsu 3: Practice Control Circle; Practice Guard Circle, Part 1; Guard Circle, Part 2: 3. Turn and Slide Up to Switch Base Mount. Press Back, Hip Slide to Knee Base, Slide Knee to Mount, Heel Hook and Roll to Open Guard.	
<i>Lecture: Never Give Up</i>	156
Kobujitsu 3: Two Man Knife to Knife	
<i>Lecture: Weapons Extend Your Range and Expand Your Damage</i>	152

WEDNESDAY, SEPTEMBER 15 - THURSDAY, SEPTEMBER 16, 2010

Karate 4: Drill: Clash and Clinch; Kumite Drill: Round Kick Groin Hunting. Defending the Round Kick Groin Hunt	
<i>Lecture: Blending and Adapting</i>	159
Jujitsu 4: Practice Control Circle; Practice Guard Circle, Part 1 and 2; Guard Circle, Part 3: 4. Press and Knee Walk, Knee Walk to Mount. Buck and Hip Slide to Insert Knee, Establish Closed Guard, Grab Both Wrists; 5. Split the Wrists, Trap Across, Unhook the Scissors, Press and Knee Walk, Knee Walk to Mount. Buck and Roll, Remain in Guard. Practice Other Side.	
<i>Lecture: Who Will You Fight?</i>	157
Kobujitsu 4: Two Man Knife to Knife	
<i>Lecture: Weapon Principles: Improvised Weapons</i>	153

MONDAY, SEPTEMBER 20 - TUESDAY, SEPTEMBER 21, 2010

Karate 5: Drill: Round Kick; Kumite Drill: Round Kick Groin Hunt, Outside Hand Sweep, High Punch. Round Kick Groin Hunt, Outside Knuckle, Inverted Punch	
<i>Lecture: Learn from Your Opponent</i>	160
Jujitsu 5: Practice Control Circle; Practice Guard Circle; Standing Back Circle: 1. Arm Drag (forward wrist); 2. Arm Drag (across wrist); 3. Slip Under; 4. Duck Under; 5. Glide Past	
<i>Lecture: How Will You Lose?</i>	158
Kobujitsu 5: Practice Two Man Escrima to Knife, Two Man Escrima to Escrima, Two Man Knife to Knife	
<i>Lecture: Philosophy and Weapons: A High Stakes Gamble</i>	154

WEDNESDAY, SEPTEMBER 22 - THURSDAY, SEPTEMBER 23, 2010

Karate 6: Drill: Inside Crescent Kick; Kumite Drill: Clash, Create Space, Side Kick, Round Kick Groin Hunt, Outside Hand Sweep, High Punch	
<i>Lecture: Know and Expand Your Options</i>	161
Jujitsu 6: Practice Guard Circle; Practice Standing Back Circle; Falls and Rolls Chain: 1. Fall Forward; 2. Fall Backward; 3. Roll Forward; 4. Roll Backward; 5. Breakfall	
<i>Lecture: What Will You Do?</i>	159
Kobujitsu 6: Escrima Form 1: High Long Punch, Low Outside Strike, In Out Double Strike, Middle Inside Strike, Diagonal Outside Strike	
<i>Lecture: The Warrior Ethic</i>	155

MONDAY, SEPTEMBER 27 - TUESDAY, SEPTEMBER 28, 2010

Karate 7: Drill: Outside Crescent Kick; Kumite Drill: Flash Sparring <i>Lecture: Weaknesses of Pure Striking</i>	162
Jujitsu 7: Practice Guard Circle; Practice Standing Back Circle; Practice Falls and Rolls Chain; Ki Principles: 1. Keep One Point; 2. Relax Completely; 3. Weight Underside; 4. Extend Ki; 5. Counter the Power; Ki Moves: 1. Ki Full Body Drop; 2. Ki Pull Down; 3. Ki Push; 4. Ki Pull; 5. Ki Drop. <i>Lecture: How Will You Win?</i>	160
Kobujitsu 7: Escrima Form 2, 3: Upward Short Block, Middle Punch, High Short Punch, Middle Long Punch; Forward Kick, Groin Strike, High Outside Strike <i>Lecture: Weapon of Choice and Personal Weapons</i>	156

EY, T2, MONTH TWO

WEDNESDAY, SEPTEMBER 29 - THURSDAY, SEPTEMBER 30, 2010

Karate 1: Drill: Inside Stomp, Outside Stomp; Class: Fall and Roll 1: Fall Forward; Kick Technique 1 <i>Lecture: Agape Character</i>	163
Jujitsu 1: Grappling Class 1: Small Circle Drop. <i>Lecture: Defensive Grappling</i>	161
Kobujitsu 1: Escrima Form 4, 5, 6: Downward End Hammer, Overhand Thrust, Side Kick; High Inside Strike, Outside End Hammer; Vertical Block, Low Inside Strike <i>Lecture: Self Consistency of Truth</i>	157

MONDAY, OCTOBER 4 - TUESDAY, OCTOBER 5, 2010

Karate 2: Drill: Inside Stomp, Outside Stomp; Class: Fall and Roll 2: Fall Backward; Kick Technique 1 <i>Lecture: Receiving Agape</i>	164
Jujitsu 2: Grappling Class 2: Go Behind, Spin Takedown, Twist Down from the Front, Bear Hug Takedown. <i>Lecture: Experience Grappling</i>	162
Kobujitsu 2: Escrima Form 7, 8: 7 - Low Outside Short Block; 8 - Middle Short Punch; Back to 7 - Long Outside Elbow; Back to 8 - Low Short Punch, Round Kick <i>Lecture: Open Mindedness and Presumptions</i>	158

WEDNESDAY, OCTOBER 6 - THURSDAY, OCTOBER 7, 2010

Karate 3: Drill: Upward Heel; Class: Fall and Roll 3: Roll Forward; Kick Technique 2 <i>Lecture: Greater Agape Has No Man Than This</i>	165
Jujitsu 3: Grappling Class 3: Hip Throw, Take the Groin and Counter Throw. <i>Lecture: Detachment</i>	163
Kobujitsu 3: Escrima Form 9, 10: Middle Outside Strike, Diagonal Inside Strike, Middle Punch, Low Long Punch; Outside Chop, Back Kick, High Long Punch, High Horizontal Block, Round Kick, Long Outside Elbow <i>Lecture: Presumptions Help or Hurt</i>	159

MONDAY, OCTOBER 11 - TUESDAY, OCTOBER 12, 2010

CLOSED MONDAY, Columbus Day

Tuesday – BONUS CLASS

WEDNESDAY, OCTOBER 13 - THURSDAY, OCTOBER 14, 2010

- Karate 4: Drill: Arm Knee Guard, Arm Knee Guard to Front Kick, Arm Knee Guard to High Punch; Class: Fall and Roll 4: Roll Backward; Kick Technique 2
Lecture: Five Commanded Agapes 166
- Jujitsu 4: Grappling Class 4: Small Circle Hip Throw, Brace Away, Go Against the Thumb.
Lecture: Randori 164
- Kobujitsu 4: Escrima Form 11: Middle Short Punch, Low Outside Short Block, Upward Short Block, Groin Strike, High Short Punch, Forward Kick, Vertical Block, Overhand Thrust
Lecture: Paradoxes and Contradictions 160

MONDAY, OCTOBER 18 - TUESDAY, OCTOBER 19, 2010

- Karate 5: Drill: Knee Block, Leg Jam; Class: Fall and Roll 5: Breakfall; Kick Technique 3
Lecture: A Guardian is Patient 167
- Jujitsu 5: Grappling Class 5: Shoulder Throw from Sleeper Hold, Shoulder Throw from Triangle Choke, Kneeling Shoulder Throw.
Lecture: Cooperative Randori 165
- Kobujitsu 5: Escrima Form 12, 13, 14a: 12 - Outside End Hammer, Side Kick; 13 - Middle Outside Strike, In Out Double Strike; 14a – Back Kick; Back to 13 - Outside Chop, Low Long Punch
Lecture: You Will Answer What You Ask 161

WEDNESDAY, OCTOBER 20 - THURSDAY, OCTOBER 21, 2010

- Karate 6: Drill: Knee Block, Leg Jam; Class: Kick Technique 3
Lecture: A Guardian is Kind 168
- Jujitsu 6: Grappling Class 6: Small Circle Shoulder Throw, Slip to Headlock, Finger Lock Release.
Lecture: Change the Situation 166
- Kobujitsu 6: Escrima 14b, 15: Low Outside Strike, High Inside Strike, Diagonal Outside Strike, Middle Inside Strike, Diagonal Inside Strike; Low Short Punch, Middle Long Punch, Low Inside Strike, High Outside Strike, Downward End Hammer, Middle Horizontal Block
Lecture: Questions are the Answer 162

MONDAY, OCTOBER 25 - TUESDAY, OCTOBER 26, 2010

- Karate 7: Drill: Range Defense (Cover Back); Class: Falls and Rolls; Kick Technique 4
Lecture: A Guardian is Not Jealous 169
- Jujitsu 7: Grappling Class 7: Figure 4 Wrist Compression Wrist Lock, Fist Resist, Create Space.
Lecture: Flash Grappling 167
- Kobujitsu 7: Escrima Form
Lecture: If You Believe It, You Live It 163

EY, T2, MONTH THREE

WEDNESDAY, OCTOBER 27 - THURSDAY, OCTOBER 28, 2010

- Karate 1: Drill: Double Vertical Chop, Double Outside Palm; Class: Kick Technique 4
Lecture: A Guardian Does Not Brag 170
- Jujitsu 1: EY, T3 Testing Sets: STARTS: 1. Small Circle Drop, 2. Hip Throw, 3. Shoulder Throw; CHANGES: 1. Brace Away, 2. Finger Lock Release, 3. Kneeling Small Circle Shoulder Throw from Triangle Choke; FINISHES: 1. Take the Groin and Counter Throw, 2. Shoulder Throw slip to Headlock, 3. Figure 4 Wrist Compression Wrist Lock.
Lecture: Uncomfortable: Not Right 168
- Kobujitsu 1: Review Guardian Kobujitsu: Escrima Set, Sinawali, Knife Set, Two Man Knife Drills, Two Man Escrima to Knife
Lecture: The Pleasure/Pain Dynamic 164

MONDAY, NOVEMBER 1 - TUESDAY, NOVEMBER 2, 2010

- Karate 2: Drill: Double Inside Palm; Class: Falls and Rolls; Kick Technique 5
Lecture: A Guardian is Not Arrogant 171
- Jujitsu 2: OY, T1 Testing Sets: STARTS: 1. Drive Forward to Mount, 2. Drive Behind the Neck to Side Mount, 3. Drag to Guard; CHANGES: 1. Switch Base Escape from Head to Head, 2. Hip Slide Escape from Top Control, 3. Kneeling Mount Escape to Guard; FINISHES: 1. Collar Choke, Mount, 2. Ground Shoulder Lock, 3. Downward Ground Shoulder Lock.
Lecture: Uncomfortable: Risk, Awkwardness 169
- Kobujitsu 2: Review Guardian Kobujitsu: Sword Form, Cover Commands
Lecture: Understanding Yourself 165

WEDNESDAY, NOVEMBER 3 - THURSDAY, NOVEMBER 4, 2010

- Karate 3: Drill: Double Outside Deflect, Double Outside Crane; Class: Kick Technique 5
Lecture: A Guardian Does Not Act Unbecomingly 172
- Jujitsu 3: OY, T2 Testing Sets: STARTS: 1. Spinning Takedown, 2. Single Leg Takedown, 3. Double Leg Side Dump; CHANGES: 1. Maintain Range to Guide Past, 2. Kneeling Defense and Guillotine against Single Leg Takedown, 3. Push Down; FINISHES: 1. Foot Lock, 2. Heel Lock, 3. Leg Bar.
Lecture: Instant Emotion Change 170
- Kobujitsu 3: Review Guardian Kobujitsu: Tamishi Giri, Iaijitsu, Sword Set, Two Man Sword Drills, Two Man Sword to Sword
Lecture: Cause and Effect 166

MONDAY, NOVEMBER 8 - TUESDAY, NOVEMBER 9, 2010

Karate 4: Drill: Ear Box; Class: Falls and Rolls, Kick Techniques with Uke <i>Lecture: A Guardian Does Not Seek His Own</i>	173
Jujitsu 4: OY, T3 Testing Sets: STARTS: 1. Standing Headlock, 2. Headlock to Ground, 3. Brace, Unthread, Twist Down; CHANGES: 1. Headlock Escape to Back, 2. Rolling Headlock Escape, 3. Brace Back Headlock Escape to Knees; FINISHES: 1. Under Jaw Press, 2. Tiger Mouth Choke, 3. Leg Triangle. <i>Lecture: Instant Emotion Change Technique</i>	171
Kobujitsu 4: Review Guardian Kobujitsu: Bo Form, Yari Set, Naginata Set, Jo Set <i>Lecture: Effect and Cause</i>	167

WEDNESDAY, NOVEMBER 10 - THURSDAY, NOVEMBER 11, 2010

Wednesday – BONUS CLASS

CLOSED THURSDAY, Veteran's Day

MONDAY, NOVEMBER 15 - TUESDAY, NOVEMBER 16, 2010

Karate 5: Drill: Vertical Punch, Inverted Punch, Hook Punch; Class: Kick Techniques with Uke <i>Lecture: A Guardian is Not Provoked</i>	174
Jujitsu 5: EY, T1 Testing Sets: STARTS: 1. Heel Hook Drive Down, 2. Hook Drag Down, 3. Heel Trip; CHANGES: 1. Twist the Bar, 2. Beat the Bar, 3. Face Push Back; FINISHES: 1. Arm Bar from the Guard, 2. Double Leg Arm Bar from Mount, 3. Arm Choke to Compression Wrist Lock. <i>Lecture: Forgiveness: What It Is</i>	172
Kobujitsu 5: Review Guardian Kobujitsu: Bo Spin Chain, Bo Set, Two Man Bo Drill Chain <i>Lecture: Choices and Consequences</i>	168

WEDNESDAY, NOVEMBER 17 - THURSDAY, NOVEMBER 18, 2010

Karate 6: Drill: Outside Knuckle; Class: Review Guardian Karate <i>Lecture: A Guardian Does Not Take Into Account a Wrong Suffered</i>	175
Jujitsu 6: EY, T2 Testing Sets: STARTS: 1. Back Control, 2. Hook Guard, 3. Half Guard; CHANGES: 1. Back Control Escape, 2. Hook Guard to Guard Pass Dump, 3. Switchover Half Guard Escape; FINISHES: 1. Triangle Arm Choke from Back Control, 2. Shoulder Lock from Guard, 3. Guillotine from Guard. <i>Lecture: Forgiveness, Excuses and Restoration</i>	173
Kobujitsu 6: Review Guardian Kobujitsu: Escrima Form, Two Man Escrima to Escrima, Two Man Knife to Knife <i>Lecture: None So Blind</i>	169

MONDAY, NOVEMBER 22 - TUESDAY, NOVEMBER 23, 2010

Karate 7: Drill: Falls and Rolls; Class: Review Guardian Karate	
<i>Lecture: A Guardian Does Not Rejoice in Unrighteousness</i>	176
Jujitsu 7: EY, T3 Testing Sets: STARTS: 1. Small Circle Drop, 2. Hip Throw, 3. Shoulder Throw; CHANGES: 1. Brace Away, 2. Finger Lock Release, 3. Kneeling Small Circle Shoulder Throw from Triangle Choke; FINISHES: 1. Take the Groin and Counter Throw, 2. Shoulder Throw slip to Headlock, 3. Figure 4 Wrist Compression Wrist Lock.	
<i>Lecture: Practicing Forgiveness</i>	174
Kobujitsu 7: Review Guardian Kobujitsu	
<i>Lecture: Creating What You Fear</i>	170

WEDNESDAY, NOVEMBER 24 - THURSDAY, NOVEMBER 25, 2010

CLOSED THURSDAY thru SATURDAY for Thanksgiving Weekend

EY, T2, MONTH FOUR

MONDAY, NOVEMBER 29 - TUESDAY, NOVEMBER 30, 2010

Karate 1: Review Guardian Karate	
<i>Lecture: A Guardian Rejoices in the Truth</i>	177
Jujitsu 1: Review Guardian Jujitsu	
<i>Lecture: Forgiveness from the Heart</i>	175
Kobujitsu 1: Review Guardian Kobujitsu	
<i>Lecture: Fault is Power, Taking Total Responsibility</i>	171

WEDNESDAY, DECEMBER 1 - THURSDAY, DECEMBER 2, 2010

Karate 2: EVALUATION, Odd Years, Trimester 1	Adv. Orange+	
<i>Lecture: A Guardian Bears All Things</i>		178
Jujitsu 2: EVALUATION, Odd Years, Trimester 1	Adv. Orange+	
<i>Lecture: Five Step Forgiveness Technique</i>		176
Kobujitsu 2: EVALUATION, Odd Years, Trimester 1	Adv. Orange+	
<i>Lecture: Results Orientation</i>		172

MONDAY, DECEMBER 6 - TUESDAY, DECEMBER 7, 2010

Karate 3: EVALUATION, Odd Years, Trimester 2	Orange+	
<i>Lecture: A Guardian Believes All Things and Hopes All Things</i>		179
Jujitsu 3: EVALUATION, Odd Years, Trimester 2	Orange+	
<i>Lecture: Symbolic Forgiveness Technique</i>		177
Kobujitsu 3: EVALUATION, Odd Years, Trimester 2	Orange+	
<i>Lecture: Setting Goals</i>		173

WEDNESDAY, DECEMBER 8 - THURSDAY, DECEMBER 9, 2010

Karate 4: EVALUATION, Odd Years, Trimester 3	Adv. Yellow+	
<i>Lecture: A Guardian Endures All Things</i>		180
Jujitsu 4: EVALUATION, Odd Years, Trimester 3	Adv. Yellow+	
<i>Lecture: Iceberg Effect</i>		178
Kobujitsu 4: EVALUATION, Odd Years, Trimester 3	Adv. Yellow+	
<i>Lecture: Create an Inspiring Future</i>		174

MONDAY, DECEMBER 13 - TUESDAY, DECEMBER 14, 2010

Karate 5: EVALUATION, Even Years, Trimester 1	Yellow+	
<i>Lecture: A Guardian Never Fails: The Agape Quiz</i>		181
Jujitsu 5: EVALUATION, Even Years, Trimester 1	Yellow+	
<i>Lecture: Embrace, Elevate, Expand Fundamentals</i>		179
Kobujitsu 5: EVALUATION, Even Years, Trimester 1	Yellow+	
<i>Lecture: Be Drawn by Your Compelling Future</i>		175

WEDNESDAY, DECEMBER 15 - THURSDAY, DECEMBER 16, 2010

Karate 6: EVALUATION, Even Years, Trimester 2	Adv. White+	
<i>Lecture: The Agape Test</i>		182
Jujitsu 6: EVALUATION, Even Years, Trimester 2	Adv. White+	
<i>Lecture: Embrace, Elevate, Expand from Emotions of Change</i>		180
Kobujitsu 6: EVALUATION, Even Years, Trimester 2	Adv. White+	
<i>Lecture: God's Best You</i>		176

MONDAY, DECEMBER 20 - TUESDAY, DECEMBER 21, 2010

Karate 7: BELT TEST , Even Years, Trimester 3	White+	
Jujitsu 7: BELT TEST , Control Circle, Guard Circle, Standing Circle, Falls and Rolls, Ki Principles, Ki Moves; Even Years, Trimester 3	White+	
Kobujitsu 7: BELT TEST , Even Years, Trimester 3	White+	

WEDNESDAY, DECEMBER 22 - THURSDAY, DECEMBER 23, 2010
BONUS CLASS

CLOSED DECEMBER 24 thru JANUARY 1
Classes Resume on Monday, January 3, 2011