

GUARDIAN ACADEMY
Even Years, Trimester 1
January thru April

EY,T1 MONTH ONE

MONDAY, JANUARY 2, 2011

BONUS CLASSES: FOCUS ON FITNESS AND HEALTH

OPEN ATTENDANCE

BRING A FRIEND!

WEDNESDAY, JANUARY 4, 2011

Karate 1: WARM UP: Front Kick Groin Hunt, Round Kick Groin Hunt

CLASS: Kumite Drill: Slow Motion Sparring, Three Step Freeze Sparring, Three Step Sparring

Lecture: Three Step Sparring 93

Jujutsu 1: Submission Set, Part 1: 1. Heel Lock vs. Open Guard, 2. Leg Bar, 3. Collar Choke.

Standing Back Circle: 1. Arm Drag (forward wrist), 2. Arm Drag (across wrist), 3. Slip Under, 4. Duck Under, 5. Glide Past.

Lecture: Reality is More Important Than Anything We Believe 98

Kobujitsu 1: Cover Commands (Covers); GUARDIAN SWORD: Bad Guy 1: Upward Diagonal

Inside Slash, Downward Slash; Bad Guy 2: Outside Upward Block, Wheel Inside

Lecture: Kenjitsu as Philosophy 96

MONDAY, JANUARY 9, 2011

Karate 2: WARM UP: Front Kick Groin Hunt, Round Kick Groin Hunt, Shin Kick

CLASS: Kumite Drill: Groin Hunting. Defending the Groin Hunt.

Lecture: Stances Are Boundaries 94

Jujutsu 2: Practice Standing Back Circle. Practice Submission Set, Part 1. Submission Set, Part

2: 4. Underjaw Press, 5. Double Leg Arm Bar, 6. Ground Shoulder Lock, 7. Shoulder Lock from the Guard. Control Circle, Part 1: 1. Mount (test, test, test), 2. Kneeling Mount

Lecture: All Principles Must Be Consistently Applied 99

Kobujitsu 2: Cover Commands (Moving); GUARDIAN SWORD: Bad Guy 3: Extended Inside Slash, Pommel Hammer, Diagonal Outside Cut

Lecture: Warfare as Philosophy 97

WEDNESDAY, JANUARY 11, 2011

- Karate 3: WARM UP: Cover Commands, Stance Set
CLASS: Kumite Drill: Fighting Stances and Footwork. Shove and Movement Tests.
Lecture: Stances and Footwork 95
- Jujutsu 3: Practice Standing Back Circle. Practice Submission Set, Part 1 and 2. Practice Control Circle, Part 1. Submission Set, Part 3: 8. Arm Bar from the Guard, 9. Leg Triangle Choke, 10. Arm Triangle Choke.
Lecture: Defining Principles 100
- Kobujitsu 3: Cover Commands (Switches); GUARDIAN SWORD: Bad Guy 4: Outside Cut, Down-Up Inside, Out-In X, Outside Slash, Inside Cut, *Switch Grip*
Lecture: Philosophy as Martial Arts 98

MONDAY, JANUARY 16, 2011

NO CLASSES IN HONOR OF MARTIN LUTHER KING, JR. DAY

WEDNESDAY, JANUARY 18, 2011

- Karate 4: WARM UP: Lead Leg Kick Jamming, Lead Leg Kick Interception
CLASS: Kumite Drill: Lead Leg Kick Jamming, Lead Leg Kick Interception
Lecture: Relaxed Power 96
- Jujutsu 4: Practice Standing Back Circle. Practice Submission Set. 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. 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: Understanding Principles 101
- Kobujitsu 4: GUARDIAN SWORD: Bad Guy 5: Upward Diagonal Inside Slash, Outside Cut, Outside Upward Block, Diagonal Inside Slash
Lecture: Four Options to Defeating an Opponent 99

MONDAY, JANUARY 23, 2011

- Karate 5: WARM UP: Lead Leg Kick Interception, Lead Leg Groin Hunt Trigger
CLASS: Kumite Drill: Lead Leg Kick Interception, Lead Leg Groin Hunt Trigger
Lecture: Serenity Under Pressure 97
- Jujutsu 5: Practice Standing Back Circle. Practice Submission Set. Practice Control Circle. Practice Guard Circle, Part 1. Guard Circle, Part 2: 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: The Principles are Consistent 102
- Kobujitsu 5: GUARDIAN SWORD: Bad Guy 6: Extended Inside Slash, Downward Cut, Downward Slash, 1 Diagonal Outside Slash
Lecture: Weapon Principles and The Weapon's Place 100

WEDNESDAY, JANUARY 25, 2011

- Karate 6: WARM UP: Cover Commands (Relaxed), O3 Techniques (Shadow, Relaxed): Simple O3: Chat Cover, Talking with the Hands, Groin Hunt (Front Kick, Round Kick, Shin Variation); Punch O3: Straight Block, Vertical Punch, Outside Chop, Inside Chop, Ki Drop; Plus O3. Leg Jam, Outside Knuckle, Inverted Punch, Ear Box, Head Smash to Knee
CLASS: Kumite Drill: Effortlessness, Serenity
Lecture: Effortless Intentionality 98
- Jujutsu 6: Practice Standing Back Circle. Practice Submission Set. Practice Control Circle. Practice Guard Circle. Falls and Rolls Chain: 1: Drop. 2: Fall Forward. 3: Fall Backward. 4: Fall Sideways. 5: Roll Forward. 6: Roll Backward. 7: Roll Sideways. 8: Cartwheel. 9: Break Fall Backwards. 10: Break Fall Roll.
Lecture: Martial Arts Principles in Personal Growth 103
- Kobujitsu 6: GUARDIAN SWORD: Bad Guy 7: Inside Upward Block, Pommel Hammer, Wheel Inside, Thrust
Lecture: Weapon Defense Principles 101

MONDAY, JANUARY 30, 2011

- Karate 7: WARM UP: Slow Motion Sparring
CLASS: Kumite Drill: Flash Sparring
Lecture: Good Attacks and Defenses 99
- Jujutsu 7: Practice Standing Back Circle. Practice Submission Set. Practice Control Circle. Practice Guard Circle. Ki Principles and Applications: 1: Keep One Point. 2: Relax Completely. 3: Weight Underside. 4: Extend Ki. 5: Counter the Power. 6: Ki Full Body Weight Underside. 7: Ki Pull Down. 8: Ki Push. 9: Ki Pull. 10: Ki Drop
Lecture: Principle Lead Martial Arts 104
- Kobujitsu 7: GUARDIAN SWORD: Bad Guy 8: Diagonal Inside Cut, Diagonal Outside Cut, Outside Slash, Extended Thrust
Lecture: Multiple Opponent Combat and Warfare Combat 102

EY,T1 MONTH TWO

WEDNESDAY, FEBRUARY 1, 2011

- Karate 1: WARM UP: OY,T2: Line 1: Outside Hand Sweep, High Punch, Inverted Punch, Forward Kick, Side Kick, Round Kick, Back Kick, Outside Hammer Fist, Vertical Punch; Line 2: Outside Knuckle, Inverted Punch, Outside Crescent Kick, Step Forward Side Kick, Double Round Kick, Outside Hammer Fist, Inside Hammer Fist, Head Smash to Knee; Line 3: Step Forward, Side Kick, Side Kick, Spinning Outside Crescent Kick, Skip Forward Front Kick, High Punch, Vertical Punch, Ear Box, Double Vertical Chop, Skip Forward Forward Kick. STANCE SET: 1. Triangle Frame, 2. Cover, 3. Forward, 4. Middle, 5. Back, 6. Cat, 7. Chat
CLASS: Simple E1: Triangle Frame, Inside Hammer Fist
Lecture: Whatever Is Not of Faith is Sin 100
- Jujutsu 1: Grappling Class 1: Face Drop from Behind, Face Drop, Twisting Head Drop.
Lecture: Slow Motion Grappling 105
- Kobujitsu 1: GUARDIAN SWORD: Bad Guy 9: Down-Up Inside, Out-In X, Wheel Outside
Lecture: Correct in What They Assert and Wrong in What They Deny: Principle 103

MONDAY, FEBRUARY 6, 2011

- Karate 2: WARM UP: OY,T1: Simple O1: Two Hand Block, Outside Hammer Fist; Punch O1: Outside Deflect to Arm Bar, Arm Break, Front Kick, Shoulder/Round Kick Takedown; Plus O1. Hook, Drop, Spin to Upward Ridge Hand, Ear Box, Knee, Side Kick. WRIST LOCKS: Reach Across: 1. Forward Wrist Lock Takedown, 2. Forward Wrist Lock Straight Arm, 3. Wrist Lock Arm Bar; Reach Forward Show the Palm: 4. Outside Wrist Lock Takedown, 5. Upward Arm Bar, 6. Shoulder Wrist Lock Takedown; Compression: 7. Behind the Back Compression Wrist Lock
CLASS: Punch E1: Duck and Hook Punch, High Punch, Horizontal Chop, Side Kick
Lecture: Meat Sacrificed to Idols 101
- Jujutsu 2: Grappling Class 2: Hook Drag Down, Foot Trap Drag Down from Behind.
Lecture: Cooperative Grappling 106
- Kobujitsu 2: GUARDIAN SWORD: Bad Guy 10: Extended Outside Slash, In-Out X, Down-Up Outside, Inside Slash, Diagonal Outside Slash, Inside Cut, *Switch Grip*
Lecture: Correct in What They Assert and Wrong in What They Deny: Martial Arts 104

WEDNESDAY, FEBRUARY 8, 2011

BONUS & FITNESS CLASSES
OPEN ATTENDANCE
BRING A FRIEND!

MONDAY, FEBRUARY 13, 2011

- Karate 3: WARM UP: EY,T3: Simple E3: Chat Cover, Talking with the Hands, Sternal Notch Push Back; Punch E3: Outside Block, Inverted Punch, Inside Elbow, Power Slap, Double Inside Palm; Plus E3. Turtle, Forward Kick, Hook Release, High Punch, Esophagus Takedown, Knee on Stomach. FALL and ROLLS: 1: Drop, 2: Fall Forward, 3: Fall Backward, 4: Fall Sideways, 5: Roll Forward, 6: Roll Backward, 7: Roll Sideways, 8: Cartwheel, 9: Break Fall Backwards, 10: Break Fall Roll
CLASS: Drill Simple E1 and Punch E1, Start Plus E1: Palm, Weave and Grip Break
Lecture: Inoculation: Understanding the Tricks 102
- Jujutsu 3: Grappling Class 3: Knee Trip, Round Kick Takedown.
Lecture: Effortlessness 107
- Kobujitsu 3: GUARDIAN SWORD: Bad Guy 11: Inside Upward Block, Diagonal Inside Slash, Extended Thrust
Lecture: Turn the Other Cheek 105

WEDNESDAY, FEBRUARY 15, 2011

- Karate 4: WARM UP: EY,T2: GUARDIAN 1: Bad Guy 1: Front Kick Groin Hunt, High Punch, Inside Hammer Fist, Palm, Bad Guy 2: Forward Kick, Outside Crescent Kick, Round Kick, Bad Guy 3: Side Kick, Upward Inverted Punch, Vertical Punch, Inside Chop, Head Smash to Knee, Bad Guy 4: Inside Crescent Kick, Outside Chop, Hook Punch, Inside Elbow, Bad Guy 5: Inverted Punch, Inside Chop, Groin Strike, Bad Guy 6: Outside Groin Strike, Upward Palm, Horizontal Chop, Bad Guy 7: Outside Crescent Kick, Inside Crescent Kick, Outside Groin Strike, Vertical Punch, Bad Guy 8: Round Kick Groin Hunt, Outside Chop, Vertical Chop, Round Kick, Back Kick, Bad Guy 9: Round Kick Groin Hunt, Outside Hammer Fist, Bad Guy 10: Front Kick Groin Hunt, Forward Kick, Bad Guy 11: Outside Hammer Fist, Inside Hammer Fist, Groin Strike, Inverted Punch, Upward Inverted Punch, Horizontal Chop, Bad Guy 12: Palm, Side Kick, Back Kick, Bad Guy 13: High Punch, Upward Palm, Vertical Chop, Hook Punch, Inside Elbow, Head Smash to Knee
CLASS: Plus E1: Palm, Weave and Grip Break, Groin Strike, Outside Chop, Triangle Choke, Neck Break
Lecture: Decline to Cooperate With The Enemy 103
- Jujutsu 4: Grappling Class 4: Heel Trip, Knee Collapse.
Lecture: Serenity Grappling 108
- Kobujitsu 4: GUARDIAN SWORD: Bad Guy 12a: Downward Cut; Bad Guy 13: Thrust, Wheel Outside
Lecture: Buy a Sword. He Who Lives By The Sword Will Die By The Sword. 106

MONDAY, FEBRUARY 20, 2011

NO CLASSES IN HONOR OF PRESIDENT'S DAY

WEDNESDAY, FEBRUARY 22, 2011

- Karate 5: WARM UP: EY,T1: Simple E1: Triangle Frame, Inside Hammer Fist; Punch E1: Duck and Hook Punch, Hook Punch, High Punch, Horizontal Chop, Side Kick; Plus E1. Palm, Weave and Grip Break, Groin Strike, Outside Chop, Triangle Choke, Neck Break. KI PRINCIPLES AND APPLICATIONS: 1: Keep One Point, 2: Relax Completely, 3: Weight Underside, 4: Extend Ki, 5: Counter the Power, 6: Ki Full Body Weight Underside, 7: Ki Pull Down, 8: Ki Push, 9: Ki Pull, 10: Ki Drop
CLASS: Drill E1 Techniques
Lecture: Ki Principles: Will and Concentration, Body and Relaxation 104
- Jujutsu 5: Grappling Class 5: Heel Hook Drive Down, Heel Hook Drive Down from Behind.
Lecture: Ego Free Sparring 109
- Kobujitsu 5: GUARDIAN SWORD: Bad Guy 14: Extended Outside Slash, Down-Up Outside, Diagonal Inside Cut
Lecture: Learning About Yourself and Get the Inside to the Outside 107

MONDAY, FEBRUARY 27, 2011

- Karate 6: WARM UP: OY,T3: TECHNIQUES: Simple O3: Chat Cover, Talking with the Hands, Groin Hunt (Front Kick, Round Kick, Shin Variation); Punch O3: Straight Block, Vertical Punch, Outside Chop, Inside Chop, Ki Drop; Plus O3. Leg Jam, Outside Knuckle, Inverted Punch, Ear Box, Head Smash to Knee. COVER COMMANDS: Covers, Steps and Skips, Switches
CLASS: Drill E1 Techniques, Ki Principles and Applications 1-4: 1. Keep One Point, 2. Relax Completely, 3. Weight Underside, 4. Extend Ki
Lecture: Ki: Breath and Spirit 105
- Jujutsu 6: Grappling Class 6: Double Leg Arm Bar, Arm Choke to Compression Wrist Lock, Twist the Bar, Beat the Bar
Lecture: Tap Out 110
- Kobujitsu 6: GUARDIAN SWORD: Bad Guy 12b: Diagonal Outside Slash, In-Out X, Inside Slash
Lecture: The Process of Internalizing 108

WEDNESDAY, FEBRUARY 29, 2011

- Karate 7: WARM UP: Guardian 1, Lines 1-3
CLASS: Drill Ki Principles 1-4, Ki Principles and Applications 5-7: 5. Counter the Power, 6. Full Body Weight Underside, 7. Ki Pull Down. Build Chain. Drill E1 Techniques.
Lecture: Power Through Concentration and Relaxation 106
- Jujutsu 7: Grappling Class 7: Leg Bar, Cutting Leg Bar, Hair Lock
Lecture: Learn by Losing 111
- Kobujitsu 7: GUARDIAN SWORD: Bad Guy Check: 1 Diagonal Outside Slash
Lecture: How to Internalize 109

EY,T1 MONTH THREE

MONDAY, MARCH 5, 2011

Karate 1: WARM UP: OY,T2: Line 1: Outside Hand Sweep, High Punch, Inverted Punch, Forward Kick, Side Kick, Round Kick, Back Kick, Outside Hammer Fist, Vertical Punch; Line 2: Outside Knuckle, Inverted Punch, Outside Crescent Kick, Step Forward Side Kick, Double Round Kick, Outside Hammer Fist, Inside Hammer Fist, Head Smash to Knee; Line 3: Step Forward, Side Kick, Side Kick, Spinning Outside Crescent Kick, Skip Forward Front Kick, High Punch, Vertical Punch, Ear Box, Double Vertical Chop, Skip Forward Forward Kick. STANCE SET: 1. Triangle Frame, 2. Cover, 3. Forward, 4. Middle, 5. Back, 6. Cat, 7. Chat

CLASS: Ki Principles and Applications (all): 1. Keep One Point, 2. Relax Completely, 3. Weight Underside, 4. Extend Ki, 5. Counter the Power, 6. Full Body Weight Underside, 7. Ki Pull Down, 8. Ki Push, 9. Ki Pull, 10. Ki Drop. Build Chain.

Lecture: The Genesis 1:1 Principle 107

Jujutsu 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 Choke to Compression Wrist Lock, 2. Cutting Leg Bar, 3. Hair Lock.

Lecture: Hopelessness 112

Kobujitsu 1: Review OY, T3: Tamishi Giri Chain, Iaijutsu: 1. Sheathing, 2. Sword Holding Draw to 1 Tip Ready 3. Draw to 1 Tip Ready, 4. Draw to 2 Tip Ready, 5. Draw to Outside Slash. SWORD SET: 1. Down-Up Outside, 2. Diagonal Inside Cut, 3. Inside Slash, 4. Out-In X, 5. Middle Thrust. TWO MAN SWORD DRILLS: 1. Tip Drill vs. Tip Drill, 2. 1 Inside Deflect Riposte, 1 Outside Deflect Riposte vs. Middle Thrust, Middle Thrust, 3. 2 Outside Slash, 2 Downward Slash, 2 Downward Slash vs. 2 Low Outside Block, Inverted Reinforced Deflect, Inside Deflect, 4. 2 Inside Upward Block, 2 Downward Slash, 2 Outside Block, 2 Downward Slash vs. 2 Downward Slash, 2 Inside Upward Block, 2 Downward Slash, 2 Outside Block, 5. 1 Low Slash vs. Together-Apart Range Defense. TWO MAN SWORD TO SWORD: Offense: 1. 2 Middle Thrust, 2. Range Defense, 3. 2 Downward Slash, 4. 2 Outside Block, 5. 2 Inside Slash, Defense: 1. 2 Inside Deflect, 2. 2 Middle Outside Slash, 3. 2 Inside Upward Block, 4. 2 Diagonal Outside Slash, 5. Range Defense.

Lecture: Practice Makes Permanent at the Level of Practice 110

WEDNESDAY, MARCH 7, 2011

Karate 2: WARM UP: OY,T1: Simple O1: Two Hand Block, Outside Hammer Fist; Punch O1: Outside Deflect to Arm Bar, Arm Break, Front Kick, Shoulder/Round Kick Takedown; Plus O1. Hook, Drop, Spin to Upward Ridge Hand, Ear Box, Knee, Side Kick. WRIST LOCKS: Reach Across: 1. Forward Wrist Lock Takedown, 2. Forward Wrist Lock Straight Arm, 3. Wrist Lock Arm Bar; Reach Forward Show the Palm: 4. Outside Wrist Lock Takedown, 5. Upward Arm Bar, 6. Shoulder Wrist Lock Takedown; Compression: 7. Behind the Back Compression Wrist Lock
CLASS: Drill Ki Chain. Drill E1 Techniques.

Lecture: The Genius in the Design 108

Jujutsu 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. Guillotine from Guard, 3. Collar Feed from Mount.

Lecture: Hopelessness: Accessing the Power 113

Kobujitsu 2: Review OY, T2: Two Man Bo to Bo: Offense: 1. High Inside Strike, 2. Middle Thrust, 3. Middle Outside Deflect, 4. Low End Inside Block, 5. Downward Strike; Defense: 1. High End Inside Block, 2. Middle Outside Deflect, 3. Middle Thrust, 4. Low Inside Strike, 5. High Horizontal Block; Guardian Bo: Bad Guy 1: High Inside Strike, Low Inside Strike; Bad Guy 2: High Jab; Back to Bad Guy 1: Middle Thrust, Spinning Outside Strike; Bad Guy 3: Round Kick, Back Kick, High Thrust; Bad Guy 4: Low Underhand Circle, Downward Strike; Bad Guy 5: Vertical Block, Spin to Cover, Forward Kick, High Outside Strike, Upward Strike; Bad Guy 6: Spinning Outside Strike, Clear, Roll; Bad Guy 7: Two Handed Spin, Tucked Downward Strike, Upward Underhand Strike; Bad Guy 8: Round Kick, Side Kick Jab, Back Kick, Middle Jab, Roll; Bad Guy 9: High Horizontal Block, Downward Strike, Middle Inside Strike, Overhead Spin Underhand Strike, Forward Kick; Bad Guy 10: High Jab, Low Inside Strike, Middle Thrust; Bad Guy 11: Middle Inside Strike, Side Kick Jab; Bad Guy 12: Spin to Cover, Overhead Spin Underhand Strike, Upward Underhand Strike; Bad Guy 13: Two Handed Spin, Tucked Downward Strike, Clear; Bad Guy 14: Vertical Block, High Outside Strike, Upward Strike; Bad Guy 15: Middle Jab; Bad Guy 16: Middle Horizontal Block, Low Underhand Circle; Bad Guy 17: High Thrust, High Inside Strike. YARI SKILLS: 1. Set and Brace, 2. Underhand Circle, 3. Side Switching Thrusts; YARI SET: 1. One Hand Long Thrust, 2. Middle Thrust, 3. Overhand Thrust, 4. High Short Thrust, 5. Extending Stitch Jab; NAGINATA SET: 1. Underhand Downward Slash, 2. Wheel Underhand Downward Slash, 3. Middle Underhand Thrust, 4. Diagonal Inside Underhand Slash, 5. Outside Underhand Cut; JO SET: 1. Middle Underhand Inside Strike, 2. High Underhand Outside Strike, 3. High Underhand Thrust, 4. Underhand Down Strike, 5. Middle One Hand Long Thrust.

Lecture: Dislike vs. Disagree 111

MONDAY, MARCH 12, 2011

Karate 3: WARM UP: EY, T3: Simple E3: Chat Cover, Talking with the Hands, Sternal Notch Push Back; Punch E3: Outside Block, Inverted Punch, Inside Elbow, Power Slap, Double Inside Palm; Plus E3: Turtle, Forward Kick, Hook Release, High Punch, Esophagus Takedown, Knee on Stomach. FALL and ROLLS: 1: Drop, 2: Fall Forward, 3: Fall Backward, 4: Fall Sideways, 5: Roll Forward, 6: Roll Backward, 7: Roll Sideways, 8: Cartwheel, 9: Break Fall Backwards, 10: Break Fall Roll
CLASS: Drill E1 Techniques.

Lecture: Faith in Design 109

Jujutsu 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 OY, T1: Bo Spin Chain; Bo Set: High Inside Strike, Downward Strike, Middle Thrust, Low Inside Strike, Overhead Spin, Underhand Strike; Two Man Bo Drills: TMBD 1: High Inside Strike to High Inside Strike; TMBD 2: High Inside Strike, Low Inside Strike to High Inside Strike, Low Inside Strike; TMBD 3: High Inside Strike, Low Inside Strike, Downward Strike to High Inside Strike, Low Inside Strike, High Horizontal Block; TMBD 4: High Inside Strike, High Outside Strike, Upward Strike, Downward Strike to High End Inside Block, High End Inside Block, Low Horizontal Block, High Horizontal Block; TMBD 5: High Inside Strike, Middle Inside Strike, Low Inside Strike, Downstike, Middle Thrust to High End Inside Block, Middle Outside Block, Low End Inside Block, High Horizontal Block, Outside Middle Deflect.

Lecture: Learning by Agreement 112

WEDNESDAY, MARCH 14, 2011

Karate 4: WARM UP: EY,T2: GUARDIAN 1: Bad Guy 1: Front Kick Groin Hunt, High Punch, Inside Hammer Fist, Palm, Bad Guy 2: Forward Kick, Outside Crescent Kick, Round Kick, Bad Guy 3: Side Kick, Upward Inverted Punch, Vertical Punch, Inside Chop, Head Smash to Knee, Bad Guy 4: Inside Crescent Kick, Outside Chop, Hook Punch, Inside Elbow, Bad Guy 5: Inverted Punch, Inside Chop, Groin Strike, Bad Guy 6: Outside Groin Strike, Upward Palm, Horizontal Chop, Bad Guy 7: Outside Crescent Kick, Inside Crescent Kick, Outside Groin Strike, Vertical Punch, Bad Guy 8: Round Kick Groin Hunt, Outside Chop, Vertical Chop, Round Kick, Back Kick, Bad Guy 9: Round Kick Groin Hunt, Outside Hammer Fist, Bad Guy 10: Front Kick Groin Hunt, Forward Kick, Bad Guy 11: Outside Hammer Fist, Inside Hammer Fist, Groin Strike, Inverted Punch, Upward Inverted Punch, Horizontal Chop, Bad Guy 12: Palm, Side Kick, Back Kick, Bad Guy 13: High Punch, Upward Palm, Vertical Chop, Hook Punch, Inside Elbow, Head Smash to Knee

CLASS: Drill E1 Techniques.

Lecture: Guardian Kempo: A Life Art

110

Jujutsu 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, Face to Face, 2. Downward Ground Shoulder Lock, 3. Shoulder Lock from Kneeling Mount

Lecture: Hopelessness: Producing Results

115

Kobujitsu 4: Review EY,T3: TWO MAN ESCRIMA TO ESCRIMA - Offense: 1. High Inside Strike, 2. Low Outside Long Block, Crane Stance 3. Middle Long Punch, 4. Open Hand Inside Deflect, 5. Downward Strike, Defense: 1. Inside Long Block, 2. Low Outside Strike, 3. Open Hand Inside Deflect, 4. Downward Strike, 5. Upward Long Block. TWO MAN KNIFE TO KNIFE - Offense: 1. Middle Inside Slash, 2. Middle Thrust, 3. Duck and Range Defense, 4. Inside Deflect, 5. High Inside Thrust, Defense: 1. Range Defense, 2. Inside Deflect, 3. High Outside Slash, 4. Swat and Middle Thrust, 5. Outside Block, Push Away. GUARDIAN ESCRIMA - Bad Guy 1: High Long Punch, Low Outside Strike, In Out Double Strike, Middle Inside Strike, Diagonal Outside Strike, Bad Guy 2: Upward Short Block, Middle Punch High Short Punch, Middle Long Punch, Bad Guy 3: Forward Kick, Groin Strike, High Outside Strike, Bad Guy 4: Downward End Hammer, Overhand Thrust, Side Kick, Bad Guy 5: High Inside Strike, Outside End Hammer, Bad Guy 6: Vertical Block, Low Inside Strike, Bad Guy 7a: Low Outside Short Block, Bad Guy 8a: Middle Short Punch, Bad Guy 7b: Long Outside Elbow, Bad Guy 8b: Low Short Punch, Round Kick, Bad Guy 9: Middle Outside Strike, Diagonal Inside Strike, Middle Punch, Low Long Punch, Bad Guy 10: Outside Chop, Back Kick, High Long Punch, High Horizontal Block, Round Kick, Long Outside Elbow, Bad Guy 11: Middle Short Punch, Low Outside Short Block, Upward Short Block, Groin Strike, High Short Punch, Forward Kick, Vertical Block, Overhand Thrust, Bad Guy 12: Outside End Hammer, Side Kick, Bad Guy 13a: Middle Outside Strike, In Out Double Strike, Bad Guy 14a: Back Kick, Bad Guy 13b: Outside Chop, Low Long Punch, Bad Guy 14b: Low Outside Strike, High Inside Strike, Diagonal Outside Strike, Middle Inside Strike, Diagonal Inside Strike, Bad Guy 15: Low Short Punch, Middle Long Punch, Low Inside Strike, High Outside Strike, Downward End Hammer, Middle Horizontal Block.

Lecture: Learning by Disagreement

113

MONDAY, MARCH 19, 2011

- Karate 5: WARM UP: EY,T1: Simple E1: Triangle Frame, Inside Hammer Fist; Punch E1: Duck and Hook Punch, Hook Punch, High Punch, Horizontal Chop, Side Kick; Plus E1. Palm, Weave and Grip Break, Groin Strike, Outside Chop, Triangle Choke, Neck Break. KI PRINCIPLES AND APPLICATIONS: 1: Keep One Point, 2: Relax Completely, 3: Weight Underside, 4: Extend Ki, 5: Counter the Power, 6: Ki Full Body Weight Underside, 7: Ki Pull Down, 8: Ki Push, 9: Ki Pull, 10: Ki Drop
CLASS: Review E1 Techniques. Drill Ki Chain.
Lecture: Martial Arts as a Metaphor 111
- Jujutsu 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. Guillotine, 2. Foot Lock, 3. Heel Lock.
Lecture: Rules 116
- Kobujitsu 5: Review EY,T2: ESCRIMA SET: 1. Diagonal Inside Strike, 2. Diagonal Outside Strike, 3. In Out Double Strike, 4. Downward Strike, 5. Middle Long Punch;
SINAWALI: 1: High Inside Bounce, 2: High Inside Through, High Outside Through, 3: High Inside Through, Low Outside Bounce, High Outside Through, 4: High Inside Through, High Outside Bounce, Low Outside Through, High Inside Bounce, 5: High Inside Through, Low Outside Through, High Inside Bounce, Low Inside Bounce, High Inside Bounce; KNIFE SET: 1. Middle Thrust, 2. Middle Outside Slash, 3. High Inside Thrust, 4. Diagonal Inside Slash, 5. High Outside Hammer; TWO MAN KNIFE DRILLS: 1: Slash Blocks High, 2: Slash Blocks Low, 3: Thrust Inside Deflects, Over, Under, 4: Stab Inside Deflects, Right to Left, 5: Inverted Slash Swats; TWO MAN ESCRIMA TO KNIFE: Escrima: 1. Inside Long Deflect, 2. High Outside Strike, 3. Low Inside Strike, 4. Reinforced Guide Over, 5. Diagonal Inside Strike: Knife: 1. Middle Thrust, 2. Guide Over, 3. Leg Slide, 4. High Inside Slash, 5. Reinforced Guide Down
Lecture: Learning by Launching 114

WEDNESDAY, MARCH 21, 2011

- Karate 6: WARM UP: OY,T3: TECHNIQUES: Simple O3: Chat Cover, Talking with the Hands, Groin Hunt (Front Kick, Round Kick, Shin Variation); Punch O3: Straight Block, Vertical Punch, Outside Chop, Inside Chop, Ki Drop; Plus O3. Leg Jam, Outside Knuckle, Inverted Punch, Ear Box, Head Smash to Knee. COVER COMMANDS: Covers, Steps and Skips, Switches
CLASS: Review Ki Chain. Drill E1 Techniques.
Lecture: Martial Arts as a Parable 112
- Jujutsu 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. Strangle from Behind
Lecture: Deciphering Rules 117
- Kobujitsu 6: Review EY, T1: Cover Commands, GUARDIAN SWORD - Bad Guy 1: Upward Diagonal Inside Slash, Downward Slash, Bad Guy 2: Outside Upward Block, Wheel Inside, Bad Guy 3: Extended Inside Slash, Pommel Hammer, Diagonal Outside Cut, Bad Guy 4: Outside Cut, Down-Up Inside, Out-In X, Outside Slash, Inside Cut, *Switch Grip*, Bad Guy 5: Upward Diagonal Inside Slash, Outside Cut, Outside Upward Block, Diagonal Inside Slash, Bad Guy 6: Extended Inside Slash, Downward Cut, Downward Slash, Bad Guy 7: Inside Upward Block, Pommel Hammer, Wheel Inside, Thrust, Bad Guy 8: Diagonal Inside Cut, Diagonal Outside Cut, Outside Slash, Extended Thrust, Bad Guy 9: 1 Diagonal Outside Slash, Down-Up Inside, Out-In X, Wheel Outside, Bad Guy 10: Extended Outside Slash, In-Out X, Down-Up Outside, Inside Slash, Diagonal Outside Slash, Inside Cut, *Switch Grip*. Bad Guy 11: Inside Upward Block, Diagonal Inside Slash, Extended Thrust, Bad Guy 12a: Downward Cut, Bad Guy 13: Thrust, Wheel Outside, Bad Guy 14: Extended Outside Slash, Down-Up Outside, Diagonal Inside Cut, Bad Guy 12b: Diagonal Outside Slash, In-Out X, Inside Slash, Bad Guy Check: 1 Diagonal Outside Slash.
Lecture: Learning by Refining 115

MONDAY, MARCH 26, 2011

- Karate 7: WARM UP: Guardian 1, Line Pick Ups
CLASS: Review Ki Chain. Drill E1 Techniques.
Lecture: Physical Philosophy 113
- Jujutsu 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 Choke to Compression Wrist Lock, 2. Cutting Leg Bar, 3. Hair Lock.
Lecture: Articulation and Exploration 118
- Kobujitsu 7: Review Guardian Kobujitsu
Lecture: Learning from Mistakes 116

WEDNESDAY, MARCH 28, 2011
BONUS & FITNESS CLASS
PRE-SPRING BREAK OPEN ATTENDANCE
BRING A FRIEND!

EY,T1 MONTH FOUR

MONDAY, APRIL 1, 2011 - WEDNESDAY, APRIL 4, 2011

**NO CLASSES FROM PALM SUNDAY TO EASTER SUNDAY
IN HONOR OF EASTER WEEK**

MONDAY, APRIL 9, 2011

Karate 1: Review All Guardian Karate	
<i>Lecture: Philosophy for Life</i>	114
Jujutsu 1: Review Guardian Jujutsu	
<i>Lecture: Rule Changing: 1. Evaluate</i>	119
Kobujitsu 1: Review Guardian Kobujitsu	
<i>Lecture: Learning from Success and Honing Success</i>	117

WEDNESDAY, APRIL 11, 2011

Karate 2: EVALUATION, EY, T2: GUARDIAN 1: Bad Guy 1: Front Kick Groin Hunt, High Punch, Inside Hammer Fist, Palm, Bad Guy 2: Forward Kick, Outside Crescent Kick, Round Kick, Bad Guy 3: Side Kick, Upward Inverted Punch, Vertical Punch, Inside Chop, Head Smash to Knee, Bad Guy 4: Inside Crescent Kick, Outside Chop, Hook Punch, Inside Elbow, Bad Guy 5: Inverted Punch, Inside Chop, Groin Strike, Bad Guy 6: Outside Groin Strike, Upward Palm, Horizontal Chop, Bad Guy 7: Outside Crescent Kick, Inside Crescent Kick, Outside Groin Strike, Vertical Punch, Bad Guy 8: Round Kick Groin Hunt, Outside Chop, Vertical Chop, Round Kick, Back Kick, Bad Guy 9: Round Kick Groin Hunt, Outside Hammer Fist, Bad Guy 10: Front Kick Groin Hunt, Forward Kick, Bad Guy 11: Outside Hammer Fist, Inside Hammer Fist, Groin Strike, Inverted Punch, Upward Inverted Punch, Horizontal Chop, Bad Guy 12: Palm, Side Kick, Back Kick, Bad Guy 13: High Punch, Upward Palm, Vertical Chop, Hook Punch, Inside Elbow, Head Smash to Knee
Adv. Orange+

Lecture: The Bow: Humility Over Power 115

Jujutsu 2: EVALUATION, 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. Guillotine from Guard, 3. Collar Feed from Mount.

Adv. Orange+

Lecture: Rule Changing: 2. Define 120

Kobujutsu 2: EVALUATION EY, T2: ESCRIMA SET: 1. Diagonal Inside Strike, 2. Diagonal Outside Strike, 3. In Out Double Strike, 4. Downward Strike, 5. Middle Long Punch; SINAWALI: 1: High Inside Bounce, 2: High Inside Through, High Outside Through, 3: High Inside Through, Low Outside Bounce, High Outside Through, 4: High Inside Through, High Outside Bounce, Low Outside Through, High Inside Bounce, 5: High Inside Through, Low Outside Through, High Inside Bounce, Low Inside Bounce, High Inside Bounce; KNIFE SET: 1. Middle Thrust, 2. Middle Outside Slash, 3. High Inside Thrust, 4. Diagonal Inside Slash, 5. High Outside Hammer; TWO MAN KNIFE DRILLS: 1: Slash Blocks High, 2: Slash Blocks Low, 3: Thrust Inside Deflects, Over, Under, 4: Stab Inside Deflects, Right to Left, 5: Inverted Slash Swats; TWO MAN ESCRIMA TO KNIFE: Escrima: 1. Inside Long Deflect, 2. High Outside Strike, 3. Low Inside Strike, 4. Reinforced Guide Over, 5. Diagonal Inside Strike: Knife: 1. Middle Thrust, 2. Guide Over, 3. Leg Slide, 4. High Inside Slash, 5. Reinforced Guide Down

Adv. Orange+

Lecture: Future Success Presumption 118

MONDAY, APRIL 16, 2011

Karate 3: EVALUATION, EY, T3: Simple E3: Chat Cover, Talking with the Hands, Sternal Notch Push Back; Punch E3: Outside Block, Inverted Punch, Inside Elbow, Power Slap, Double Inside Palm; Plus E3: Turtle, Forward Kick, Hook Release, High Punch, Esophagus Takedown, Knee on Stomach. FALL and ROLLS: 1: Drop, 2: Fall Forward, 3: Fall Backward, 4: Fall Sideways, 5: Roll Forward, 6: Roll Backward, 7: Roll Sideways, 8: Cartwheel, 9: Break Fall Backwards, 10: Break Fall Roll
Orange+

Lecture: Definition of a Lesson 116

Jujutsu 3: EVALUATION, 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
Orange+

Lecture: Rule Changing: 3. Old Rule Out 121

Kobujutsu 3: EVALUATION EY, T3: TWO MAN ESCRIMA TO ESCRIMA - Offense: 1. High Inside Strike, 2. Low Outside Long Block, Crane Stance 3. Middle Long Punch, 4. Open Hand Inside Deflect, 5. Downward Strike, Defense: 1. Inside Long Block, 2. Low Outside Strike, 3. Open Hand Inside Deflect, 4. Downward Strike, 5. Upward Long Block. TWO MAN KNIFE TO KNIFE - Offense: 1. Middle Inside Slash, 2. Middle Thrust, 3. Duck and Range Defense, 4. Inside Deflect, 5. High Inside Thrust, Defense: 1. Range Defense, 2. Inside Deflect, 3. High Outside Slash, 4. Swat and Middle Thrust, 5. Outside Block, Push Away. GUARDIAN ESCRIMA - Bad Guy 1: High Long Punch, Low Outside Strike, In Out Double Strike, Middle Inside Strike, Diagonal Outside Strike, Bad Guy 2: Upward Short Block, Middle Punch High Short Punch, Middle Long Punch, Bad Guy 3: Forward Kick, Groin Strike, High Outside Strike, Bad Guy 4: Downward End Hammer, Overhand Thrust, Side Kick, Bad Guy 5: High Inside Strike, Outside End Hammer, Bad Guy 6: Vertical Block, Low Inside Strike, Bad Guy 7a: Low Outside Short Block, Bad Guy 8a: Middle Short Punch, Bad Guy 7b: Long Outside Elbow, Bad Guy 8b: Low Short Punch, Round Kick, Bad Guy 9: Middle Outside Strike, Diagonal Inside Strike, Middle Punch, Low Long Punch, Bad Guy 10: Outside Chop, Back Kick, High Long Punch, High Horizontal Block, Round Kick, Long Outside Elbow, Bad Guy 11: Middle Short Punch, Low Outside Short Block, Upward Short Block, Groin Strike, High Short Punch, Forward Kick, Vertical Block, Overhand Thrust, Bad Guy 12: Outside End Hammer, Side Kick, Bad Guy 13a: Middle Outside Strike, In Out Double Strike, Bad Guy 14a: Back Kick, Bad Guy 13b: Outside Chop, Low Long Punch, Bad Guy 14b: Low Outside Strike, High Inside Strike, Diagonal Outside Strike, Middle Inside Strike, Diagonal Inside Strike, Bad Guy 15: Low Short Punch, Middle Long Punch, Low Inside Strike, High Outside Strike, Downward End Hammer, Middle Horizontal Block.
Orange+

Lecture: Backwards Engineering Future Success 119

WEDNESDAY, APRIL 18, 2011

Karate 4: EVALUATION, OY, T1: Simple O1: Two Hand Block, Outside Hammer Fist; Punch O1: Outside Deflect to Arm Bar, Arm Break, Front Kick, Shoulder/Round Kick Takedown; Plus O1. Hook, Drop, Spin to Upward Ridge Hand, Ear Box, Knee, Side Kick. WRIST LOCKS: Reach Across: 1. Forward Wrist Lock Takedown, 2. Forward Wrist Lock Straight Arm, 3. Wrist Lock Arm Bar; Reach Forward Show the Palm: 4. Outside Wrist Lock Takedown, 5. Upward Arm Bar, 6. Shoulder Wrist Lock Takedown; Compression: 7. Behind the Back Compression Wrist Lock

Adv. Yellow+

Lecture: Definition of a Problem

117

Jujutsu 4: EVALUATION, 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, Face to Face, 2. Downward Ground Shoulder Lock, 3. Shoulder Lock from Kneeling Mount

Adv. Yellow+

Lecture: Rule Changing: 4. New Rule In

122

Kobujutsu 4: EVALUATION, OY, T1: Bo Spin Chain; Bo Set: High Inside Strike, Downward Strike, Middle Thrust, Low Inside Strike, Overhead Spin, Underhand Strike; Two Man Bo Drills: TMBD 1: High Inside Strike to High Inside Strike; TMBD 2: High Inside Strike, Low Inside Strike to High Inside Strike, Low Inside Strike; TMBD 3: High Inside Strike, Low Inside Strike, Downward Strike to High Inside Strike, Low Inside Strike, High Horizontal Block; TMBD 4: High Inside Strike, High Outside Strike, Upward Strike, Downward Strike to High End Inside Block, High End Inside Block, Low Horizontal Block, High Horizontal Block; TMBD 5: High Inside Strike, Middle Inside Strike, Low Inside Strike, Downstike, Middle Thrust to High End Inside Block, Middle Outside Block, Low End Inside Block, High Horizontal Block, Outside Middle Deflect.

Adv. Yellow+

Lecture: Future Pacing

120

MONDAY, APRIL 23, 2011

Karate 5: EVALUATION, OY, T2: Line 1: Outside Hand Sweep, High Punch, Inverted Punch, Forward Kick, Side Kick, Round Kick, Back Kick, Outside Hammer Fist, Vertical Punch; Line 2: Outside Knuckle, Inverted Punch, Outside Crescent Kick, Step Forward Side Kick, Double Round Kick, Outside Hammer Fist, Inside Hammer Fist, Head Smash to Knee; Line 3: Step Forward, Side Kick, Side Kick, Spinning Outside Crescent Kick, Skip Forward Front Kick, High Punch, Vertical Punch, Ear Box, Double Vertical Chop, Skip Forward Forward Kick. STANCE SET: 1. Triangle Frame, 2. Cover, 3. Forward, 4. Middle, 5. Back, 6. Cat, 7. Chat Yellow+

Lecture: Solve Future Problems Early 118

Jujutsu 5: EVALUATION, 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. Guillotine, 2. Foot Lock, 3. Heel Lock.

Yellow+

Lecture: Rule Changing: 5. Anchor 123

Kobujustu 5: EVALUATION OY, T2: Two Man Bo to Bo: Offense: 1. High Inside Strike, 2. Middle Thrust, 3. Middle Outside Deflect, 4. Low End Inside Block, 5. Downward Strike; Defense: 1. High End Inside Block, 2. Middle Outside Deflect, 3. Middle Thrust, 4. Low Inside Strike, 5. High Horizontal Block; Guardian Bo: Bad Guy 1: High Inside Strike, Low Inside Strike; Bad Guy 2: High Jab; Back to Bad Guy 1: Middle Thrust, Spinning Outside Strike; Bad Guy 3: Round Kick, Back Kick, High Thrust; Bad Guy 4: Low Underhand Circle, Downward Strike; Bad Guy 5: Vertical Block, Spin to Cover, Forward Kick, High Outside Strike, Upward Strike; Bad Guy 6: Spinning Outside Strike, Clear, Roll; Bad Guy 7: Two Handed Spin, Tucked Downward Strike, Upward Underhand Strike; Bad Guy 8: Round Kick, Side Kick Jab, Back Kick, Middle Jab, Roll; Bad Guy 9: High Horizontal Block, Downward Strike, Middle Inside Strike, Overhead Spin Underhand Strike, Forward Kick; Bad Guy 10: High Jab, Low Inside Strike, Middle Thrust; Bad Guy 11: Middle Inside Strike, Side Kick Jab; Bad Guy 12: Spin to Cover, Overhead Spin Underhand Strike, Upward Underhand Strike; Bad Guy 13: Two Handed Spin, Tucked Downward Strike, Clear; Bad Guy 14: Vertical Block, High Outside Strike, Upward Strike; Bad Guy 15: Middle Jab; Bad Guy 16: Middle Horizontal Block, Low Underhand Circle; Bad Guy 17: High Thrust, High Inside Strike. YARI SKILLS: 1. Set and Brace, 2. Underhand Circle, 3. Side Switching Thrusts; YARI SET: 1. One Hand Long Thrust, 2. Middle Thrust, 3. Overhand Thrust, 4. High Short Thrust, 5. Extending Stitch Jab; NAGINATA SET: 1. Underhand Downward Slash, 2. Wheel Underhand Downward Slash, 3. Middle Underhand Thrust, 4. Diagonal Inside Underhand Slash, 5. Outside Underhand Cut; JO SET: 1. Middle Underhand Inside Strike, 2. High Underhand Outside Strike, 3. High Underhand Thrust, 4. Underhand Down Strike, 5. Middle One Hand Long Thrust.

Yellow+

Lecture: Growing Up, Growing Old, or Dying 121

WEDNESDAY, APRIL 25, 2011

Karate 6: EVALUATION, OY, T3: TECHNIQUES: Simple O3: Chat Cover, Talking with the Hands, Groin Hunt (Front Kick, Round Kick, Shin Variation); Punch O3: Straight Block, Vertical Punch, Outside Chop, Inside Chop, Ki Drop; Plus O3: Leg Jam, Outside Knuckle, Inverted Punch, Ear Box, Head Smash to Knee. COVER COMMANDS: Covers, Steps and Skips, Switches Adv.White+

Lecture: Presolving Problems 119

Jujutsu 6: EVALUATION: 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. Strangle from Behind

Adv. White+

Lecture: Rule Changing: 6. Commitment 124

Kobujutsu 6: EVALUATION OY, T3: Tamishi Giri Chain, Iaijutsu: 1. Sheathing, 2. Sword Holding Draw to 1 Tip Ready 3. Draw to 1 Tip Ready, 4. Draw to 2 Tip Ready, 5. Draw to Outside Slash. SWORD SET: 1. Down-Up Outside, 2. Diagonal Inside Cut, 3. Inside Slash, 4. Out-In X, 5. Middle Thrust. TWO MAN SWORD DRILLS: 1. Tip Drill vs. Tip Drill, 2. 1 Inside Deflect Riposte, 1 Outside Deflect Riposte vs. Middle Thrust, Middle Thrust, 3. 2 Outside Slash, 2 Downward Slash, 2 Downward Slash vs. 2 Low Outside Block, Inverted Reinforced Deflect, Inside Deflect, 4. 2 Inside Upward Block, 2 Downward Slash, 2 Outside Block, 2 Downward Slash vs. 2 Downward Slash, 2 Inside Upward Block, 2 Downward Slash, 2 Outside Block, 5. 1 Low Slash vs. Together-Apart Range Defense. TWO MAN SWORD TO SWORD: Offense: 1. 2 Middle Thrust, 2. Range Defense, 3. 2 Downward Slash, 4. 2 Outside Block, 5. 2 Inside Slash, Defense: 1. 2 Inside Deflect, 2. 2 Middle Outside Slash, 3. 2 Inside Upward Block, 4. 2 Diagonal Outside Slash, 5. Range Defense.

Adv.White+

Lecture: Making a Life 122

MONDAY, APRIL 30, 2011

Karate 7: **BELT TEST**, EY, T1: Simple E1: Triangle Frame, Inside Hammer Fist; Punch E1: Duck and Hook Punch, Hook Punch, High Punch, Horizontal Chop, Side Kick; Plus E1: Palm, Weave and Grip Break, Groin Strike, Outside Chop, Triangle Choke, Neck Break. KI PRINCIPLES AND APPLICATIONS: 1: Keep One Point, 2: Relax Completely, 3: Weight Underside, 4: Extend Ki, 5: Counter the Power, 6: Ki Full Body Weight Underside, 7: Ki Pull Down, 8: Ki Push, 9: Ki Pull, 10: Ki Drop
White+

Jujutsu 7: **BELT TEST**, Submission Set. Standing Back Circle. Control Circle. Guard Circle. Ki Principles and Applications.; 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 Choke to Compression Wrist Lock, 2. Cutting Leg Bar, 3. Hair Lock.
White+

Kobujutsu 7: **BELT TEST** EY, T1: Cover Commands, GUARDIAN SWORD - Bad Guy 1: Upward Diagonal Inside Slash, Downward Slash, Bad Guy 2: Outside Upward Block, Wheel Inside, Bad Guy 3: Extended Inside Slash, Pommel Hammer, Diagonal Outside Cut, Bad Guy 4: Outside Cut, Down-Up Inside, Out-In X, Outside Slash, Inside Cut, *Switch Grip*, Bad Guy 5: Upward Diagonal Inside Slash, Outside Cut, Outside Upward Block, Diagonal Inside Slash, Bad Guy 6: Extended Inside Slash, Downward Cut, Downward Slash, Bad Guy 7: Inside Upward Block, Pommel Hammer, Wheel Inside, Thrust, Bad Guy 8: Diagonal Inside Cut, Diagonal Outside Cut, Outside Slash, Extended Thrust, Bad Guy 9: 1 Diagonal Outside Slash, Down-Up Inside, Out-In X, Wheel Outside, Bad Guy 10: Extended Outside Slash, In-Out X, Down-Up Outside, Inside Slash, Diagonal Outside Slash, Inside Cut, *Switch Grip*. Bad Guy 11: Inside Upward Block, Diagonal Inside Slash, Extended Thrust, Bad Guy 12a: Downward Cut, Bad Guy 13: Thrust, Wheel Outside, Bad Guy 14: Extended Outside Slash, Down-Up Outside, Diagonal Inside Cut, Bad Guy 12b: Diagonal Outside Slash, In-Out X, Inside Slash, Bad Guy Check: 1 Diagonal Outside Slash.
White+

EY, T2 MONTH ONE

WEDNESDAY, MAY 2, 2011

Karate 1: WARM UP: Slow Motion Sparring

CLASS: Kumite Drill: Slow Motion Sparring, Three Step Freeze Sparring, Three Step Sparring

Lecture: Three Step Range Check 121

Jujutsu 1: Submission Set, Part 1: 1. Heel Lock vs. Open Guard, 2. Leg Bar, 3. Collar Choke. Standing Back Circle: 1. Arm Drag (forward wrist), 2. Arm Drag (across wrist), 3. Slip Under, 4. Duck Under, 5. Glide Past.

Lecture: Techniques to Principles 126

Kobujutsu 1: ESCRIMA SET: 1. Diagonal Inside Strike, 2. Diagonal Outside Strike, 3. In Out Double Strike, 4. Downward Strike, 5. Middle Long Punch; SINAWALI: 1: High Inside Bounce

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

MONDAY, MAY 7, 2011

- Karate 2: WARM UP: Slow Motion Three Step Range Check
CLASS: Kumite Drill: Three Step Range Check, Three Step – One Trigger
Lecture: Three Step One Trigger 122
- Jujutsu 2: Practice Standing Back Circle. Practice Submission Set, Part 1. Submission Set, Part 2: 4. Underjaw Press, 5. Double Leg Arm Bar, 6. Ground Shoulder Lock, 7. Shoulder Lock from the Guard. Control Circle, Part 1: 1. Mount (test, test, test), 2. Kneeling Mount
Lecture: Principles to New Applications 127
- Kobujitsu 2: ESCRIMA SET: 1. Diagonal Inside Strike, 2. Diagonal Outside Strike, 3. In Out Double Strike, 4. Downward Strike, 5. Middle Long Punch; SINAWALI: 2: High Inside Through, High Outside Through.
Lecture: Sinawalis 124

WEDNESDAY, MAY 9, 2011

REHEARSAL NIGHT FOR THE BLACK BELT BANQUET

MONDAY, MAY 14, 2011

- Karate 3: WARM UP: Clash Guard. Clash, Clinched, Drop and Hook Punch, Head Smash to Knee
CLASS: Kumite Drill: Clash Guard. Clash, Clinched, Drop and Hook Punch, Head Smash to Knee
Lecture: Fill the Space 123
- Jujutsu 3: Practice Standing Back Circle. Practice Submission Set, Part 1 and 2. Practice Control Circle, Part 1. Submission Set, Part 3: 8. Arm Bar from the Guard, 9. Leg Triangle Choke, 10. Arm Triangle Choke.
Lecture: Extending Principles to Life 128
- Kobujitsu 3: SINAWALI: 3: High Inside Through, Low Outside Bounce, High Outside Through, 4: High Inside Through, High Outside Bounce, Low Outside Through, High Inside Bounce, 5: High Inside Through, Low Outside Through, High Inside Bounce, Low Inside Bounce, High Inside Bounce;
Lecture: One Hand Weapons and One Handed Fighting 125

WEDNESDAY, MAY 16, 2011

Karate 4: WARM UP: Clash, Clinch, Passed Under, Grab the Wrist and Follow Around to Guard
CLASS: Kumite Drill: Clash, Clinch, Passed Under, Grab the Wrist and Follow Around to Guard

Lecture: Blitz 124

Jujutsu 4: Practice Standing Back Circle. Practice Submission Set. 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. 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: Understanding Life Principles 129

Kobujitsu 4: Sinawali Chain.

Lecture: Two Weapon Fighting 126

MONDAY, MAY 21, 2011

Karate 5: WARM UP: Defensive Screen (Fill the Space). Defensive Screen, Front Kick Groin Hunt

CLASS: Kumite Drill: Defensive Screen (Fill the Space). Defensive Screen, Front Kick Groin Hunt

Lecture: Defensive Screen 125

Jujutsu 5: Practice Standing Back Circle. Practice Submission Set. Practice Control Circle.
Practice Guard Circle, Part 1. Guard Circle, Part 2: 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: Applying Life Principles 130

Kobujitsu 5: Sinawali Chain, KNIFE SET: 1. Middle Thrust, 2. Middle Outside Slash, 3. High Inside Thrust, 4. Diagonal Inside Slash, 5. High Outside Hammer;

Lecture: Be Prepared to Fight Injured 127

WEDNESDAY, MAY 23, 2011

Karate 6: WARM UP: Defending the Head Smash to Knee. Elbow Guard. Knock Aside and Take the Groin. Two Hand Block, Upward Knuckle, Inside Elbow, Outside Hammer Fist
CLASS: 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 126

Jujutsu 6: Practice Standing Back Circle. Practice Submission Set. Practice Control Circle. Practice Guard Circle. Falls and Rolls Chain: 1: Drop. 2: Fall Forward. 3: Fall Backward. 4: Fall Sideways. 5: Roll Forward. 6: Roll Backward. 7: Roll Sideways. 8: Cartwheel. 9: Break Fall Backwards. 10: Break Fall Roll.

Lecture: Principle Lead Life 131

Kobujitsu 6: KNIFE SET: 1. Middle Thrust, 2. Middle Outside Slash, 3. High Inside Thrust, 4. Diagonal Inside Slash, 5. High Outside Hammer; TWO MAN KNIFE DRILLS: 1: Slash Blocks High, 2: Slash Blocks Low.

Lecture: Knife Fighting, Weapon and Knife 128

MONDAY, MAY 28, 2011

NO CLASSES IN HONOR OF MEMORIAL DAY

WEDNESDAY, MAY 30, 2011

Karate 7: WARM UP: Slow Motion Sparring

CLASS: Kumite Drill: Flash Sparring

Lecture: Timing the Rhythm of the Fight 127

Jujutsu 7: Practice Standing Back Circle. Practice Submission Set. Practice Control Circle. Practice Guard Circle. Ki Principles and Applications: 1: Keep One Point. 2: Relax Completely. 3: Weight Underside. 4: Extend Ki. 5: Counter the Power. 6: Ki Full Body Weight Underside. 7: Ki Pull Down. 8: Ki Push. 9: Ki Pull. 10: Ki Drop

Lecture: Life Principles to Martial Arts 132

Kobujitsu 7: TWO MAN KNIFE DRILLS: 3: Thrust Inside Deflects, Over, Under, 4: Stab Inside Deflects, Right to Left, 5: Inverted Slash Swats;

Lecture: Knife Wound First Aid 129

EY,T2 MONTH TWO

MONDAY, JUNE 4, 2011

- Karate 1: WARM UP: OY,T3: TECHNIQUES: Simple O3: Chat Cover, Talking with the Hands, Groin Hunt (Front Kick, Round Kick, Shin Variation); Punch O3: Straight Block, Vertical Punch, Outside Chop, Inside Chop, Ki Drop; Plus O3. Leg Jam, Outside Knuckle, Inverted Punch, Ear Box, Head Smash to Knee. COVER COMMANDS: Covers, Steps and Skips, Switches
CLASS: Guardian 1: Bad Guy 1: Front Kick (Groin Hunt), High Punch, Inside Hammer Fist, Palm; Bad Guy 2: Forward Kick, Outside Crescent Kick, Round Kick
Lecture: The Spirit, Soul, Body Model 128
- Jujutsu 1: Grappling Class 1: Back Control, Cross Ankle Lock, Back Control Escape, Triangle Arm Choke from Back Control.
Lecture: Use Your Clothes 133
- Kobujitsu 1: Two Man Knife Drill Chain: 1: Slash Blocks High, 2: Slash Blocks Low, 3: Thrust Inside Deflects, Over, Under, 4: Stab Inside Deflects, Right to Left, 5: Inverted Slash Swats
Lecture: Forgive and Learn: 70 times 7 130

WEDNESDAY, JUNE 6, 2011

- Karate 2: WARM UP: OY,T2: Line 1: Outside Hand Sweep, High Punch, Inverted Punch, Forward Kick, Side Kick, Round Kick, Back Kick, Outside Hammer Fist, Vertical Punch; Line 2: Outside Knuckle, Inverted Punch, Outside Crescent Kick, Step Forward Side Kick, Double Round Kick, Outside Hammer Fist, Inside Hammer Fist, Head Smash to Knee; Line 3: Step Forward, Side Kick, Side Kick, Spinning Outside Crescent Kick, Skip Forward Front Kick, High Punch, Vertical Punch, Ear Box, Double Vertical Chop, Skip Forward Forward Kick. STANCE SET: 1. Triangle Frame, 2. Cover, 3. Forward, 4. Middle, 5. Back, 6. Cat, 7. Chat
CLASS: Guardian 1: Bad Guy 3: Side Kick, Upward Inverted Punch, Vertical Punch, Inside Chop, Head Smash to Knee.
Lecture: Spirit, Soul, Body 129
- Jujutsu 2: Grappling Class 2: Closed Guard, Single Leg Guard Pass, Scissors Sweep.
Lecture: Use Your Opponent's Clothes 134
- Kobujitsu 2: TWO MAN ESCRIMA TO KNIFE (Knife Side): Knife: 1. Middle Thrust, 2. Guide Over, 3. Leg Slide, 4. High Inside Slash, 5. Reinforced Guide Down; KNIFE SET: 1. Middle Thrust, 2. Middle Outside Slash, 3. High Inside Thrust, 4. Diagonal Inside Slash, 5. High Outside Hammer; TWO MAN KNIFE DRILL CHAIN: 1: Slash Blocks High, 2: Slash Blocks Low, 3: Thrust Inside Deflects, Over, Under, 4: Stab Inside Deflects, Right to Left, 5: Inverted Slash Swats
Lecture: Consider it Pure Joy 131

MONDAY, JUNE 11, 2011

Karate 3: WARM UP: OY,T1: Simple O1: Two Hand Block, Outside Hammer Fist; Punch O1: Outside Deflect to Arm Bar, Arm Break, Front Kick, Shoulder/Round Kick Takedown; Plus O1. Hook, Drop, Spin to Upward Ridge Hand, Ear Box, Knee, Side Kick. WRIST LOCKS: Reach Across: 1. Forward Wrist Lock Takedown, 2. Forward Wrist Lock Straight Arm, 3. Wrist Lock Arm Bar; Reach Forward Show the Palm: 4. Outside Wrist Lock Takedown, 5. Upward Arm Bar, 6. Shoulder Wrist Lock Takedown; Compression: 7. Behind the Back Compression Wrist Lock
CLASS: Guardian 1: Bad Guy 4: Inside Crescent Kick, Outside Chop, Hook Punch, Inside Elbow

Lecture: Will, Mind, Emotion 130

Jujutsu 3: Grappling Class 3: Open Guard, Double Knee Standing Pass, Single Knee Standing Pass.

Lecture: Pure Grappling Strengths 135

Kobujitsu 3: TWO MAN ESCRIMA TO KNIFE (Escrima Side): Escrima: 1. Inside Long Deflect, 2. High Outside Strike, 3. Low Inside Strike, 4. Reinforced Guide Over, 5. Diagonal Inside Strike. ESCRIMA SET: 1. Diagonal Inside Strike, 2. Diagonal Outside Strike, 3. In Out Double Strike, 4. Downward Strike, 5. Middle Long Punch; SINAWALI CHAIN: 1: High Inside Bounce, 2: High Inside Through, High Outside Through, 3: High Inside Through, Low Outside Bounce, High Outside Through, 4: High Inside Through, High Outside Bounce, Low Outside Through, High Inside Bounce, 5: High Inside Through, Low Outside Through, High Inside Bounce, Low Inside Bounce, High Inside Bounce;

Lecture: Phileo 132

WEDNESDAY, JUNE 13, 2011

Karate 4: WARM UP: EY,T3: Simple E3: Chat Cover, Talking with the Hands, Sternal Notch Push Back; Punch E3: Outside Block, Inverted Punch, Inside Elbow, Power Slap, Double Inside Palm; Plus E3. Turtle, Forward Kick, Hook Release, High Punch, Esophagus Takedown, Knee on Stomach. FALL and ROLLS: 1: Drop, 2: Fall Forward, 3: Fall Backward, 4: Fall Sideways, 5: Roll Forward, 6: Roll Backward, 7: Roll Sideways, 8: Cartwheel, 9: Break Fall Backwards, 10: Break Fall Roll

CLASS: Guardian 1: Bad Guy 5: Inverted Punch, Inside Chop, Groin Strike; Bad Guy 6: Outside Groin Strike, Upward Palm, Horizontal Chop

Lecture: Three Greek Loves 131

Jujutsu 4: Grappling Class 4: Open Guard, Knee Through Pass, Open Guard, Eliminate Base.

Lecture: Weaknesses of Pure Grappling 136

Kobujitsu 4: TWO MAN ESCRIMA TO KNIFE: Escrima: 1. Inside Long Deflect, 2. High Outside Strike, 3. Low Inside Strike, 4. Reinforced Guide Over, 5. Diagonal Inside Strike; Knife: 1. Middle Thrust, 2. Guide Over, 3. Leg Slide, 4. High Inside Slash, 5. Reinforced Guide Down

Lecture: Phileo Bank Account 133

MONDAY, JUNE 18, 2011

Karate 5: WARM UP: EY,T2: GUARDIAN 1: Bad Guy 1: Front Kick Groin Hunt, High Punch, Inside Hammer Fist, Palm, Bad Guy 2: Forward Kick, Outside Crescent Kick, Round Kick, Bad Guy 3: Side Kick, Upward Inverted Punch, Vertical Punch, Inside Chop, Head Smash to Knee, Bad Guy 4: Inside Crescent Kick, Outside Chop, Hook Punch, Inside Elbow, Bad Guy 5: Inverted Punch, Inside Chop, Groin Strike, Bad Guy 6: Outside Groin Strike, Upward Palm, Horizontal Chop, Bad Guy 7: Outside Crescent Kick, Inside Crescent Kick, Outside Groin Strike, Vertical Punch, Bad Guy 8: Round Kick Groin Hunt, Outside Chop, Vertical Chop, Round Kick, Back Kick, Bad Guy 9: Round Kick Groin Hunt, Outside Hammer Fist, Bad Guy 10: Front Kick Groin Hunt, Forward Kick, Bad Guy 11: Outside Hammer Fist, Inside Hammer Fist, Groin Strike, Inverted Punch, Upward Inverted Punch, Horizontal Chop, Bad Guy 12: Palm, Side Kick, Back Kick, Bad Guy 13: High Punch, Upward Palm, Vertical Chop, Hook Punch, Inside Elbow, Head Smash to Knee

CLASS: Guardian 1: Bad Guy 7: Outside Crescent Kick, Inside Crescent Kick, Outside Groin Strike, Vertical Punch

Lecture: Phileo 132

Jujutsu 5: Grappling Class 5: Hook Guard, Hook Guard to Guard Pass Dump, Hook Guard to Hook Sweep.

Lecture: The Bad Guy Gets the First Move 137

Kobujitsu 5: KNIFE SET: 1. Middle Thrust, 2. Middle Outside Slash, 3. High Inside Thrust, 4. Diagonal Inside Slash, 5. High Outside Hammer; TWO MAN KNIFE DRILL CHAIN: 1: Slash Blocks High, 2: Slash Blocks Low, 3: Thrust Inside Deflects, Over, Under, 4: Stab Inside Deflects, Right to Left, 5: Inverted Slash Swats

Lecture: Phileo Math 134

WEDNESDAY, JUNE 20, 2011

REHEARSAL NIGHT FOR THE SAN DIEGO COUNTY FAIR

MONDAY, JUNE 25, 2011

Karate 6: WARM UP: EY,T1: Simple E1: Triangle Frame, Inside Hammer Fist; Punch E1: Duck and Hook Punch, Hook Punch, High Punch, Horizontal Chop, Side Kick; Plus E1: Palm, Weave and Grip Break, Groin Strike, Outside Chop, Triangle Choke, Neck Break. KI PRINCIPLES AND APPLICATIONS: 1: Keep One Point, 2: Relax Completely, 3: Weight Underside, 4: Extend Ki, 5: Counter the Power, 6: Ki Full Body Weight Underside, 7: Ki Pull Down, 8: Ki Push, 9: Ki Pull, 10: Ki Drop

CLASS: Guardian 1: Bad Guy 8: Round Kick (Groin Hunt), Outside Chop, Vertical Chop, Round Kick, Back Kick.

Lecture: Phileo Makes the Difference 133

Jujutsu 6: Grappling Class 6: Half Guard, Knee Up Half Guard Escape, Switchover Half Guard Escape.

Lecture: The Bad Guy Chooses His Strength 138

Kobujitsu 6: ESCRIMA SET: 1. Diagonal Inside Strike, 2. Diagonal Outside Strike, 3. In Out Double Strike, 4. Downward Strike, 5. Middle Long Punch; SINAWALI CHAIN: 1: High Inside Bounce, 2: High Inside Through, High Outside Through, 3: High Inside Through, Low Outside Bounce, High Outside Through, 4: High Inside Through, High Outside Bounce, Low Outside Through, High Inside Bounce, 5: High Inside Through, Low Outside Through, High Inside Bounce, Low Inside Bounce, High Inside Bounce;

Lecture: Building Phileo on Purpose 135

WEDNESDAY, JUNE 27, 2011

Karate 7: WARM UP: Guardian 1, Lines 1-3

CLASS: Guardian 1: Bad Guy 9: Round Kick (Groin Hunt), Outside Hammer Fist; Bad Guy 10: Front Kick (Groin Hunt), Forward Kick

Lecture: Phileo Math 134

Jujutsu 7: Grappling Class 7: Arm Bar from Guard, Guillotine from Guard, Collar Choke from Guard, Shoulder Lock from Guard, Guillotine from Guard, Collar Feed from Guard, Collar Feed from Mount

Lecture: Go the Bad Guy's Weakness 139

Kobujitsu 7: TWO MAN ESCRIMA TO KNIFE: Escrima: 1. Inside Long Deflect, 2. High Outside Strike, 3. Low Inside Strike, 4. Reinforced Guide Over, 5. Diagonal Inside Strike: Knife: 1. Middle Thrust, 2. Guide Over, 3. Leg Slide, 4. High Inside Slash, 5. Reinforced Guide Down

Lecture: Points in Absentia 136

EY,T2 MONTH THREE

MONDAY, JULY 2, 2011 - WEDNESDAY, JULY 4, 2011

SUMMER BREAK
CONTINUING EDUCATION WEEK FOR INSTRUCTORS

MONDAY, JULY 9, 2011

Karate 1: WARM UP: OY,T3: TECHNIQUES: Simple O3: Chat Cover, Talking with the Hands, Groin Hunt (Front Kick, Round Kick, Shin Variation); Punch O3: Straight Block, Vertical Punch, Outside Chop, Inside Chop, Ki Drop; Plus O3. Leg Jam, Outside Knuckle, Inverted Punch, Ear Box, Head Smash to Knee. COVER COMMANDS: Covers, Steps and Skips, Switches

CLASS: Guardian 1: Bad Guy 11: Outside Hammer Fist, Inside Hammer Fist, Groin Strike, Inverted Punch, Upward Inverted Punch, Horizontal Chop

Lecture: The Phileo Bank Account 135

Jujutsu 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. Guillotine from Guard, 3. Collar Feed from Mount.

Lecture: Overwhelm: Happening 140

Kobujitsu 1: Review EY, T1: Cover Commands, GUARDIAN SWORD - Bad Guy 1: Upward Diagonal Inside Slash, Downward Slash, Bad Guy 2: Outside Upward Block, Wheel Inside, Bad Guy 3: Extended Inside Slash, Pommel Hammer, Diagonal Outside Cut, Bad Guy 4: Outside Cut, Down-Up Inside, Out-In X, Outside Slash, Inside Cut, *Switch Grip*, Bad Guy 5: Upward Diagonal Inside Slash, Outside Cut, Outside Upward Block, Diagonal Inside Slash, Bad Guy 6: Extended Inside Slash, Downward Cut, Downward Slash, Bad Guy 7: Inside Upward Block, Pommel Hammer, Wheel Inside, Thrust, Bad Guy 8: Diagonal Inside Cut, Diagonal Outside Cut, Outside Slash, Extended Thrust, Bad Guy 9: 1 Diagonal Outside Slash, Down-Up Inside, Out-In X, Wheel Outside, Bad Guy 10: Extended Outside Slash, In-Out X, Down-Up Outside, Inside Slash, Diagonal Outside Slash, Inside Cut, *Switch Grip*. Bad Guy 11: Inside Upward Block, Diagonal Inside Slash, Extended Thrust, Bad Guy 12a: Downward Cut, Bad Guy 13: Thrust, Wheel Outside, Bad Guy 14: Extended Outside Slash, Down-Up Outside, Diagonal Inside Cut, Bad Guy 12b: Diagonal Outside Slash, In-Out X, Inside Slash, Bad Guy Check: 1 Diagonal Outside Slash.

Lecture: Phileo: Interpretations 137

WEDNESDAY, JULY 11, 2011

Karate 2: WARM UP: OY,T2: Line 1: Outside Hand Sweep, High Punch, Inverted Punch, Forward Kick, Side Kick, Round Kick, Back Kick, Outside Hammer Fist, Vertical Punch; Line 2: Outside Knuckle, Inverted Punch, Outside Crescent Kick, Step Forward Side Kick, Double Round Kick, Outside Hammer Fist, Inside Hammer Fist, Head Smash to Knee; Line 3: Step Forward, Side Kick, Side Kick, Spinning Outside Crescent Kick, Skip Forward Front Kick, High Punch, Vertical Punch, Ear Box, Double Vertical Chop, Skip Forward Forward Kick. STANCE SET: 1. Triangle Frame, 2. Cover, 3. Forward, 4. Middle, 5. Back, 6. Cat, 7. Chat

CLASS: Guardian 1: Bad Guy 12: Palm, Side Kick, Back Kick; Bad Guy 13: High Punch, Upward Palm, Vertical Chop, Hook Punch, Inside Elbow, Head Smash to Knee
Lecture: Living in Reaction and Revenge 136

Jujutsu 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 OY, T3: Tamishi Giri Chain, Iaijutsu: 1. Sheathing, 2. Sword Holding Draw to 1 Tip Ready 3. Draw to 1 Tip Ready, 4. Draw to 2 Tip Ready, 5. Draw to Outside Slash. SWORD SET: 1. Down-Up Outside, 2. Diagonal Inside Cut, 3. Inside Slash, 4. Out-In X, 5. Middle Thrust. TWO MAN SWORD DRILLS: 1. Tip Drill vs. Tip Drill, 2. 1 Inside Deflect Riposte, 1 Outside Deflect Riposte vs. Middle Thrust, Middle Thrust, 3. 2 Outside Slash, 2 Downward Slash, 2 Downward Slash vs. 2 Low Outside Block, Inverted Reinforced Deflect, Inside Deflect, 4. 2 Inside Upward Block, 2 Downward Slash, 2 Outside Block, 2 Downward Slash vs. 2 Downward Slash, 2 Inside Upward Block, 2 Downward Slash, 2 Outside Block, 5. 1 Low Slash vs. Together-Apart Range Defense. TWO MAN SWORD TO SWORD: Offense: 1. 2 Middle Thrust, 2. Range Defense, 3. 2 Downward Slash, 4. 2 Outside Block, 5. 2 Inside Slash, Defense: 1. 2 Inside Deflect, 2. 2 Middle Outside Slash, 3. 2 Inside Upward Block, 4. 2 Diagonal Outside Slash, 5. Range Defense.
Lecture: Phileo: Intensity 138

MONDAY, JULY 16, 2011

Karate 3: WARM UP: OY, T1: Simple O1: Two Hand Block, Outside Hammer Fist; Punch O1: Outside Deflect to Arm Bar, Arm Break, Front Kick, Shoulder/Round Kick Takedown; Plus O1. Hook, Drop, Spin to Upward Ridge Hand, Ear Box, Knee, Side Kick. WRIST LOCKS: Reach Across: 1. Forward Wrist Lock Takedown, 2. Forward Wrist Lock Straight Arm, 3. Wrist Lock Arm Bar; Reach Forward Show the Palm: 4. Outside Wrist Lock Takedown, 5. Upward Arm Bar, 6. Shoulder Wrist Lock Takedown; Compression: 7. Behind the Back Compression Wrist Lock

CLASS: Guardian 1

Lecture: The Pure Power of Forgiveness 137

Jujutsu 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, Face to Face, 2. Downward Ground Shoulder Lock, 3. Shoulder Lock from Kneeling Mount

Lecture: Massive Action 142

Kobujitsu 3: Review OY, T2: Two Man Bo to Bo: Offense: 1. High Inside Strike, 2. Middle Thrust, 3. Middle Outside Deflect, 4. Low End Inside Block, 5. Downward Strike; Defense: 1. High End Inside Block, 2. Middle Outside Deflect, 3. Middle Thrust, 4. Low Inside Strike, 5. High Horizontal Block; Guardian Bo: Bad Guy 1: High Inside Strike, Low Inside Strike; Bad Guy 2: High Jab; Back to Bad Guy 1: Middle Thrust, Spinning Outside Strike; Bad Guy 3: Round Kick, Back Kick, High Thrust; Bad Guy 4: Low Underhand Circle, Downward Strike; Bad Guy 5: Vertical Block, Spin to Cover, Forward Kick, High Outside Strike, Upward Strike; Bad Guy 6: Spinning Outside Strike, Clear, Roll; Bad Guy 7: Two Handed Spin, Tucked Downward Strike, Upward Underhand Strike; Bad Guy 8: Round Kick, Side Kick Jab, Back Kick, Middle Jab, Roll; Bad Guy 9: High Horizontal Block, Downward Strike, Middle Inside Strike, Overhead Spin Underhand Strike, Forward Kick; Bad Guy 10: High Jab, Low Inside Strike, Middle Thrust; Bad Guy 11: Middle Inside Strike, Side Kick Jab; Bad Guy 12: Spin to Cover, Overhead Spin Underhand Strike, Upward Underhand Strike; Bad Guy 13: Two Handed Spin, Tucked Downward Strike, Clear; Bad Guy 14: Vertical Block, High Outside Strike, Upward Strike; Bad Guy 15: Middle Jab; Bad Guy 16: Middle Horizontal Block, Low Underhand Circle; Bad Guy 17: High Thrust, High Inside Strike. YARI SKILLS: 1. Set and Brace, 2. Underhand Circle, 3. Side Switching Thrusts; YARI SET: 1. One Hand Long Thrust, 2. Middle Thrust, 3. Overhand Thrust, 4. High Short Thrust, 5. Extending Stitch Jab; NAGINATA SET: 1. Underhand Downward Slash, 2. Wheel Underhand Downward Slash, 3. Middle Underhand Thrust, 4. Diagonal Inside Underhand Slash, 5. Outside Underhand Cut; JO SET: 1. Middle Underhand Inside Strike, 2. High Underhand Outside Strike, 3. High Underhand Thrust, 4. Underhand Down Strike, 5. Middle One Hand Long Thrust.

Lecture: Phileo: Associations 139

WEDNESDAY, JULY 18, 2011

Karate 4: WARM UP: EY, T3: Simple E3: Chat Cover, Talking with the Hands, Sternal Notch Push Back; Punch E3: Outside Block, Inverted Punch, Inside Elbow, Power Slap, Double Inside Palm; Plus E3: Turtle, Forward Kick, Hook Release, High Punch, Esophagus Takedown, Knee on Stomach. FALL and ROLLS: 1: Drop, 2: Fall Forward, 3: Fall Backward, 4: Fall Sideways, 5: Roll Forward, 6: Roll Backward, 7: Roll Sideways, 8: Cartwheel, 9: Break Fall Backwards, 10: Break Fall Roll

CLASS: Guardian 1

Lecture: The Phileo Balance Sheet: Forgiveness 138

Jujutsu 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. Guillotine, 2. Foot Lock, 3. Heel Lock.

Lecture: Become More, Have More 143

Kobujitsu 4: Review OY, T1: Bo Spin Chain; Bo Set: High Inside Strike, Downward Strike, Middle Thrust, Low Inside Strike, Overhead Spin, Underhand Strike; Two Man Bo Drills: TMBD 1: High Inside Strike to High Inside Strike; TMBD 2: High Inside Strike, Low Inside Strike to High Inside Strike, Low Inside Strike; TMBD 3: High Inside Strike, Low Inside Strike, Downward Strike to High Inside Strike, Low Inside Strike, High Horizontal Block; TMBD 4: High Inside Strike, High Outside Strike, Upward Strike, Downward Strike to High End Inside Block, High End Inside Block, Low Horizontal Block, High Horizontal Block; TMBD 5: High Inside Strike, Middle Inside Strike, Low Inside Strike, Downstike, Middle Thrust to High End Inside Block, Middle Outside Block, Low End Inside Block, High Horizontal Block, Outside Middle Deflect.

Lecture: Phileo: Chunk and DeChunk 140

MONDAY, JULY 23, 2011

Karate 5: WARM UP: EY,T2: GUARDIAN 1: Bad Guy 1: Front Kick Groin Hunt, High Punch, Inside Hammer Fist, Palm, Bad Guy 2: Forward Kick, Outside Crescent Kick, Round Kick, Bad Guy 3: Side Kick, Upward Inverted Punch, Vertical Punch, Inside Chop, Head Smash to Knee, Bad Guy 4: Inside Crescent Kick, Outside Chop, Hook Punch, Inside Elbow, Bad Guy 5: Inverted Punch, Inside Chop, Groin Strike, Bad Guy 6: Outside Groin Strike, Upward Palm, Horizontal Chop, Bad Guy 7: Outside Crescent Kick, Inside Crescent Kick, Outside Groin Strike, Vertical Punch, Bad Guy 8: Round Kick Groin Hunt, Outside Chop, Vertical Chop, Round Kick, Back Kick, Bad Guy 9: Round Kick Groin Hunt, Outside Hammer Fist, Bad Guy 10: Front Kick Groin Hunt, Forward Kick, Bad Guy 11: Outside Hammer Fist, Inside Hammer Fist, Groin Strike, Inverted Punch, Upward Inverted Punch, Horizontal Chop, Bad Guy 12: Palm, Side Kick, Back Kick, Bad Guy 13: High Punch, Upward Palm, Vertical Chop, Hook Punch, Inside Elbow, Head Smash to Knee

CLASS: Guardian 1

Lecture: Five Step Forgiveness Technique 139

Jujutsu 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. Strangle from Behind

Lecture: Inadequacy 144

Kobujitsu 5: Review EY,T3: TWO MAN ESCRIMA TO ESCRIMA - Offense: 1. High Inside Strike, 2. Low Outside Long Block, Crane Stance 3. Middle Long Punch, 4. Open Hand Inside Deflect, 5. Downward Strike, Defense: 1. Inside Long Block, 2. Low Outside Strike, 3. Open Hand Inside Deflect, 4. Downward Strike, 5. Upward Long Block. TWO MAN KNIFE TO KNIFE - Offense: 1. Middle Inside Slash, 2. Middle Thrust, 3. Duck and Range Defense, 4. Inside Deflect, 5. High Inside Thrust, Defense: 1. Range Defense, 2. Inside Deflect, 3. High Outside Slash, 4. Swat and Middle Thrust, 5. Outside Block, Push Away. GUARDIAN ESCRIMA - Bad Guy 1: High Long Punch, Low Outside Strike, In Out Double Strike, Middle Inside Strike, Diagonal Outside Strike, Bad Guy 2: Upward Short Block, Middle Punch High Short Punch, Middle Long Punch, Bad Guy 3: Forward Kick, Groin Strike, High Outside Strike, Bad Guy 4: Downward End Hammer, Overhand Thrust, Side Kick, Bad Guy 5: High Inside Strike, Outside End Hammer, Bad Guy 6: Vertical Block, Low Inside Strike, Bad Guy 7a: Low Outside Short Block, Bad Guy 8a: Middle Short Punch, Bad Guy 7b: Long Outside Elbow, Bad Guy 8b: Low Short Punch, Round Kick, Bad Guy 9: Middle Outside Strike, Diagonal Inside Strike, Middle Punch, Low Long Punch, Bad Guy 10: Outside Chop, Back Kick, High Long Punch, High Horizontal Block, Round Kick, Long Outside Elbow, Bad Guy 11: Middle Short Punch, Low Outside Short Block, Upward Short Block, Groin Strike, High Short Punch, Forward Kick, Vertical Block, Overhand Thrust, Bad Guy 12: Outside End Hammer, Side Kick, Bad Guy 13a: Middle Outside Strike, In Out Double Strike, Bad Guy 14a: Back Kick, Bad Guy 13b: Outside Chop, Low Long Punch, Bad Guy 14b: Low Outside Strike, High Inside Strike, Diagonal Outside Strike, Middle Inside Strike, Diagonal Inside Strike, Bad Guy 15: Low Short Punch, Middle Long Punch, Low Inside Strike, High Outside Strike, Downward End Hammer, Middle Horizontal Block.

Lecture: Variable Reinforcement 141

WEDNESDAY, JULY 25, 2011

- Karate 6: WARM UP: EY,T1: Simple E1: Triangle Frame, Inside Hammer Fist; Punch E1: Duck and Hook Punch, Hook Punch, High Punch, Horizontal Chop, Side Kick; Plus E1. Palm, Weave and Grip Break, Groin Strike, Outside Chop, Triangle Choke, Neck Break. KI PRINCIPLES AND APPLICATIONS: 1: Keep One Point, 2: Relax Completely, 3: Weight Underside, 4: Extend Ki, 5: Counter the Power, 6: Ki Full Body Weight Underside, 7: Ki Pull Down, 8: Ki Push, 9: Ki Pull, 10: Ki Drop
CLASS: Guardian 1
Lecture: Symbolic Forgiveness 140
- Jujutsu 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 Choke to Compression Wrist Lock, 2. Cutting Leg Bar, 3. Hair Lock.
Lecture: Disassociation 145
- Kobujitsu 6: Review EY,T2: ESCRIMA SET: 1. Diagonal Inside Strike, 2. Diagonal Outside Strike, 3. In Out Double Strike, 4. Downward Strike, 5. Middle Long Punch; SINAWALI: 1: High Inside Bounce, 2: High Inside Through, High Outside Through, 3: High Inside Through, Low Outside Bounce, High Outside Through, 4: High Inside Through, High Outside Bounce, Low Outside Through, High Inside Bounce, 5: High Inside Through, Low Outside Through, High Inside Bounce, Low Inside Bounce, High Inside Bounce; KNIFE SET: 1. Middle Thrust, 2. Middle Outside Slash, 3. High Inside Thrust, 4. Diagonal Inside Slash, 5. High Outside Hammer; TWO MAN KNIFE DRILLS: 1: Slash Blocks High, 2: Slash Blocks Low, 3: Thrust Inside Deflects, Over, Under, 4: Stab Inside Deflects, Right to Left, 5: Inverted Slash Swats; TWO MAN ESCRIMA TO KNIFE: Escrima: 1. Inside Long Deflect, 2. High Outside Strike, 3. Low Inside Strike, 4. Reinforced Guide Over, 5. Diagonal Inside Strike: Knife: 1. Middle Thrust, 2. Guide Over, 3. Leg Slide, 4. High Inside Slash, 5. Reinforced Guide Down
Lecture: Intimacy Accentuates Flaws 142

MONDAY, JULY 30, 2011

- Karate 7: WARM UP: Guardian 1, Line Pick Ups
CLASS: Guardian 1
Lecture: Embrace, Elevate, Expand 141
- Jujutsu 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. Guillotine from Guard, 3. Collar Feed from Mount.
Lecture: Disassociation Technique 146
- Kobujitsu 7: Review Guardian Kobujitsu
Lecture: Intimacy Accentuates Mismatches 143

EY,T2 MONTH FOUR

WEDNESDAY, AUGUST 1, 2011

Karate 1: Review All Guardian Karate

Lecture: Language of Emotions

142

Jujutsu 1: Review Guardian Jujutsu

Lecture: Disassociation from Trauma

147

Kobujitsu 1: Review Guardian Kobujitsu

Lecture: Distance to Ideal Ranges

144

MONDAY, AUGUST 6, 2011

Karate 2: EVALUATION, EY, T3: Simple E3: Chat Cover, Talking with the Hands, Sternal Notch Push Back; Punch E3: Outside Block, Inverted Punch, Inside Elbow, Power Slap, Double Inside Palm; Plus E3: Turtle, Forward Kick, Hook Release, High Punch, Esophagus Takedown, Knee on Stomach. FALL and ROLLS: 1: Drop, 2: Fall Forward, 3: Fall Backward, 4: Fall Sideways, 5: Roll Forward, 6: Roll Backward, 7: Roll Sideways, 8: Cartwheel, 9: Break Fall Backwards, 10: Break Fall Roll
Adv. Orange+

Lecture: Manifestation of Beliefs 143

Jujutsu 2: EVALUATION, 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
Adv. Orange+

Lecture: Disassociation from Pleasure 148

Kobujutsu 2: EVALUATION EY, T3: TWO MAN ESCRIMA TO ESCRIMA - Offense: 1. High Inside Strike, 2. Low Outside Long Block, Crane Stance 3. Middle Long Punch, 4. Open Hand Inside Deflect, 5. Downward Strike, Defense: 1. Inside Long Block, 2. Low Outside Strike, 3. Open Hand Inside Deflect, 4. Downward Strike, 5. Upward Long Block. TWO MAN KNIFE TO KNIFE - Offense: 1. Middle Inside Slash, 2. Middle Thrust, 3. Duck and Range Defense, 4. Inside Deflect, 5. High Inside Thrust, Defense: 1. Range Defense, 2. Inside Deflect, 3. High Outside Slash, 4. Swat and Middle Thrust, 5. Outside Block, Push Away. GUARDIAN ESCRIMA - Bad Guy 1: High Long Punch, Low Outside Strike, In Out Double Strike, Middle Inside Strike, Diagonal Outside Strike, Bad Guy 2: Upward Short Block, Middle Punch High Short Punch, Middle Long Punch, Bad Guy 3: Forward Kick, Groin Strike, High Outside Strike, Bad Guy 4: Downward End Hammer, Overhand Thrust, Side Kick, Bad Guy 5: High Inside Strike, Outside End Hammer, Bad Guy 6: Vertical Block, Low Inside Strike, Bad Guy 7a: Low Outside Short Block, Bad Guy 8a: Middle Short Punch, Bad Guy 7b: Long Outside Elbow, Bad Guy 8b: Low Short Punch, Round Kick, Bad Guy 9: Middle Outside Strike, Diagonal Inside Strike, Middle Punch, Low Long Punch, Bad Guy 10: Outside Chop, Back Kick, High Long Punch, High Horizontal Block, Round Kick, Long Outside Elbow, Bad Guy 11: Middle Short Punch, Low Outside Short Block, Upward Short Block, Groin Strike, High Short Punch, Forward Kick, Vertical Block, Overhand Thrust, Bad Guy 12: Outside End Hammer, Side Kick, Bad Guy 13a: Middle Outside Strike, In Out Double Strike, Bad Guy 14a: Back Kick, Bad Guy 13b: Outside Chop, Low Long Punch, Bad Guy 14b: Low Outside Strike, High Inside Strike, Diagonal Outside Strike, Middle Inside Strike, Diagonal Inside Strike, Bad Guy 15: Low Short Punch, Middle Long Punch, Low Inside Strike, High Outside Strike, Downward End Hammer, Middle Horizontal Block.
Adv. Orange+

Lecture: Phileo: Gaining and Losing at Once 145

WEDNESDAY, AUGUST 8, 2011

Karate 3: EVALUATION, OY, T1: Simple O1: Two Hand Block, Outside Hammer Fist; Punch O1: Outside Deflect to Arm Bar, Arm Break, Front Kick, Shoulder/Round Kick Takedown; Plus O1. Hook, Drop, Spin to Upward Ridge Hand, Ear Box, Knee, Side Kick. WRIST LOCKS: Reach Across: 1. Forward Wrist Lock Takedown, 2. Forward Wrist Lock Straight Arm, 3. Wrist Lock Arm Bar; Reach Forward Show the Palm: 4. Outside Wrist Lock Takedown, 5. Upward Arm Bar, 6. Shoulder Wrist Lock Takedown; Compression: 7. Behind the Back Compression Wrist Lock

Orange+

Lecture: Human Beings, Doings, Havings, Seemings 144

Jujutsu 3: EVALUATION, 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, Face to Face, 2. Downward Ground Shoulder Lock, 3. Shoulder Lock from Kneeling Mount

Orange+

Lecture: Heighten Association 149

Kobujutsu 3: EVALUATION, OY, T1: Bo Spin Chain; Bo Set: High Inside Strike, Downward Strike, Middle Thrust, Low Inside Strike, Overhead Spin, Underhand Strike; Two Man Bo Drills: TMBD 1: High Inside Strike to High Inside Strike; TMBD 2: High Inside Strike, Low Inside Strike to High Inside Strike, Low Inside Strike; TMBD 3: High Inside Strike, Low Inside Strike, Downward Strike to High Inside Strike, Low Inside Strike, High Horizontal Block; TMBD 4: High Inside Strike, High Outside Strike, Upward Strike, Downward Strike to High End Inside Block, High End Inside Block, Low Horizontal Block, High Horizontal Block; TMBD 5: High Inside Strike, Middle Inside Strike, Low Inside Strike, Downstike, Middle Thrust to High End Inside Block, Middle Outside Block, Low End Inside Block, High Horizontal Block, Outside Middle Deflect.

Orange+

Lecture: Phileo: Threshold 146

MONDAY, AUGUST 13, 2011

Karate 4: EVALUATION, OY, T2: Line 1: Outside Hand Sweep, High Punch, Inverted Punch, Forward Kick, Side Kick, Round Kick, Back Kick, Outside Hammer Fist, Vertical Punch; Line 2: Outside Knuckle, Inverted Punch, Outside Crescent Kick, Step Forward Side Kick, Double Round Kick, Outside Hammer Fist, Inside Hammer Fist, Head Smash to Knee; Line 3: Step Forward, Side Kick, Side Kick, Spinning Outside Crescent Kick, Skip Forward Front Kick, High Punch, Vertical Punch, Ear Box, Double Vertical Chop, Skip Forward Forward Kick. STANCE SET: 1. Triangle Frame, 2. Cover, 3. Forward, 4. Middle, 5. Back, 6. Cat, 7. Chat Adv. Yellow+

Lecture: Attitude of Gratitude 145

Jujutsu 4: EVALUATION, 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. Guillotine, 2. Foot Lock, 3. Heel Lock.

Adv. Yellow+

Lecture: Heighten Association Technique 150

Kobujustu 4: EVALUATION OY, T2: Two Man Bo to Bo: Offense: 1. High Inside Strike, 2. Middle Thrust, 3. Middle Outside Deflect, 4. Low End Inside Block, 5. Downward Strike; Defense: 1. High End Inside Block, 2. Middle Outside Deflect, 3. Middle Thrust, 4. Low Inside Strike, 5. High Horizontal Block; Guardian Bo: Bad Guy 1: High Inside Strike, Low Inside Strike; Bad Guy 2: High Jab; Back to Bad Guy 1: Middle Thrust, Spinning Outside Strike; Bad Guy 3: Round Kick, Back Kick, High Thrust; Bad Guy 4: Low Underhand Circle, Downward Strike; Bad Guy 5: Vertical Block, Spin to Cover, Forward Kick, High Outside Strike, Upward Strike; Bad Guy 6: Spinning Outside Strike, Clear, Roll; Bad Guy 7: Two Handed Spin, Tucked Downward Strike, Upward Underhand Strike; Bad Guy 8: Round Kick, Side Kick Jab, Back Kick, Middle Jab, Roll; Bad Guy 9: High Horizontal Block, Downward Strike, Middle Inside Strike, Overhead Spin Underhand Strike, Forward Kick; Bad Guy 10: High Jab, Low Inside Strike, Middle Thrust; Bad Guy 11: Middle Inside Strike, Side Kick Jab; Bad Guy 12: Spin to Cover, Overhead Spin Underhand Strike, Upward Underhand Strike; Bad Guy 13: Two Handed Spin, Tucked Downward Strike, Clear; Bad Guy 14: Vertical Block, High Outside Strike, Upward Strike; Bad Guy 15: Middle Jab; Bad Guy 16: Middle Horizontal Block, Low Underhand Circle; Bad Guy 17: High Thrust, High Inside Strike. YARI SKILLS: 1. Set and Brace, 2. Underhand Circle, 3. Side Switching Thrusts; YARI SET: 1. One Hand Long Thrust, 2. Middle Thrust, 3. Overhand Thrust, 4. High Short Thrust, 5. Extending Stitch Jab; NAGINATA SET: 1. Underhand Downward Slash, 2. Wheel Underhand Downward Slash, 3. Middle Underhand Thrust, 4. Diagonal Inside Underhand Slash, 5. Outside Underhand Cut; JO SET: 1. Middle Underhand Inside Strike, 2. High Underhand Outside Strike, 3. High Underhand Thrust, 4. Underhand Down Strike, 5. Middle One Hand Long Thrust.

Adv. Yellow+

Lecture: Phileo Balance Sheet 147

WEDNESDAY, AUGUST 15, 2011

Karate 5: EVALUATION, OY, T3: TECHNIQUES: Simple O3: Chat Cover, Talking with the Hands, Groin Hunt (Front Kick, Round Kick, Shin Variation); Punch O3: Straight Block, Vertical Punch, Outside Chop, Inside Chop, Ki Drop; Plus O3: Leg Jam, Outside Knuckle, Inverted Punch, Ear Box, Head Smash to Knee. COVER COMMANDS: Covers, Steps and Skips, Switches Yellow+

Lecture: Victory or Pending Victory 146

Jujutsu 5: EVALUATION, 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. Strangle from Behind Yellow+

Lecture: Changing Association 151

Kobujutsu 5: EVALUATION OY, T3: Tamishi Giri Chain, Iaijutsu: 1. Sheathing, 2. Sword Holding Draw to 1 Tip Ready 3. Draw to 1 Tip Ready, 4. Draw to 2 Tip Ready, 5. Draw to Outside Slash. SWORD SET: 1. Down-Up Outside, 2. Diagonal Inside Cut, 3. Inside Slash, 4. Out-In X, 5. Middle Thrust. TWO MAN SWORD DRILLS: 1. Tip Drill vs. Tip Drill, 2. 1 Inside Deflect Riposte, 1 Outside Deflect Riposte vs. Middle Thrust, Middle Thrust, 3. 2 Outside Slash, 2 Downward Slash, 2 Downward Slash vs. 2 Low Outside Block, Inverted Reinforced Deflect, Inside Deflect, 4. 2 Inside Upward Block, 2 Downward Slash, 2 Outside Block, 2 Downward Slash vs. 2 Downward Slash, 2 Inside Upward Block, 2 Downward Slash, 2 Outside Block, 5. 1 Low Slash vs. Together-Apart Range Defense. TWO MAN SWORD TO SWORD: Offense: 1. 2 Middle Thrust, 2. Range Defense, 3. 2 Downward Slash, 4. 2 Outside Block, 5. 2 Inside Slash, Defense: 1. 2 Inside Deflect, 2. 2 Middle Outside Slash, 3. 2 Inside Upward Block, 4. 2 Diagonal Outside Slash, 5. Range Defense.

Yellow+

Lecture: Eros 148

MONDAY, AUGUST 20, 2011

Karate 6: EVALUATION, EY, T1: Simple E1: Triangle Frame, Inside Hammer Fist; Punch E1: Duck and Hook Punch, Hook Punch, High Punch, Horizontal Chop, Side Kick; Plus E1: Palm, Weave and Grip Break, Groin Strike, Outside Chop, Triangle Choke, Neck Break. KI PRINCIPLES AND APPLICATIONS: 1: Keep One Point, 2: Relax Completely, 3: Weight Underside, 4: Extend Ki, 5: Counter the Power, 6: Ki Full Body Weight Underside, 7: Ki Pull Down, 8: Ki Push, 9: Ki Pull, 10: Ki Drop
Adv. White+

Lecture: The Phoenix Principle 147

Jujutsu 6: EVALUATION, 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 Choke to Compression Wrist Lock, 2. Cutting Leg Bar, 3. Hair Lock.
Adv. White+

Lecture: Chunking and DeChunking 152

Kobujutsu 6: EVALUATION EY, T1: Cover Commands, GUARDIAN SWORD - Bad Guy 1: Upward Diagonal Inside Slash, Downward Slash, Bad Guy 2: Outside Upward Block, Wheel Inside, Bad Guy 3: Extended Inside Slash, Pommel Hammer, Diagonal Outside Cut, Bad Guy 4: Outside Cut, Down-Up Inside, Out-In X, Outside Slash, Inside Cut, *Switch Grip*, Bad Guy 5: Upward Diagonal Inside Slash, Outside Cut, Outside Upward Block, Diagonal Inside Slash, Bad Guy 6: Extended Inside Slash, Downward Cut, Downward Slash, Bad Guy 7: Inside Upward Block, Pommel Hammer, Wheel Inside, Thrust, Bad Guy 8: Diagonal Inside Cut, Diagonal Outside Cut, Outside Slash, Extended Thrust, Bad Guy 9: 1 Diagonal Outside Slash, Down-Up Inside, Out-In X, Wheel Outside, Bad Guy 10: Extended Outside Slash, In-Out X, Down-Up Outside, Inside Slash, Diagonal Outside Slash, Inside Cut, *Switch Grip*. Bad Guy 11: Inside Upward Block, Diagonal Inside Slash, Extended Thrust, Bad Guy 12a: Downward Cut, Bad Guy 13: Thrust, Wheel Outside, Bad Guy 14: Extended Outside Slash, Down-Up Outside, Diagonal Inside Cut, Bad Guy 12b: Diagonal Outside Slash, In-Out X, Inside Slash, Bad Guy Check: 1 Diagonal Outside Slash.

Adv. White+

Lecture: Storge 149

WEDNESDAY, AUGUST 22, 2011

Karate 7: **BELT TEST**, EY, T2: GUARDIAN 1: Bad Guy 1: Front Kick Groin Hunt, High Punch, Inside Hammer Fist, Palm, Bad Guy 2: Forward Kick, Outside Crescent Kick, Round Kick, Bad Guy 3: Side Kick, Upward Inverted Punch, Vertical Punch, Inside Chop, Head Smash to Knee, Bad Guy 4: Inside Crescent Kick, Outside Chop, Hook Punch, Inside Elbow, Bad Guy 5: Inverted Punch, Inside Chop, Groin Strike, Bad Guy 6: Outside Groin Strike, Upward Palm, Horizontal Chop, Bad Guy 7: Outside Crescent Kick, Inside Crescent Kick, Outside Groin Strike, Vertical Punch, Bad Guy 8: Round Kick Groin Hunt, Outside Chop, Vertical Chop, Round Kick, Back Kick, Bad Guy 9: Round Kick Groin Hunt, Outside Hammer Fist, Bad Guy 10: Front Kick Groin Hunt, Forward Kick, Bad Guy 11: Outside Hammer Fist, Inside Hammer Fist, Groin Strike, Inverted Punch, Upward Inverted Punch, Horizontal Chop, Bad Guy 12: Palm, Side Kick, Back Kick, Bad Guy 13: High Punch, Upward Palm, Vertical Chop, Hook Punch, Inside Elbow, Head Smash to Knee
White+

Jujutsu 7: **BELT TEST**, Submission Set. Standing Back Circle. Control Circle. Guard Circle. Ki Principles and Applications.; 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. Guillotine from Guard, 3. Collar Feed from Mount.
White+

Kobujutsu 7: **BELT TEST** EY, T2: ESCRIMA SET: 1. Diagonal Inside Strike, 2. Diagonal Outside Strike, 3. In Out Double Strike, 4. Downward Strike, 5. Middle Long Punch; SINAWALI: 1: High Inside Bounce, 2: High Inside Through, High Outside Through, 3: High Inside Through, Low Outside Bounce, High Outside Through, 4: High Inside Through, High Outside Bounce, Low Outside Through, High Inside Bounce, 5: High Inside Through, Low Outside Through, High Inside Bounce, Low Inside Bounce, High Inside Bounce; KNIFE SET: 1. Middle Thrust, 2. Middle Outside Slash, 3. High Inside Thrust, 4. Diagonal Inside Slash, 5. High Outside Hammer; TWO MAN KNIFE DRILLS: 1: Slash Blocks High, 2: Slash Blocks Low, 3: Thrust Inside Deflects, Over, Under, 4: Stab Inside Deflects, Right to Left, 5: Inverted Slash Swats; TWO MAN ESCRIMA TO KNIFE: Escrima: 1. Inside Long Deflect, 2. High Outside Strike, 3. Low Inside Strike, 4. Reinforced Guide Over, 5. Diagonal Inside Strike: Knife: 1. Middle Thrust, 2. Guide Over, 3. Leg Slide, 4. High Inside Slash, 5. Reinforced Guide Down
White+

MONDAY, AUGUST 27, 2011

BONUS CLASSES

WEDNESDAY, AUGUST 29, 2011

BONUS CLASSES

EY,T3 MONTH ONE

MONDAY, SEPTEMBER 3, 2011

NO CLASSES IN HONOR OF LABOR DAY

WEDNESDAY, SEPTEMBER 5, 2011

Karate 1: WARM UP: Forward Kick

CLASS: Kumite Drill: Slow Motion Sparring, Three Step Freeze Sparring, Three Step Sparring

Lecture: Posture, Base, Position 149

Jujutsu 1: Submission Set, Part 1: 1. Heel Lock vs. Open Guard, 2. Leg Bar, 3. Collar Choke. Standing Back Circle: 1. Arm Drag (forward wrist), 2. Arm Drag (across wrist), 3. Slip Under, 4. Duck Under, 5. Glide Past.

Lecture: Legal and Moral Self Defense 154

Kobujitsu 1: TWO MAN ESCRIMA TO ESCRIMA - Offense: 1. High Inside Strike, 2. Low Outside Long Block, Crane Stance 3. Middle Long Punch, 4. Open Hand Inside Deflect, 5. Downward Strike, Defense: 1. Inside Long Block, 2. Low Outside Strike, 3. Open Hand Inside Deflect, 4. Downward Strike, 5. Upward Long Block.

Lecture: Weapon and Hand and Weapon and Grappling 150

MONDAY, SEPTEMBER 10, 2011

Karate 2: WARM UP: Side Kick

CLASS: Kumite Drill: Lead Leg Forward Kick, Lead Leg Side Kick

Lecture: Precision, Accuracy and Focus 150

Jujutsu 2: Practice Standing Back Circle. Practice Submission Set, Part 1. Submission Set, Part 2: 4. Underjaw Press, 5. Double Leg Arm Bar, 6. Ground Shoulder Lock, 7. Shoulder Lock from the Guard. Control Circle, Part 1: 1. Mount (test, test, test), 2. Kneeling Mount

Lecture: Philosophy of Testing 155

Kobujitsu 2: TWO MAN ESCRIMA TO ESCRIMA - Offense: 1. High Inside Strike, 2. Low Outside Long Block, Crane Stance 3. Middle Long Punch, 4. Open Hand Inside Deflect, 5. Downward Strike, Defense: 1. Inside Long Block, 2. Low Outside Strike, 3. Open Hand Inside Deflect, 4. Downward Strike, 5. Upward Long Block.

Lecture: Understand Your Weapon as an Extension of You 151

WEDNESDAY, SEPTEMBER 12, 2011

Karate 3: WARM UP: Clash, Create Space, Side Kick

CLASS: Kumite Drill: Clash, Create Space, Side Kick

Lecture: Linear and Circular 151

Jujutsu 3: Practice Standing Back Circle. Practice Submission Set, Part 1 and 2. Practice Control Circle, Part 1. Submission Set, Part 3: 8. Arm Bar from the Guard, 9. Leg Triangle Choke, 10. Arm Triangle Choke.

Lecture: Never Give Up 156

Kobujitsu 3: TWO MAN KNIFE TO KNIFE - Offense: 1. Middle Inside Slash, 2. Middle Thrust, 3. Duck and Range Defense, 4. Inside Deflect, 5. High Inside Thrust, Defense: 1. Range Defense, 2. Inside Deflect, 3. High Outside Slash, 4. Swat and Middle Thrust, 5. Outside Block, Push Away.

Lecture: Weapons Extend Your Range and Expand Your Damage 152

MONDAY, SEPTEMBER 17, 2011

Karate 4: WARM UP: Clash and Clinch;

CLASS: Kumite Drill: Front Kick Groin Hunt. Round Kick Groin Hunt. Defending the Groin Hunt

Lecture: Blending and Adapting 152

Jujutsu 4: Practice Standing Back Circle. Practice Submission Set. 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. 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: Who Will You Fight? 157

Kobujitsu 4: TWO MAN KNIFE TO KNIFE - Offense: 1. Middle Inside Slash, 2. Middle Thrust, 3. Duck and Range Defense, 4. Inside Deflect, 5. High Inside Thrust, Defense: 1. Range Defense, 2. Inside Deflect, 3. High Outside Slash, 4. Swat and Middle Thrust, 5. Outside Block, Push Away.

Lecture: Weapon Principles: Improvised Weapons 153

WEDNESDAY, SEPTEMBER 19, 2011

Karate 5: WARM UP: Round Kick Groin Hunt, Outside Chop, Vertical Chop.

CLASS: Kumite Drill: Round Kick Groin Hunt, Outside Chop, Vertical Chop.

Lecture: Learn from Your Opponent 153

Jujutsu 5: Practice Standing Back Circle. Practice Submission Set. Practice Control Circle. Practice Guard Circle, Part 1. Guard Circle, Part 2: 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: How Will You Lose? 158

Kobujitsu 5: Practice TWO MAN ESCRIMA TO KNIFE: Escrima: 1. Inside Long Deflect, 2. High Outside Strike, 3. Low Inside Strike, 4. Reinforced Guide Over, 5. Diagonal Inside Strike; Knife: 1. Middle Thrust, 2. Guide Over, 3. Leg Slide, 4. High Inside Slash, 5. Reinforced Guide Down; TWO MAN ESCRIMA TO ESCRIMA - Offense: 1. High Inside Strike, 2. Low Outside Long Block, Crane Stance 3. Middle Long Punch, 4. Open Hand Inside Deflect, 5. Downward Strike, Defense: 1. Inside Long Block, 2. Low Outside Strike, 3. Open Hand Inside Deflect, 4. Downward Strike, 5. Upward Long Block; TWO MAN KNIFE TO KNIFE - Offense: 1. Middle Inside Slash, 2. Middle Thrust, 3. Duck and Range Defense, 4. Inside Deflect, 5. High Inside Thrust, Defense: 1. Range Defense, 2. Inside Deflect, 3. High Outside Slash, 4. Swat and Middle Thrust, 5. Outside Block, Push Away.

Lecture: Philosophy and Weapons: A High Stakes Gamble 154

MONDAY, SEPTEMBER 24, 2011

Karate 6: WARM UP: Clash, Create Space, Side Kick, Round Kick Groin Hunt, Outside Hand Sweep, High Punch

CLASS: Kumite Drill: Clash, Create Space, Side Kick, Round Kick Groin Hunt, Outside Hand Sweep, High Punch

Lecture: Know and Expand Your Options 154

Jujutsu 6: Practice Standing Back Circle. Practice Submission Set. Practice Control Circle. Practice Guard Circle. Falls and Rolls Chain: 1: Drop. 2: Fall Forward. 3: Fall Backward. 4: Fall Sideways. 5: Roll Forward. 6: Roll Backward. 7: Roll Sideways. 8: Cartwheel. 9: Break Fall Backwards. 10: Break Fall Roll.

Lecture: What Will You Do? 159

Kobujitsu 6: Guardian Escrima 1: High Long Punch, Low Outside Strike, In Out Double Strike, Middle Inside Strike, Diagonal Outside Strike

Lecture: The Warrior Ethic 155

WEDNESDAY, SEPTEMBER 26, 2011

- Karate 7: WARM UP: Slow Motion Sparring
CLASS: Kumite Drill: Flash Sparring
Lecture: Weaknesses of Pure Striking 155
- Jujutsu 7: Practice Standing Back Circle. Practice Submission Set. Practice Control Circle.
Practice Guard Circle. Ki Principles and Applications: 1: Keep One Point. 2: Relax Completely. 3: Weight Underside. 4: Extend Ki. 5: Counter the Power. 6: Ki Full Body Weight Underside. 7: Ki Pull Down. 8: Ki Push. 9: Ki Pull. 10: Ki Drop
Lecture: How Will You Win? 160
- Kobujitsu 7: Guardian Escrima 2, 3: Upward Short Block, Middle Punch, High Short Punch, Middle Long Punch; Forward Kick, Groin Strike, High Outside Strike
Lecture: Weapon of Choice and Personal Weapons 156

EY,T3 MONTH TWO

MONDAY, OCTOBER 1, 2011

- Karate 1: WARM UP: EY,T1: Simple E1: Triangle Frame, Inside Hammer Fist; Punch E1: Duck and Hook Punch, Hook Punch, High Punch, Horizontal Chop, Side Kick; Plus E1. Palm, Weave and Grip Break, Groin Strike, Outside Chop, Triangle Choke, Neck Break.
KI PRINCIPLES AND APPLICATIONS: 1: Keep One Point, 2: Relax Completely, 3: Weight Underside, 4: Extend Ki, 5: Counter the Power, 6: Ki Full Body Weight Underside, 7: Ki Pull Down, 8: Ki Push, 9: Ki Pull, 10: Ki Drop
CLASS: Falls and Rolls: 1. Drop, 2. Fall Forward, 3. Fall Backward, 4. Fall Sideways
Lecture: Agape Character 156
- Jujutsu 1: Grappling Class 1: Small Circle Drop.
Lecture: Defensive Grappling 161
- Kobujitsu 1: Guardian Escrima 4, 5, 6: Downward End Hammer, Overhand Thrust, Side Kick; High Inside Strike, Outside End Hammer; Vertical Block, Low Inside Strike
Lecture: Self Consistency of Truth 157

WEDNESDAY, OCTOBER 3, 2011

- Karate 2: WARM UP: OY,T3: TECHNIQUES: Simple O3: Chat Cover, Talking with the Hands, Groin Hunt (Front Kick, Round Kick, Shin Variation); Punch O3: Straight Block, Vertical Punch, Outside Chop, Inside Chop, Ki Drop; Plus O3. Leg Jam, Outside Knuckle, Inverted Punch, Ear Box, Head Smash to Knee. COVER COMMANDS: Covers, Steps and Skips, Switches
CLASS: Falls and Rolls: 5. Roll Forward, 6. Roll Backwards, 7. Roll Sideways
Lecture: Receiving Agape 157
- Jujutsu 2: Grappling Class 2: Go Behind, Spin Takedown, Twist Down from the Front, Bear Hug Takedown.
Lecture: Experience Grappling 162
- Kobujitsu 2: Guardian Escrima 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
Lecture: Open Mindedness and Presumptions 158

MONDAY, OCTOBER 8, 2011

- Karate 3: WARM UP: OY,T2: Line 1: Outside Hand Sweep, High Punch, Inverted Punch, Forward Kick, Side Kick, Round Kick, Back Kick, Outside Hammer Fist, Vertical Punch; Line 2: Outside Knuckle, Inverted Punch, Outside Crescent Kick, Step Forward Side Kick, Double Round Kick, Outside Hammer Fist, Inside Hammer Fist, Head Smash to Knee; Line 3: Step Forward, Side Kick, Side Kick, Spinning Outside Crescent Kick, Skip Forward Front Kick, High Punch, Vertical Punch, Ear Box, Double Vertical Chop, Skip Forward Forward Kick. STANCE SET: 1. Triangle Frame, 2. Cover, 3. Forward, 4. Middle, 5. Back, 6. Cat, 7. Chat
CLASS: Falls and Rolls: 8. Cartwheel, 9. Break Fall Back, 10. Break Fall Roll
Lecture: Greater Agape Has No Man Than This 158
- Jujutsu 3: Grappling Class 3: Hip Throw, Take the Groin and Counter Throw.
Lecture: Detachment 163
- Kobujitsu 3: Guardian Escrima 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
Lecture: Presumptions Help or Hurt 159

WEDNESDAY, OCTOBER 10, 2011

- Karate 4: WARM UP: OY,T1: Simple O1: Two Hand Block, Outside Hammer Fist; Punch O1: Outside Deflect to Arm Bar, Arm Break, Front Kick, Shoulder/Round Kick Takedown; Plus O1. Hook, Drop, Spin to Upward Ridge Hand, Ear Box, Knee, Side Kick. WRIST LOCKS: Reach Across: 1. Forward Wrist Lock Takedown, 2. Forward Wrist Lock Straight Arm, 3. Wrist Lock Arm Bar; Reach Forward Show the Palm: 4. Outside Wrist Lock Takedown, 5. Upward Arm Bar, 6. Shoulder Wrist Lock Takedown; Compression: 7. Behind the Back Compression Wrist Lock
CLASS: Falls and Rolls Chain
Lecture: Five Commanded Agapes 159
- Jujutsu 4: Grappling Class 4: Small Circle Hip Throw, Brace Away, Go Against the Thumb Wrist Grab Escape.
Lecture: Randori 164
- Kobujitsu 4: Guardian Escrima 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 15, 2011

- Karate 5: WARM UP: EY,T3: Simple E3: Chat Cover, Talking with the Hands, Sternal Notch Push Back; Punch E3: Outside Block, Inverted Punch, Inside Elbow, Power Slap, Double Inside Palm; Plus E3. Turtle, Forward Kick, Hook Release, High Punch, Esophagus Takedown, Knee on Stomach. FALL and ROLLS: 1: Drop, 2: Fall Forward, 3: Fall Backward, 4: Fall Sideways, 5: Roll Forward, 6: Roll Backward, 7: Roll Sideways, 8: Cartwheel, 9: Break Fall Backwards, 10: Break Fall Roll
CLASS: Simple E3: Chat Cover, Talking with the Hands, Sternal Notch Push Back
Lecture: A Guardian is Patient 160
- Jujutsu 5: Grappling Class 5: Shoulder Throw from Sleeper Hold, Shoulder Throw from Triangle Choke, Kneeling Shoulder Throw.
Lecture: Cooperative Randori 165
- Kobujitsu 5: Guardian Escrima 12a, 13, 14a: 12b - 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 17, 2011

- Karate 6: WARM UP: EY,T2: GUARDIAN 1: Bad Guy 1: Front Kick Groin Hunt, High Punch, Inside Hammer Fist, Palm, Bad Guy 2: Forward Kick, Outside Crescent Kick, Round Kick, Bad Guy 3: Side Kick, Upward Inverted Punch, Vertical Punch, Inside Chop, Head Smash to Knee, Bad Guy 4: Inside Crescent Kick, Outside Chop, Hook Punch, Inside Elbow, Bad Guy 5: Inverted Punch, Inside Chop, Groin Strike, Bad Guy 6: Outside Groin Strike, Upward Palm, Horizontal Chop, Bad Guy 7: Outside Crescent Kick, Inside Crescent Kick, Outside Groin Strike, Vertical Punch, Bad Guy 8: Round Kick Groin Hunt, Outside Chop, Vertical Chop, Round Kick, Back Kick, Bad Guy 9: Round Kick Groin Hunt, Outside Hammer Fist, Bad Guy 10: Front Kick Groin Hunt, Forward Kick, Bad Guy 11: Outside Hammer Fist, Inside Hammer Fist, Groin Strike, Inverted Punch, Upward Inverted Punch, Horizontal Chop, Bad Guy 12: Palm, Side Kick, Back Kick, Bad Guy 13: High Punch, Upward Palm, Vertical Chop, Hook Punch, Inside Elbow, Head Smash to Knee
CLASS: Punch E3: Outside Block, Inverted Punch, Inside Elbow, Power Slap, Double Inside Palm
Lecture: A Guardian is Kind 161
- Jujutsu 6: Grappling Class 6: Small Circle Shoulder Throw, Slip to Headlock, Finger Lock Release from Under Arms Bear Hug.
Lecture: Change the Situation 166
- Kobujitsu 6: Guardian 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 22, 2011

Karate 7: WARM UP: Guardian 1, Lines 1-3

CLASS: Plus E3 (part 1): Turtle, Forward Kick, Hook Release

Lecture: A Guardian is Not Jealous 162

Jujutsu 7: Grappling Class 7: Figure 4 Wrist Compression Wrist Lock, Fist Resist, Create Space.

Lecture: Flash Grappling 167

Kobujitsu 7: GUARDIAN ESCRIMA - Bad Guy 1: High Long Punch, Low Outside Strike, In Out Double Strike, Middle Inside Strike, Diagonal Outside Strike, Bad Guy 2:

Upward Short Block, Middle Punch High Short Punch, Middle Long Punch, Bad Guy 3:

Forward Kick, Groin Strike, High Outside Strike, Bad Guy 4: Downward End Hammer,

Overhand Thrust, Side Kick, Bad Guy 5: High Inside Strike, Outside End Hammer, Bad

Guy 6: Vertical Block, Low Inside Strike, Bad Guy 7a: Low Outside Short Block, Bad

Guy 8a: Middle Short Punch, Bad Guy 7b: Long Outside Elbow, Bad Guy 8b: Low Short

Punch, Round Kick, Bad Guy 9: Middle Outside Strike, Diagonal Inside Strike, Middle

Punch, Low Long Punch, Bad Guy 10: Outside Chop, Back Kick, High Long Punch,

High Horizontal Block, Round Kick, Long Outside Elbow, Bad Guy 11: Middle Short

Punch, Low Outside Short Block, Upward Short Block, Groin Strike, High Short Punch,

Forward Kick, Vertical Block, Overhand Thrust, Bad Guy 12: Outside End Hammer,

Side Kick, Bad Guy 13a: Middle Outside Strike, In Out Double Strike, Bad Guy 14a:

Back Kick, Bad Guy 13b: Outside Chop, Low Long Punch, Bad Guy 14b: Low Outside

Strike, High Inside Strike, Diagonal Outside Strike, Middle Inside Strike, Diagonal Inside

Strike, Bad Guy 15: Low Short Punch, Middle Long Punch, Low Inside Strike, High

Outside Strike, Downward End Hammer, Middle Horizontal Block.

Lecture: If You Believe It, You Live It 163

WEDNESDAY, OCTOBER 24, 2011

BONUS CLASSES

MONDAY, OCTOBER 29, 2011

BONUS CLASSES

WEDNESDAY, OCTOBER 31, 2011

NO CLASSES IN HONOR OF HALLOWEEN

EY,T3 MONTH THREE

MONDAY, NOVEMBER 5, 2011

Karate 1: WARM UP: EY,T1: Simple E1: Triangle Frame, Inside Hammer Fist; Punch E1: Duck and Hook Punch, Hook Punch, High Punch, Horizontal Chop, Side Kick; Plus E1. Palm, Weave and Grip Break, Groin Strike, Outside Chop, Triangle Choke, Neck Break. KI PRINCIPLES AND APPLICATIONS: 1: Keep One Point, 2: Relax Completely, 3: Weight Underside, 4: Extend Ki, 5: Counter the Power, 6: Ki Full Body Weight Underside, 7: Ki Pull Down, 8: Ki Push, 9: Ki Pull, 10: Ki Drop
CLASS: Plus E3: Turtle, Forward Kick, Hook Release, High Punch, Esophagus Takedown, Knee on Stomach

Lecture: A Guardian Does Not Brag 163

Jujutsu 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 EY,T2: ESCRIMA SET: 1. Diagonal Inside Strike, 2. Diagonal Outside Strike, 3. In Out Double Strike, 4. Downward Strike, 5. Middle Long Punch; SINAWALI: 1: High Inside Bounce, 2: High Inside Through, High Outside Through, 3: High Inside Through, Low Outside Bounce, High Outside Through, 4: High Inside Through, High Outside Bounce, Low Outside Through, High Inside Bounce, 5: High Inside Through, Low Outside Through, High Inside Bounce, Low Inside Bounce, High Inside Bounce; KNIFE SET: 1. Middle Thrust, 2. Middle Outside Slash, 3. High Inside Thrust, 4. Diagonal Inside Slash, 5. High Outside Hammer; TWO MAN KNIFE DRILLS: 1: Slash Blocks High, 2: Slash Blocks Low, 3: Thrust Inside Deflects, Over, Under, 4: Stab Inside Deflects, Right to Left, 5: Inverted Slash Swats; TWO MAN ESCRIMA TO KNIFE: Escrima: 1. Inside Long Deflect, 2. High Outside Strike, 3. Low Inside Strike, 4. Reinforced Guide Over, 5. Diagonal Inside Strike: Knife: 1. Middle Thrust, 2. Guide Over, 3. Leg Slide, 4. High Inside Slash, 5. Reinforced Guide Down

Lecture: The Pleasure/Pain Dynamic 164

WEDNESDAY, NOVEMBER 7, 2011

- Karate 2: WARM UP: OY,T3: TECHNIQUES: Simple O3: Chat Cover, Talking with the Hands, Groin Hunt (Front Kick, Round Kick, Shin Variation); Punch O3: Straight Block, Vertical Punch, Outside Chop, Inside Chop, Ki Drop; Plus O3. Leg Jam, Outside Knuckle, Inverted Punch, Ear Box, Head Smash to Knee. COVER COMMANDS: Covers, Steps and Skips, Switches
CLASS: Falls and Rolls Chain, E3 Techniques
Lecture: A Guardian is Not Arrogant 164
- Jujutsu 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, Face to Face, 2. Downward Ground Shoulder Lock, 3. Shoulder Lock from Kneeling Mount
Lecture: Uncomfortable: Risk, Awkwardness 169
- Kobujitsu 2: Review EY, T1: Cover Commands, GUARDIAN SWORD - Bad Guy 1: Upward Diagonal Inside Slash, Downward Slash, Bad Guy 2: Outside Upward Block, Wheel Inside, Bad Guy 3: Extended Inside Slash, Pommel Hammer, Diagonal Outside Cut, Bad Guy 4: Outside Cut, Down-Up Inside, Out-In X, Outside Slash, Inside Cut, *Switch Grip*, Bad Guy 5: Upward Diagonal Inside Slash, Outside Cut, Outside Upward Block, Diagonal Inside Slash, Bad Guy 6: Extended Inside Slash, Downward Cut, Downward Slash, Bad Guy 7: Inside Upward Block, Pommel Hammer, Wheel Inside, Thrust, Bad Guy 8: Diagonal Inside Cut, Diagonal Outside Cut, Outside Slash, Extended Thrust, Bad Guy 9: 1 Diagonal Outside Slash, Down-Up Inside, Out-In X, Wheel Outside, Bad Guy 10: Extended Outside Slash, In-Out X, Down-Up Outside, Inside Slash, Diagonal Outside Slash, Inside Cut, *Switch Grip*. Bad Guy 11: Inside Upward Block, Diagonal Inside Slash, Extended Thrust, Bad Guy 12a: Downward Cut, Bad Guy 13: Thrust, Wheel Outside, Bad Guy 14: Extended Outside Slash, Down-Up Outside, Diagonal Inside Cut, Bad Guy 12b: Diagonal Outside Slash, In-Out X, Inside Slash, Bad Guy Check: 1 Diagonal Outside Slash.
Lecture: Understanding Yourself 165

MONDAY, NOVEMBER 12, 2011

Karate 3: WARM UP: OY, T2: Line 1: Outside Hand Sweep, High Punch, Inverted Punch, Forward Kick, Side Kick, Round Kick, Back Kick, Outside Hammer Fist, Vertical Punch; Line 2: Outside Knuckle, Inverted Punch, Outside Crescent Kick, Step Forward Side Kick, Double Round Kick, Outside Hammer Fist, Inside Hammer Fist, Head Smash to Knee; Line 3: Step Forward, Side Kick, Side Kick, Spinning Outside Crescent Kick, Skip Forward Front Kick, High Punch, Vertical Punch, Ear Box, Double Vertical Chop, Skip Forward Forward Kick. STANCE SET: 1. Triangle Frame, 2. Cover, 3. Forward, 4. Middle, 5. Back, 6. Cat, 7. Chat

CLASS: Drill E3 Techniques

Lecture: A Guardian Does Not Act Unbecomingly 165

Jujutsu 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. Guillotine, 2. Foot Lock, 3. Heel Lock.

Lecture: Instant Emotion Change 170

Kobujitsu 3: Review OY, T3: Tamishi Giri Chain, Iaijutsu: 1. Sheathing, 2. Sword Holding Draw to 1 Tip Ready 3. Draw to 1 Tip Ready, 4. Draw to 2 Tip Ready, 5. Draw to Outside Slash. SWORD SET: 1. Down-Up Outside, 2. Diagonal Inside Cut, 3. Inside Slash, 4. Out-In X, 5. Middle Thrust. TWO MAN SWORD DRILLS: 1. Tip Drill vs. Tip Drill, 2. 1 Inside Deflect Riposte, 1 Outside Deflect Riposte vs. Middle Thrust, Middle Thrust, 3. 2 Outside Slash, 2 Downward Slash, 2 Downward Slash vs. 2 Low Outside Block, Inverted Reinforced Deflect, Inside Deflect, 4. 2 Inside Upward Block, 2 Downward Slash, 2 Outside Block, 2 Downward Slash vs. 2 Downward Slash, 2 Inside Upward Block, 2 Downward Slash, 2 Outside Block, 5. 1 Low Slash vs. Together-Apart Range Defense. TWO MAN SWORD TO SWORD: Offense: 1. 2 Middle Thrust, 2. Range Defense, 3. 2 Downward Slash, 4. 2 Outside Block, 5. 2 Inside Slash, Defense: 1. 2 Inside Deflect, 2. 2 Middle Outside Slash, 3. 2 Inside Upward Block, 4. 2 Diagonal Outside Slash, 5. Range Defense.

Lecture: Cause and Effect 166

WEDNESDAY, NOVEMBER 14, 2011

Karate 4: WARM UP: OY,T1: Simple O1: Two Hand Block, Outside Hammer Fist; Punch O1: Outside Deflect to Arm Bar, Arm Break, Front Kick, Shoulder/Round Kick Takedown; Plus O1. Hook, Drop, Spin to Upward Ridge Hand, Ear Box, Knee, Side Kick. WRIST LOCKS: Reach Across: 1. Forward Wrist Lock Takedown, 2. Forward Wrist Lock Straight Arm, 3. Wrist Lock Arm Bar; Reach Forward Show the Palm: 4. Outside Wrist Lock Takedown, 5. Upward Arm Bar, 6. Shoulder Wrist Lock Takedown; Compression: 7. Behind the Back Compression Wrist Lock

CLASS: Drill E3 Techniques

Lecture: A Guardian Does Not Seek His Own 166

Jujutsu 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. Strangle from Behind

Lecture: Instant Emotion Change Technique 171

Kobujitsu 4: Review OY, T2: Two Man Bo to Bo: Offense: 1. High Inside Strike, 2. Middle Thrust, 3. Middle Outside Deflect, 4. Low End Inside Block, 5. Downward Strike; Defense: 1. High End Inside Block, 2. Middle Outside Deflect, 3. Middle Thrust, 4. Low Inside Strike, 5. High Horizontal Block; Guardian Bo: Bad Guy 1: High Inside Strike, Low Inside Strike; Bad Guy 2: High Jab; Back to Bad Guy 1: Middle Thrust, Spinning Outside Strike; Bad Guy 3: Round Kick, Back Kick, High Thrust; Bad Guy 4: Low Underhand Circle, Downward Strike; Bad Guy 5: Vertical Block, Spin to Cover, Forward Kick, High Outside Strike, Upward Strike; Bad Guy 6: Spinning Outside Strike, Clear, Roll; Bad Guy 7: Two Handed Spin, Tucked Downward Strike, Upward Underhand Strike; Bad Guy 8: Round Kick, Side Kick Jab, Back Kick, Middle Jab, Roll; Bad Guy 9: High Horizontal Block, Downward Strike, Middle Inside Strike, Overhead Spin Underhand Strike, Forward Kick; Bad Guy 10: High Jab, Low Inside Strike, Middle Thrust; Bad Guy 11: Middle Inside Strike, Side Kick Jab; Bad Guy 12: Spin to Cover, Overhead Spin Underhand Strike, Upward Underhand Strike; Bad Guy 13: Two Handed Spin, Tucked Downward Strike, Clear; Bad Guy 14: Vertical Block, High Outside Strike, Upward Strike; Bad Guy 15: Middle Jab; Bad Guy 16: Middle Horizontal Block, Low Underhand Circle; Bad Guy 17: High Thrust, High Inside Strike. YARI SKILLS: 1. Set and Brace, 2. Underhand Circle, 3. Side Switching Thrusts; YARI SET: 1. One Hand Long Thrust, 2. Middle Thrust, 3. Overhand Thrust, 4. High Short Thrust, 5. Extending Stitch Jab; NAGINATA SET: 1. Underhand Downward Slash, 2. Wheel Underhand Downward Slash, 3. Middle Underhand Thrust, 4. Diagonal Inside Underhand Slash, 5. Outside Underhand Cut; JO SET: 1. Middle Underhand Inside Strike, 2. High Underhand Outside Strike, 3. High Underhand Thrust, 4. Underhand Down Strike, 5. Middle One Hand Long Thrust.

Lecture: Effect and Cause 167

MONDAY, NOVEMBER 19, 2011

Karate 5: WARM UP: EY,T3: Simple E3: Chat Cover, Talking with the Hands, Sternal Notch Push Back; Punch E3: Outside Block, Inverted Punch, Inside Elbow, Power Slap, Double Inside Palm; Plus E3. Turtle, Forward Kick, Hook Release, High Punch, Esophagus Takedown, Knee on Stomach. FALL and ROLLS: 1: Drop, 2: Fall Forward, 3: Fall Backward, 4: Fall Sideways, 5: Roll Forward, 6: Roll Backward, 7: Roll Sideways, 8: Cartwheel, 9: Break Fall Backwards, 10: Break Fall Roll
CLASS: Falls and Rolls Chain, E3 Techniques

Lecture: A Guardian is Not Provoked 167

Jujutsu 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 Choke to Compression Wrist Lock, 2. Cutting Leg Bar, 3. Hair Lock.

Lecture: Forgiveness: What It Is 172

Kobujitsu 5: Review OY, T1: Bo Spin Chain; Bo Set: High Inside Strike, Downward Strike, Middle Thrust, Low Inside Strike, Overhead Spin, Underhand Strike; Two Man Bo Drills: TMBD 1: High Inside Strike to High Inside Strike; TMBD 2: High Inside Strike, Low Inside Strike to High Inside Strike, Low Inside Strike; TMBD 3: High Inside Strike, Low Inside Strike, Downward Strike to High Inside Strike, Low Inside Strike, High Horizontal Block; TMBD 4: High Inside Strike, High Outside Strike, Upward Strike, Downward Strike to High End Inside Block, High End Inside Block, Low Horizontal Block, High Horizontal Block; TMBD 5: High Inside Strike, Middle Inside Strike, Low Inside Strike, Downstike, Middle Thrust to High End Inside Block, Middle Outside Block, Low End Inside Block, High Horizontal Block, Outside Middle Deflect.

Lecture: Choices and Consequences 168

WEDNESDAY, NOVEMBER 21, 2011

Karate 6: WARM UP: EY,T2: GUARDIAN 1: Bad Guy 1: Front Kick Groin Hunt, High Punch, Inside Hammer Fist, Palm, Bad Guy 2: Forward Kick, Outside Crescent Kick, Round Kick, Bad Guy 3: Side Kick, Upward Inverted Punch, Vertical Punch, Inside Chop, Head Smash to Knee, Bad Guy 4: Inside Crescent Kick, Outside Chop, Hook Punch, Inside Elbow, Bad Guy 5: Inverted Punch, Inside Chop, Groin Strike, Bad Guy 6: Outside Groin Strike, Upward Palm, Horizontal Chop, Bad Guy 7: Outside Crescent Kick, Inside Crescent Kick, Outside Groin Strike, Vertical Punch, Bad Guy 8: Round Kick Groin Hunt, Outside Chop, Vertical Chop, Round Kick, Back Kick, Bad Guy 9: Round Kick Groin Hunt, Outside Hammer Fist, Bad Guy 10: Front Kick Groin Hunt, Forward Kick, Bad Guy 11: Outside Hammer Fist, Inside Hammer Fist, Groin Strike, Inverted Punch, Upward Inverted Punch, Horizontal Chop, Bad Guy 12: Palm, Side Kick, Back Kick, Bad Guy 13: High Punch, Upward Palm, Vertical Chop, Hook Punch, Inside Elbow, Head Smash to Knee

CLASS: Drill E3 Techniques

Lecture: A Guardian Does Not Take Into Account a Wrong Suffered 168

Jujutsu 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. Guillotine from Guard, 3. Collar Feed from Mount.

Lecture: Forgiveness, Excuses and Restoration 173

Kobujitsu 6: Review EY,T3: TWO MAN ESCRIMA TO ESCRIMA - Offense: 1. High Inside Strike, 2. Low Outside Long Block, Crane Stance 3. Middle Long Punch, 4. Open Hand Inside Deflect, 5. Downward Strike, Defense: 1. Inside Long Block, 2. Low Outside Strike, 3. Open Hand Inside Deflect, 4. Downward Strike, 5. Upward Long Block. TWO MAN KNIFE TO KNIFE - Offense: 1. Middle Inside Slash, 2. Middle Thrust, 3. Duck and Range Defense, 4. Inside Deflect, 5. High Inside Thrust, Defense: 1. Range Defense, 2. Inside Deflect, 3. High Outside Slash, 4. Swat and Middle Thrust, 5. Outside Block, Push Away. GUARDIAN ESCRIMA - Bad Guy 1: High Long Punch, Low Outside Strike, In Out Double Strike, Middle Inside Strike, Diagonal Outside Strike, Bad Guy 2: Upward Short Block, Middle Punch High Short Punch, Middle Long Punch, Bad Guy 3: Forward Kick, Groin Strike, High Outside Strike, Bad Guy 4: Downward End Hammer, Overhand Thrust, Side Kick, Bad Guy 5: High Inside Strike, Outside End Hammer, Bad Guy 6: Vertical Block, Low Inside Strike, Bad Guy 7a: Low Outside Short Block, Bad Guy 8a: Middle Short Punch, Bad Guy 7b: Long Outside Elbow, Bad Guy 8b: Low Short Punch, Round Kick, Bad Guy 9: Middle Outside Strike, Diagonal Inside Strike, Middle Punch, Low Long Punch, Bad Guy 10: Outside Chop, Back Kick, High Long Punch, High Horizontal Block, Round Kick, Long Outside Elbow, Bad Guy 11: Middle Short Punch, Low Outside Short Block, Upward Short Block, Groin Strike, High Short Punch, Forward Kick, Vertical Block, Overhand Thrust, Bad Guy 12: Outside End Hammer, Side Kick, Bad Guy 13a: Middle Outside Strike, In Out Double Strike, Bad Guy 14a: Back Kick, Bad Guy 13b: Outside Chop, Low Long Punch, Bad Guy 14b: Low Outside Strike, High Inside Strike, Diagonal Outside Strike, Middle Inside Strike, Diagonal Inside Strike, Bad Guy 15: Low Short Punch, Middle Long Punch, Low Inside Strike, High Outside Strike, Downward End Hammer, Middle Horizontal Block.

Lecture: None So Blind 169

THANKSGIVING DAY: THURSDAY, NOVEMBER 22

MONDAY, NOVEMBER 26, 2011

Karate 7: WARM UP: Guardian 1, Line Pick Ups	
CLASS: Drill Falls and Rolls, E3 Techniques	
Lecture: A Guardian Does Not Rejoice in Unrighteousness	169
Jujutsu 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	
Lecture: Practicing Forgiveness	174
Kobujitsu 7: Review Guardian Kobujitsu	
Lecture: Creating What You Fear	170

Note: Class One of December is the November 28 Class!

EY, T3 MONTH FOUR

WEDNESDAY, NOVEMBER 28, 2011

Karate 1: Review All Guardian Karate	
Lecture: A Guardian Rejoices in the Truth	170
Jujutsu 1: Review Guardian Jujutsu	
Lecture: Forgiveness from the Heart	175
Kobujitsu 1: Review Guardian Kobujitsu	
Lecture: Fault is Power, Taking Total Responsibility	171

MONDAY, DECEMBER 3, 2011

Karate 2: EVALUATION, OY, T1: Simple O1: Two Hand Block, Outside Hammer Fist; Punch O1: Outside Deflect to Arm Bar, Arm Break, Front Kick, Shoulder/Round Kick Takedown; Plus O1. Hook, Drop, Spin to Upward Ridge Hand, Ear Box, Knee, Side Kick. WRIST LOCKS: Reach Across: 1. Forward Wrist Lock Takedown, 2. Forward Wrist Lock Straight Arm, 3. Wrist Lock Arm Bar; Reach Forward Show the Palm: 4. Outside Wrist Lock Takedown, 5. Upward Arm Bar, 6. Shoulder Wrist Lock Takedown; Compression: 7. Behind the Back Compression Wrist Lock

Adv. Orange+

Lecture: A Guardian Bears All Things

171

Jujutsu 2: EVALUATION, 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, Face to Face, 2. Downward Ground Shoulder Lock, 3. Shoulder Lock from Kneeling Mount

Adv. Orange+

Lecture: Five Step Forgiveness Technique

176

Kobujutsu 2: EVALUATION, OY, T1: Bo Spin Chain; Bo Set: High Inside Strike, Downward Strike, Middle Thrust, Low Inside Strike, Overhead Spin, Underhand Strike; Two Man Bo Drills: TMBD 1: High Inside Strike to High Inside Strike; TMBD 2: High Inside Strike, Low Inside Strike to High Inside Strike, Low Inside Strike; TMBD 3: High Inside Strike, Low Inside Strike, Downward Strike to High Inside Strike, Low Inside Strike, High Horizontal Block; TMBD 4: High Inside Strike, High Outside Strike, Upward Strike, Downward Strike to High End Inside Block, High End Inside Block, Low Horizontal Block, High Horizontal Block; TMBD 5: High Inside Strike, Middle Inside Strike, Low Inside Strike, Downstike, Middle Thrust to High End Inside Block, Middle Outside Block, Low End Inside Block, High Horizontal Block, Outside Middle Deflect.

Adv. Orange+

Lecture: Results Orientation

172

WEDNESDAY, DECEMBER 5, 2011

Karate 3: EVALUATION, OY, T2: Line 1: Outside Hand Sweep, High Punch, Inverted Punch, Forward Kick, Side Kick, Round Kick, Back Kick, Outside Hammer Fist, Vertical Punch; Line 2: Outside Knuckle, Inverted Punch, Outside Crescent Kick, Step Forward Side Kick, Double Round Kick, Outside Hammer Fist, Inside Hammer Fist, Head Smash to Knee; Line 3: Step Forward, Side Kick, Side Kick, Spinning Outside Crescent Kick, Skip Forward Front Kick, High Punch, Vertical Punch, Ear Box, Double Vertical Chop, Skip Forward Forward Kick. STANCE SET: 1. Triangle Frame, 2. Cover, 3. Forward, 4. Middle, 5. Back, 6. Cat, 7. Chat Orange+

Lecture: A Guardian Believes All Things and Hopes All Things 172

Jujutsu 3: EVALUATION, 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. Guillotine, 2. Foot Lock, 3. Heel Lock.

Orange+

Lecture: Symbolic Forgiveness Technique 177

Kobujutsu 3: EVALUATION OY, T2: Two Man Bo to Bo: Offense: 1. High Inside Strike, 2. Middle Thrust, 3. Middle Outside Deflect, 4. Low End Inside Block, 5. Downward Strike; Defense: 1. High End Inside Block, 2. Middle Outside Deflect, 3. Middle Thrust, 4. Low Inside Strike, 5. High Horizontal Block; Guardian Bo: Bad Guy 1: High Inside Strike, Low Inside Strike; Bad Guy 2: High Jab; Back to Bad Guy 1: Middle Thrust, Spinning Outside Strike; Bad Guy 3: Round Kick, Back Kick, High Thrust; Bad Guy 4: Low Underhand Circle, Downward Strike; Bad Guy 5: Vertical Block, Spin to Cover, Forward Kick, High Outside Strike, Upward Strike; Bad Guy 6: Spinning Outside Strike, Clear, Roll; Bad Guy 7: Two Handed Spin, Tucked Downward Strike, Upward Underhand Strike; Bad Guy 8: Round Kick, Side Kick Jab, Back Kick, Middle Jab, Roll; Bad Guy 9: High Horizontal Block, Downward Strike, Middle Inside Strike, Overhead Spin Underhand Strike, Forward Kick; Bad Guy 10: High Jab, Low Inside Strike, Middle Thrust; Bad Guy 11: Middle Inside Strike, Side Kick Jab; Bad Guy 12: Spin to Cover, Overhead Spin Underhand Strike, Upward Underhand Strike; Bad Guy 13: Two Handed Spin, Tucked Downward Strike, Clear; Bad Guy 14: Vertical Block, High Outside Strike, Upward Strike; Bad Guy 15: Middle Jab; Bad Guy 16: Middle Horizontal Block, Low Underhand Circle; Bad Guy 17: High Thrust, High Inside Strike. YARI SKILLS: 1. Set and Brace, 2. Underhand Circle, 3. Side Switching Thrusts; YARI SET: 1. One Hand Long Thrust, 2. Middle Thrust, 3. Overhand Thrust, 4. High Short Thrust, 5. Extending Stitch Jab; NAGINATA SET: 1. Underhand Downward Slash, 2. Wheel Underhand Downward Slash, 3. Middle Underhand Thrust, 4. Diagonal Inside Underhand Slash, 5. Outside Underhand Cut; JO SET: 1. Middle Underhand Inside Strike, 2. High Underhand Outside Strike, 3. High Underhand Thrust, 4. Underhand Down Strike, 5. Middle One Hand Long Thrust.

Orange+

Lecture: Setting Goals 173

MONDAY, DECEMBER 10, 2011

Karate 4: EVALUATION, OY, T3: TECHNIQUES: Simple O3: Chat Cover, Talking with the Hands, Groin Hunt (Front Kick, Round Kick, Shin Variation); Punch O3: Straight Block, Vertical Punch, Outside Chop, Inside Chop, Ki Drop; Plus O3: Leg Jam, Outside Knuckle, Inverted Punch, Ear Box, Head Smash to Knee. COVER COMMANDS: Covers, Steps and Skips, Switches Adv. Yellow+

Lecture: A Guardian Endures All Things 173

Jujutsu 4: EVALUATION, 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. Strangle from Behind

Adv. Yellow+

Lecture: Iceberg Effect 178

Kobujutsu 4: EVALUATION OY, T3: Tamishi Giri Chain, Iaijutsu: 1. Sheathing, 2. Sword Holding Draw to 1 Tip Ready 3. Draw to 1 Tip Ready, 4. Draw to 2 Tip Ready, 5. Draw to Outside Slash. SWORD SET: 1. Down-Up Outside, 2. Diagonal Inside Cut, 3. Inside Slash, 4. Out-In X, 5. Middle Thrust. TWO MAN SWORD DRILLS: 1. Tip Drill vs. Tip Drill, 2. 1 Inside Deflect Riposte, 1 Outside Deflect Riposte vs. Middle Thrust, Middle Thrust, 3. 2 Outside Slash, 2 Downward Slash, 2 Downward Slash vs. 2 Low Outside Block, Inverted Reinforced Deflect, Inside Deflect, 4. 2 Inside Upward Block, 2 Downward Slash, 2 Outside Block, 2 Downward Slash vs. 2 Downward Slash, 2 Inside Upward Block, 2 Downward Slash, 2 Outside Block, 5. 1 Low Slash vs. Together-Apart Range Defense. TWO MAN SWORD TO SWORD: Offense: 1. 2 Middle Thrust, 2. Range Defense, 3. 2 Downward Slash, 4. 2 Outside Block, 5. 2 Inside Slash, Defense: 1. 2 Inside Deflect, 2. 2 Middle Outside Slash, 3. 2 Inside Upward Block, 4. 2 Diagonal Outside Slash, 5. Range Defense.

Adv. Yellow+

Lecture: Create an Inspiring Future 174

WEDNESDAY, DECEMBER 12, 2011

Karate 5: EVALUATION, EY, T1: Simple E1: Triangle Frame, Inside Hammer Fist; Punch E1: Duck and Hook Punch, Hook Punch, High Punch, Horizontal Chop, Side Kick; Plus E1: Palm, Weave and Grip Break, Groin Strike, Outside Chop, Triangle Choke, Neck Break. KI PRINCIPLES AND APPLICATIONS: 1: Keep One Point, 2: Relax Completely, 3: Weight Underside, 4: Extend Ki, 5: Counter the Power, 6: Ki Full Body Weight Underside, 7: Ki Pull Down, 8: Ki Push, 9: Ki Pull, 10: Ki Drop
Yellow+

Lecture: A Guardian Never Fails: The Agape Quiz 174

Jujutsu 5: EVALUATION, 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 Choke to Compression Wrist Lock, 2. Cutting Leg Bar, 3. Hair Lock.
Yellow+

Lecture: Embrace, Elevate, Expand Fundamentals 179

Kobujutsu 5: EVALUATION EY, T1: Cover Commands, GUARDIAN SWORD - Bad Guy 1: Upward Diagonal Inside Slash, Downward Slash, Bad Guy 2: Outside Upward Block, Wheel Inside, Bad Guy 3: Extended Inside Slash, Pommel Hammer, Diagonal Outside Cut, Bad Guy 4: Outside Cut, Down-Up Inside, Out-In X, Outside Slash, Inside Cut, *Switch Grip*, Bad Guy 5: Upward Diagonal Inside Slash, Outside Cut, Outside Upward Block, Diagonal Inside Slash, Bad Guy 6: Extended Inside Slash, Downward Cut, Downward Slash, Bad Guy 7: Inside Upward Block, Pommel Hammer, Wheel Inside, Thrust, Bad Guy 8: Diagonal Inside Cut, Diagonal Outside Cut, Outside Slash, Extended Thrust, Bad Guy 9: 1 Diagonal Outside Slash, Down-Up Inside, Out-In X, Wheel Outside, Bad Guy 10: Extended Outside Slash, In-Out X, Down-Up Outside, Inside Slash, Diagonal Outside Slash, Inside Cut, *Switch Grip*. Bad Guy 11: Inside Upward Block, Diagonal Inside Slash, Extended Thrust, Bad Guy 12a: Downward Cut, Bad Guy 13: Thrust, Wheel Outside, Bad Guy 14: Extended Outside Slash, Down-Up Outside, Diagonal Inside Cut, Bad Guy 12b: Diagonal Outside Slash, In-Out X, Inside Slash, Bad Guy Check: 1 Diagonal Outside Slash.

Yellow+

Lecture: Be Drawn by Your Compelling Future 175

MONDAY, DECEMBER 17, 2011

Karate 6: EVALUATION, EY, T2: GUARDIAN 1: Bad Guy 1: Front Kick Groin Hunt, High Punch, Inside Hammer Fist, Palm, Bad Guy 2: Forward Kick, Outside Crescent Kick, Round Kick, Bad Guy 3: Side Kick, Upward Inverted Punch, Vertical Punch, Inside Chop, Head Smash to Knee, Bad Guy 4: Inside Crescent Kick, Outside Chop, Hook Punch, Inside Elbow, Bad Guy 5: Inverted Punch, Inside Chop, Groin Strike, Bad Guy 6: Outside Groin Strike, Upward Palm, Horizontal Chop, Bad Guy 7: Outside Crescent Kick, Inside Crescent Kick, Outside Groin Strike, Vertical Punch, Bad Guy 8: Round Kick Groin Hunt, Outside Chop, Vertical Chop, Round Kick, Back Kick, Bad Guy 9: Round Kick Groin Hunt, Outside Hammer Fist, Bad Guy 10: Front Kick Groin Hunt, Forward Kick, Bad Guy 11: Outside Hammer Fist, Inside Hammer Fist, Groin Strike, Inverted Punch, Upward Inverted Punch, Horizontal Chop, Bad Guy 12: Palm, Side Kick, Back Kick, Bad Guy 13: High Punch, Upward Palm, Vertical Chop, Hook Punch, Inside Elbow, Head Smash to Knee

Adv. White+

Lecture: The Agape Test

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Jujutsu 6: EVALUATION, 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. Guillotine from Guard, 3. Collar Feed from Mount.

Adv. White+

Lecture: Embrace, Elevate, Expand from Emotions of Change

180

Kobujutsu 6: EVALUATION EY, T2: ESCRIMA SET: 1. Diagonal Inside Strike, 2. Diagonal Outside Strike, 3. In Out Double Strike, 4. Downward Strike, 5. Middle Long Punch; SINAWALI: 1: High Inside Bounce, 2: High Inside Through, High Outside Through, 3: High Inside Through, Low Outside Bounce, High Outside Through, 4: High Inside Through, High Outside Bounce, Low Outside Through, High Inside Bounce, 5: High Inside Through, Low Outside Through, High Inside Bounce, Low Inside Bounce, High Inside Bounce; KNIFE SET: 1. Middle Thrust, 2. Middle Outside Slash, 3. High Inside Thrust, 4. Diagonal Inside Slash, 5. High Outside Hammer; TWO MAN KNIFE DRILLS: 1: Slash Blocks High, 2: Slash Blocks Low, 3: Thrust Inside Deflects, Over, Under, 4: Stab Inside Deflects, Right to Left, 5: Inverted Slash Swats; TWO MAN ESCRIMA TO KNIFE: Escrima: 1. Inside Long Deflect, 2. High Outside Strike, 3. Low Inside Strike, 4. Reinforced Guide Over, 5. Diagonal Inside Strike: Knife: 1. Middle Thrust, 2. Guide Over, 3. Leg Slide, 4. High Inside Slash, 5. Reinforced Guide Down

Adv. White+

Lecture: God's Best You

176

WEDNESDAY, DECEMBER 19, 2011

Karate 7: **BELT TEST**, EY, T3: Simple E3: Chat Cover, Talking with the Hands, Sternal Notch Push Back; Punch E3: Outside Block, Inverted Punch, Inside Elbow, Power Slap, Double Inside Palm; Plus E3: Turtle, Forward Kick, Hook Release, High Punch, Esophagus Takedown, Knee on Stomach. FALL and ROLLS: 1: Drop, 2: Fall Forward, 3: Fall Backward, 4: Fall Sideways, 5: Roll Forward, 6: Roll Backward, 7: Roll Sideways, 8: Cartwheel, 9: Break Fall Backwards, 10: Break Fall Roll

White+

Jujutsu 7: **BELT TEST**, Submission Set. Standing Back Circle. Control Circle. Guard Circle. Ki Principles and Applications.; 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

White+

Kobujutsu 7: **BELT TEST** EY, T3: TWO MAN ESCRIMA TO ESCRIMA - Offense: 1. High Inside Strike, 2. Low Outside Long Block, Crane Stance 3. Middle Long Punch, 4. Open Hand Inside Deflect, 5. Downward Strike, Defense: 1. Inside Long Block, 2. Low Outside Strike, 3. Open Hand Inside Deflect, 4. Downward Strike, 5. Upward Long Block. TWO MAN KNIFE TO KNIFE - Offense: 1. Middle Inside Slash, 2. Middle Thrust, 3. Duck and Range Defense, 4. Inside Deflect, 5. High Inside Thrust, Defense: 1. Range Defense, 2. Inside Deflect, 3. High Outside Slash, 4. Swat and Middle Thrust, 5. Outside Block, Push Away. GUARDIAN ESCRIMA - Bad Guy 1: High Long Punch, Low Outside Strike, In Out Double Strike, Middle Inside Strike, Diagonal Outside Strike, Bad Guy 2: Upward Short Block, Middle Punch High Short Punch, Middle Long Punch, Bad Guy 3: Forward Kick, Groin Strike, High Outside Strike, Bad Guy 4: Downward End Hammer, Overhand Thrust, Side Kick, Bad Guy 5: High Inside Strike, Outside End Hammer, Bad Guy 6: Vertical Block, Low Inside Strike, Bad Guy 7a: Low Outside Short Block, Bad Guy 8a: Middle Short Punch, Bad Guy 7b: Long Outside Elbow, Bad Guy 8b: Low Short Punch, Round Kick, Bad Guy 9: Middle Outside Strike, Diagonal Inside Strike, Middle Punch, Low Long Punch, Bad Guy 10: Outside Chop, Back Kick, High Long Punch, High Horizontal Block, Round Kick, Long Outside Elbow, Bad Guy 11: Middle Short Punch, Low Outside Short Block, Upward Short Block, Groin Strike, High Short Punch, Forward Kick, Vertical Block, Overhand Thrust, Bad Guy 12: Outside End Hammer, Side Kick, Bad Guy 13a: Middle Outside Strike, In Out Double Strike, Bad Guy 14a: Back Kick, Bad Guy 13b: Outside Chop, Low Long Punch, Bad Guy 14b: Low Outside Strike, High Inside Strike, Diagonal Outside Strike, Middle Inside Strike, Diagonal Inside Strike, Bad Guy 15: Low Short Punch, Middle Long Punch, Low Inside Strike, High Outside Strike, Downward End Hammer, Middle Horizontal Block.

White+

MONDAY, DECEMBER 24, 2011 thru MONDAY, DECEMBER 31, 2011

NO CLASSES IN HONOR OF

CHRISTMAS

AND THE NEW YEAR

CLASSES RESUME ON JANUARY 2, 2013!

Guardian Academy of Martial Arts
2011 Training Schedule