

# Guardian Academy

## Training Schedule

**2007**  
**May thru December**

### Key Dates in 2007

**Saturday - May 12 - 17th Anniversary Awards Banquet and Recital, late afternoon**

**Wednesday, July 4 - Del Mar Fair Performance, 3:30±**

**Sunday, December 9 - Wild Animal Park Festival of Lights Demonstration, 5:00 pm**

*\* Dates subject to change. They are provided to help families plan their calendar.*



### Guardian Martial Arts Academy

- Guardian Karate • Guardian Jujitsu • Guardian Kobujitsu •
- Little Guardian Karate • Junior Guardian Karate • Guardian Kempo •

**2782-E Sweetwater Springs, Spring Valley, CA 91977**

(at the intersection of Sweetwater Springs and Austin in the Family Shopping Center)

**(619) 582-8770**

**[www.GuardianAcademy.com](http://www.GuardianAcademy.com) [Info@GuardianAcademy.com](mailto:Info@GuardianAcademy.com)**

# Training Schedule

## Month of May, 2007

### GUARDIAN KEMPO ASSIGNMENTS

**Adv. Brown** - Line 10, Gun Techniques, Tonfa Form, Two Man Open Hand Set 3, Nunchaku Set, React. Tech.

**Shodan** - Guardian 1-80, Nunchaku Form, Sword Set

**Nidan** - Guardian 81-200, Sword Form, Balisong Set

**Sandan+** - Ki Form, Balisong Form

### **B. Monday, April 30, 2006 - Tuesday, May 1, 2006** BONUS CLASS

#### **1. Wednesday, May 3, 2006 - Friday, May 5, 2006**

Karate 1. Basic Technique 1; Strike Sparring	
<i>Discussion:</i> Three Step Freeze Sparring	50
Jujitsu 1. Ki Principles, Falls and Rolls	
<i>Discussion:</i> It's About Peace and Safety, Not Violence	56
Kobujitsu 1. Review Bo Skills	
<i>Discussion:</i> Be Aware of an Opponent's Potential Range	64

#### **2. Monday, May 7, 2006 - Tuesday, May 8, 2006**

Karate 2. Basic Technique 1; Strike Sparring	
<i>Discussion:</i> Three Step Sparring	51
Jujitsu 2. Counter Grapple 1: Maintain Range	
<i>Discussion:</i> Safety First: The Teacher/Student Split	57
Kobujitsu 2. Bo Form bg 1 and 2	
<i>Discussion:</i> Be Aware of an Opponent's Style Range	65

#### **3. Wednesday, May 9, 2006 - Friday, May 10, 2006**

Karate 3. Basic Technique 2; Strike Sparring	
<i>Discussion:</i> Three Step Range Check	52
Jujitsu 3. Counter Grapple 2: Guide Past; Counter Grapple 3: Push Down	
<i>Discussion:</i> Legal and Moral Self Defense	58
Kobujitsu 3. Bo Form bg 3 and 4	
<i>Discussion:</i> Matching Weapon to Weapon	66

#### **4. Monday, May 14, 2006 - Tuesday, May 15, 2006**

Karate 4. Basic Technique 2; Strike Sparring	
<i>Discussion:</i> Three Step, One Trigger	53
Jujitsu 4. Counter Grapple 4: Over Extend Opponent; Counter Grapple 5: Face Push Back	
<i>Discussion:</i> Reality is More Important Than Anything We Believe	59
Kobujitsu 4. Bo Form bg 5	
<i>Discussion:</i> Mixed Weapon to Weapon	67

#### **5. Wednesday, May 16, 2006 - Friday, May 18, 2006**

Karate 5. Basic Technique 3; Strike Sparring	
<i>Discussion:</i> Guard	54
Jujitsu 5. Choke 1: Tiger Mouth Choke; Choke 2: Arm Triangle Choke	
<i>Discussion:</i> All Principles Must Be Consistently Applied	60
Kobujitsu 5. Bo Form bg 6	

*Discussion: Weapon to Empty Hand* 68

### **6. Monday, May 21, 2006 - Tuesday, May 22, 2006**

Karate 6. Basic Technique 3; Strike Sparring	
<i>Discussion: Fill the Space</i>	55
Jujitsu 6. Choke : Choke 3: Leg Triangle Choke	
<i>Discussion: Defining Principles</i>	61
Kobujitsu 6. Bo Form bg 7	
<i>Discussion: Weapons and Atemi</i>	69

### **7. Wednesday, May 23, 2006 - Friday, May 25, 2006**

Karate 7. Basic Technique 4; Strike Sparring	
<i>Discussion: Unfill the Space</i>	56
Jujitsu 7. Choke 4: Collar Choke; Choke 5: Choking Head Lock	
<i>Discussion: Understanding Principles</i>	62
Kobujitsu 7. Bo Form bg 8	
<i>Discussion: Weapon Options</i>	70

### **B. Monday, May 28, 2006 - Tuesday, May 29, 2006**

**CLOSED MONDAY for MEMORIAL DAY**

Tuesday: BONUS CLASS

## **Training Schedule Month of June, 2007**

### **GUARDIAN KEMPO ASSIGNMENTS**

**Adv. Brown** - Line 10, Gun Techniques, Tonfa Form, Two Man Open Hand Set 3, Nunchaku Set, React. Tech.

**Shodan** - Guardian 1-80, Nunchaku Form, Sword Set

**Nidan** - Guardian 81-200, Sword Form, Balisong Set

**Sandan+** - Ki Form, Balisong Form

### **1. Wednesday, May 30, 2006 - Friday, June 1, 2006**

Karate 1. Basic Technique 4; Strike Sparring	
<i>Discussion: Defensive Screen</i>	57
Jujitsu 1. Headlock Escape 1: Brace and Unthread	
<i>Discussion: The Principles Are Consistent</i>	63
Kobujitsu 1. Bo Form bg 9	
<i>Discussion: Weapon Control</i>	71

### **2. Monday, June 4, 2006 - Tuesday, June 5, 2006**

Karate 2. Basic Technique 5; Strike Sparring	
<i>Discussion: Create an Opening</i>	58
Jujitsu 2. Headlock Escape 2: Brace Back and Leg Triangle	
<i>Discussion: Martial Arts Principles in Personal Growth</i>	64
Kobujitsu 2. Bo Form bg 10 and 11	
<i>Discussion: Weapon Focus</i>	72

### **3. Wednesday, June 6, 2006 - Friday, June 8, 2006**

Karate 3. Basic Technique 5; Strike Sparring	
<i>Discussion: Sparring Isn't Fighting</i>	59
Jujitsu 3. Headlock Escape 3: Brace Back and Mount	
<i>Discussion: Principle Lead Martial Arts</i>	65

Kobujitsu 3. Bo Form bg 12  
*Discussion: Two Hand Weapons* 73

#### **4. Monday, June 11, 2006 - Tuesday, June 12, 2006**

Karate 4. Wristlock 1: Behind the Back Compression Wristlock  
*Discussion: Techniques: Going After Targets* 60  
Jujitsu 4. Headlock Escape 4: Brace Over, Neck Release, and Side Mount  
*Discussion: Techniques to Principles* 66  
Kobujitsu 4. Bo Form bg 13  
*Discussion: Power* 74

#### **5. Wednesday, June 13, 2006 - Friday, June 15, 2006**

Karate 5. Wristlock 1: Behind the Back Compression Wristlock  
*Discussion: Technique Protocols* 61  
Jujitsu 5. Headlock Escape 5: Go Over, Hand Release, and Mount  
*Discussion: Principles to New Application* 67  
Kobujitsu 5. Bo Form bg 14 and 15  
*Discussion: Authority* 75

#### **6. Monday, June 18, 2006 - Tuesday, June 19, 2006**

Karate 6. Wristlock 2: Forward Wristlock Takedown  
*Discussion: Techniques: A Wider Application* 62  
Jujitsu 6. Review  
*Discussion: Extending Principles to Life* 68  
Kobujitsu 6. Bo Form bg 16 and 17  
*Discussion: Influence* 76

#### **7. Wednesday, June 20, 2006 - Friday, June 22, 2006**

Karate 7. Wristlock 2: Forward Wristlock Takedown  
*Discussion: Ancient Techniques, Ancient Reasons* 63  
Jujitsu 7. Review  
*Discussion: Understanding Life Principles* 69  
Kobujitsu 7. Bo Form  
*Discussion: Effect* 77

#### **B. Monday, June 25, 2006 - Tuesday, June 26, 2006** BONUS CLASS

#### **B. Wednesday, June 27, 2006 - Friday, June 29, 2006** BONUS CLASS

## **Training Schedule** **Month of July, 2007**

### **GUARDIAN KEMPO ASSIGNMENTS**

**Adv. Brown** - Line 10, Gun Techniques, Tonfa Form, Two Man Open Hand Set 3, Nunchaku Set, React. Tech.

**Shodan** - Guardian 1-80, Nunchaku Form, Sword Set

**Nidan** - Guardian 81-200, Sword Form, Balisong Set

**Sandan+** - Ki Form, Balisong Form

#### **B. Monday, July 2, 2006 - Tuesday, July 3, 2006** BONUS CLASS

**B. Wednesday, July 4, 2006 - Friday, July 6, 2006**  
BONUS CLASS

**1. Monday, July 9, 2006 - Tuesday, July 10, 2006**

Karate 1. Wristlock 3: Wristlock Arm Bar	
<i>Discussion:</i> Tradition Reasons	64
Jujitsu 1. Review	
<i>Discussion:</i> Applying Life Principles	70
Kobujitsu 1. Yari Set	
<i>Discussion:</i> Willpower	78

**2. Wednesday, July 11, 2006 - Friday, July 13, 2006**

Karate 2. Wristlock 3: Wristlock Arm Bar	
<i>Discussion:</i> Traditional Martial Arts Timelessness	65
Jujitsu 2. Review	
<i>Discussion:</i> Principle Lead Life	71
Kobujitsu 2. Naginata Set	
<i>Discussion:</i> Strength of Will	79

**3. Monday, July 16, 2006 - Tuesday, July 17, 2006**

Karate 3. Wristlock 4: Reverse Wristlock Takedown	
<i>Discussion:</i> Timeless Techniques	66
Jujitsu 3. Review	
<i>Discussion:</i> Life Principles to Martial Arts	72
Kobujitsu 3. Jo Set	
<i>Discussion:</i> Stubbornness	80

**4. Wednesday, July 18, 2006 - Friday, July 20, 2006**

Karate 4. Wristlock 4: Reverse Wristlock Takedown	
<i>Discussion:</i> Modern Martial Arts	67
Jujitsu 4. Grapple Sparring, <b>Skill Set Exam</b>	
<i>Discussion:</i> Skeleton Triangle	73
Kobujitsu 4. Review	
<i>Discussion:</i> Conflict Reveals Willpower	81

**5. Monday, July 23, 2006 - Tuesday, July 24, 2006**

Karate 5. Wristlock 5: Shoulder Wristlock Takedown	
<i>Discussion:</i> Modern Reasons	68
Jujitsu 5. Grapple Sparring, <b>Skill Set Exam</b>	
<i>Discussion:</i> Take What You're Given	74
Kobujitsu 5. Review	
<i>Discussion:</i> Practicing Character	82

**6. Wednesday, July 25, 2006 - Friday, July 27, 2006**

Karate 6. Wristlock 5: Shoulder Wristlock Takedown	
<i>Discussion:</i> Relevant Techniques	69
Jujitsu 6. Grapple Sparring, <b>Skill Set Exam</b>	
<i>Discussion:</i> Use What They Need Against Them	75
Kobujitsu 6. Review	
<i>Discussion:</i> Three Facets of Character	83

**7. Monday, July 30, 2006 - Tuesday, July 31, 2006**

Karate 7. Prepare for Test	
<i>Discussion:</i> Techniques for History and Culture	70
Jujitsu 7. Grapple Sparring, <b>Skill Set Exam</b>	
<i>Discussion:</i> Keep Away From What They Need	76

## Training Schedule

### Month of August, 2007

#### GUARDIAN KEMPO ASSIGNMENTS

**Adv. Brown** - Line 10, Gun Techniques, Tonfa Form, Two Man Open Hand Set 3, Nunchaku Set, React. Tech.

**Shodan** - Guardian 1-80, Nunchaku Form, Sword Set

**Nidan** - Guardian 81-200, Sword Form, Balisong Set

**Sandan+** - Ki Form, Balisong Form

#### 1. Wednesday, August 1, 2006 - Friday, August 3, 2006

Karate 1. Prepare for Test, <b>Partial Exam</b>	
<i>Discussion:</i> Techniques for Law, Politics and Economics	71
Jujitsu 1. Grapple Sparring, <b>Skill Set Exam</b>	
<i>Discussion:</i> Circles	77
Kobujitsu 1. Prepare for Test, <b>Partial Exam</b>	
<i>Discussion:</i> Understand, Define, Be Understood	85

#### 2. Monday, August 6, 2006 - Tuesday, August 7, 2006

Karate 2. Prepare for Test, <b>Partial Exam</b>	
<i>Discussion:</i> Anatomical Function and Dysfunction	72
Jujitsu 2. Grapple Sparring, <b>Skill Set Exam</b>	
<i>Discussion:</i> Angles	78
Kobujitsu 2. Prepare for Test, <b>Partial Exam</b>	
<i>Discussion:</i> Wisdom	86

#### 3. Wednesday, August 8, 2006 - Friday, August 10, 2006

Karate 3. Prepare for Test, <b>Partial Exam</b>	
<i>Discussion:</i> Locks Metaphor: The James Tongue	73
Jujitsu 3. Grapple Sparring, <b>Skill Set Exam</b>	
<i>Discussion:</i> Flash Grappling	79
Kobujitsu 3. Prepare for Test, <b>Partial Exam</b>	
<i>Discussion:</i> Righteousness as Filthy Rags	87

#### 4. Monday, August 13, 2006 - Tuesday, August 14, 2006

Karate 4. Prepare for Test, <b>Partial Exam</b>	
<i>Discussion:</i> Sin: Missing the Bullseye	74
Jujitsu 4. Grapple Sparring, <b>Skill Set Exam</b>	
<i>Discussion:</i> Be Aware of the Attributes of Clothes	80
Kobujitsu 4. Prepare for Test, <b>Partial Exam</b>	
<i>Discussion:</i> Open to Possibilities	88

#### 5. Wednesday, August 15, 2006 - Friday, August 17, 2006

Karate 5. Prepare for Test, <b>Partial Exam</b>	
<i>Discussion:</i> Archery Metaphor: Sin and Righteousness	75
Jujitsu 5. Grapple Sparring, <b>Skill Set Exam</b>	
<i>Discussion:</i> Use Your Clothes	81
Kobujitsu 5. Prepare for Test, <b>Partial Exam</b>	

*Discussion: Mercy* 89

**6. Monday, August 20, 2006 - Tuesday, August 21, 2006**

Karate 6. Prepare for Test, **Partial Exam**  
*Discussion: Arrow Splitting Bullseye* 76  
Jujitsu 6. Grapple Sparring, **Skill Set Exam**  
*Discussion: Use Your Opponent's Clothes* 82  
Kobujitsu 6. Prepare for Test, **Partial Exam**  
*Discussion: Grace* 90

**7. Wednesday, August 22, 2006 - Friday, August 24, 2006**

Karate 7. **BELT TEST**  
Jujitsu 7. **BELT TEST**  
Kobujitsu 7. **BELT TEST**

**B. Monday, August 27, 2006 - Tuesday, August 28, 2006**  
BONUS CLASS

**B. Wednesday, August 29, 2006 - Friday, August 31, 2006**  
BONUS CLASS

## **Training Schedule**

### **Month of September, 2007**

#### **GUARDIAN KEMPO ASSIGNMENTS**

**Adv. Brown** - Line 10, Gun Techniques, Tonfa Form, Two Man Open Hand Set 3, Nunchaku Set, React. Tech.

**Shodan** - Guardian 1-80, Nunchaku Form, Sword Set

**Nidan** - Guardian 81-200, Sword Form, Balisong Set

**Sandan+** - Ki Form, Balisong Form

**B. Monday, September 3, 2006 - Tuesday, September 4, 2006**  
**CLOSED MONDAY for LABOR DAY**  
Tuesday: BONUS CLASS

**1. Wednesday, September 5, 2006 - Friday, September 7, 2006**

Karate 1. Punch Technique 1; Strike Sparring  
*Discussion: Slow Motion Sparring* 78  
Jujitsu 1. Ki Principles, Falls and Rolls  
*Discussion: Emotions are Language* 84  
Kobujitsu 1. Tamishi Giri 1: Forehand Cut, Forehand Slash  
*Discussion: Anatomy of a Sword: Katana* 92

**2. Monday, September 10, 2006 - Tuesday, September 11, 2006**

Karate 2. Punch Technique 1; Strike Sparring  
*Discussion: Control* 79  
Jujitsu 2. Fall and Roll 1: Fall Forward; Fall and Roll 2: Fall Backward  
*Discussion: Motion and Emotion* 85  
Kobujitsu 2. Tamishi Giri 2: Diagonal Forehand Cut, Diagonal Forehand Slash  
*Discussion: Anatomy of a Sword: Longsword* 93

**3. Wednesday, September 12, 2006 - Friday, September 14, 2006**

Karate 3. Punch Technique 2; Strike Sparring  
*Discussion: Good Attacks* 80

Jujitsu 3. Fall and Roll 3: Roll Forward	
<i>Discussion: Hopelessness</i>	86
Kobujitsu 3. Tamishi Giri 3: Downward Cut, Downward Slash	
<i>Discussion: Anatomy of a Sword: Fencing Swords</i>	94

#### **4. Monday, September 17, 2006 - Tuesday, September 18, 2006**

Karate 4. Punch Technique 2; Strike Sparring	
<i>Discussion: Good Defense</i>	81
Jujitsu 4. Fall and Roll 4: Roll Backward; Fall and Roll 5: Breakfall	
<i>Discussion: Hopelessness Inside</i>	87
Kobujitsu 4. Tamishi Giri 4: Diagonal Backhand Cut, Diagonal Backhand Slash	
<i>Discussion: Anatomy of a Sword: Large Swords</i>	95

#### **5. Wednesday, September 19, 2006 - Friday, September 21, 2006**

Karate 5. Punch Technique 3; Strike Sparring	
<i>Discussion: Flow</i>	82
Jujitsu 5. Small Circle Drill, Hip Throw Lift, Shoulder Throw Lift	
<i>Discussion: Hopelessness Outside</i>	88
Kobujitsu 5. Tamishi Giri 5: Backhand Cut, Backhand Slash	
<i>Discussion: Anatomy of Knives</i>	96

#### **6. Monday, September 24, 2006 - Tuesday, September 25, 2006**

Karate 6. Punch Technique 3; Strike Sparring	
<i>Discussion: Blending</i>	83
Jujitsu 6. Throw 1: Hip Throw	
<i>Discussion: Anger</i>	89
Kobujitsu 6. Iaijitsu 1: Sheathing; Iaijitsu 2: Hold and Draw; Iaijitsu 3: Draw to One Hand Ready	
<i>Discussion: Shields</i>	97

#### **7. Wednesday, September 26, 2006 - Friday, September 28, 2006**

Karate 7. Punch Technique 4; Strike Sparring	
<i>Discussion: Adapting</i>	84
Jujitsu 7. Throw 2: Small Circle Hip Throw	
<i>Discussion: Anger Inside</i>	90
Kobujitsu 7. Iaijitsu 4: Drawing to Two Hand Ready; Iaijitsu 5: Draw to Backhand Slash	
<i>Discussion: Armor</i>	98

## **Training Schedule Month of October, 2007**

### **GUARDIAN KEMPO ASSIGNMENTS**

**Adv. Brown** - Line 10, Gun Techniques, Tonfa Form, Two Man Open Hand Set 3, Nunchaku Set, React. Tech.

**Shodan** - Guardian 1-80, Nunchaku Form, Sword Set

**Nidan** - Guardian 81-200, Sword Form, Balisong Set

**Sandan+** - Ki Form, Balisong Form

#### **1. Monday, October 1, 2006 - Tuesday, October 2, 2006**

Karate 1. Punch Technique 4; Strike Sparring	
<i>Discussion: Learn From Your Opponent</i>	85

Jujitsu 1. Throw 3: Shoulder Throw	
<i>Discussion: Anger Outside</i>	91
Kobujitsu 1. Sword Set	
<i>Discussion: Helmets</i>	99

## **2. Wednesday, October 3, 2006 - Friday, October 5, 2006**

Karate 2. Punch Technique 5; Strike Sparring	
<i>Discussion: Flash Sparring</i>	86
Jujitsu 2. Throw 4: Small Circle Shoulder Throw	
<i>Discussion: Good Anger</i>	92
Kobujitsu 2. Two Man Sword Drill 1: Tip Drill; Two Man Sword Drill 2: Inside Deflect Riposte; Two Man Sword Drill 3: Outside Deflect Riposte	
<i>Discussion: Hand and Half Weapons</i>	100

## **B. Monday, October 8, 2006 - Tuesday, October 9, 2006**

### **CLOSED MONDAY for COLUMBUS DAY**

Tuesday: BONUS CLASS

## **3. Wednesday, October 10, 2006 - Friday, October 12, 2006**

Karate 3. Punch Technique 5; Strike Sparring	
<i>Discussion: Sparring: Confronting Chaos</i>	87
Jujitsu 3. Throw 5: Kneeling Head Throw	
<i>Discussion: Expressing Anger</i>	93
Kobujitsu 3. Two Man Sword Drill 4: Inside High Block, Outside High Block to Downward Slash, Downward Slash	
<i>Discussion: Weapon and Shield Fighting</i>	101

## **4. Monday, October 15, 2006 - Tuesday, October 16, 2006**

Karate 4. Punch Techniques 1-5	
<i>Discussion: Whatever is Not of Faith is Sin</i>	88
Jujitsu 4. Throw Counter 1: Brace Away; Throw Counter 2: Step and Hip Turn	
<i>Discussion: Arguing Right</i>	94
Kobujitsu 4. Two Man Sword Drill 5: Inside High Block, Downward Slash, Outside High Block, Downward Slash to Downward Slash, Inside High Block, Downward Slash, Outside High Block	
<i>Discussion: Architecture of Man: Personal Growth on All Levels</i>	102

## **5. Wednesday, October 17, 2006 - Friday, October 19, 2006**

Karate 5. Punch Techniques 1-5	
<i>Discussion: Meat Sacrificed to Idols</i>	89
Jujitsu 5. Throw Counter 3: Hip Slide to Base	
<i>Discussion: Making Up Right</i>	95
Kobujitsu 5. Tamishi Giri	
<i>Discussion: Personal Growth and God: Body Building Metaphor</i>	103

## **6. Monday, October 22, 2006 - Tuesday, October 23, 2006**

Karate 6. Ki Principle 1: Keep One Point; Ki Principle 2: Relax Completely	
<i>Discussion: Innoculation: Understanding the Tricks</i>	90
Jujitsu 6. Throw Counter 4: Hip Slide to Headlock - v. Shoulder Throw	
<i>Discussion: Angry People</i>	96
Kobujitsu 6. Iaijitsu	
<i>Discussion: Personal Growth in the Body: Body, Senses, Action</i>	104

## **7. Wednesday, October 24, 2006 - Friday, October 26, 2006**

Karate 7. Ki Principle 3: Weight Underside; Ki Principle 4: Extend Ki	
<i>Discussion: Don't Cooperate With Your Opponent</i>	91

Jujitsu 7. Throw Counter 5: Counter Throw	
<i>Discussion: Fear</i>	97
Kobujitsu 7. Sword Set, Two Man Sword Drills	
<i>Discussion: Health and Fitness</i>	105

“NOVEMBER” CLASSES BEGIN ON MONDAY, OCTOBER 29  
See Training Schedule for Next Month

## Training Schedule Month of November, 2007

### GUARDIAN KEMPO ASSIGNMENTS

**Adv. Brown** - Line 10, Gun Techniques, Tonfa Form, Two Man Open Hand Set 3, Nunchaku Set, React. Tech.

**Shodan** - Guardian 1-80, Nunchaku Form, Sword Set

**Nidan** - Guardian 81-200, Sword Form, Balisong Set

**Sandan+** - Ki Form, Balisong Form

### **NOV. CLASS 1. Monday, October 29, 2006 - Tuesday, October 30, 2006**

Karate 1. Ki Application: Counter the Power	
<i>Discussion: Ki Principles: Will/Concentration and Body/Relaxation</i>	92
Jujitsu 1. Review	
<i>Discussion: Fear Perception</i>	98
Kobujitsu 1. Two Man Sword to Sword	
<i>Discussion: Personal Growth in the Soul: Emotions, Mind, Will</i>	106

### **B. Wednesday, October 31, 2006 - Friday, November 2, 2006** BONUS CLASS

#### **3. Monday, November 5, 2006 - Tuesday, November 6, 2006**

Karate 2. Prepare for Test	
<i>Discussion: Ki: Breath and Spirit</i>	93
Jujitsu 2. Review	
<i>Discussion: Expressing Fear</i>	99
Kobujitsu 2. Two Man Sword to Sword	
<i>Discussion: Psychological Well Being</i>	107

#### **3. Wednesday, November 7, 2006 - Friday, November 9, 2006**

Karate 3. Prepare for Test	
<i>Discussion: Power Through Concentration and Relaxation</i>	94
Jujitsu 3. Review	
<i>Discussion: Choosing Courage</i>	100
Kobujitsu 3. Two Man Sword to Sword	
<i>Discussion: Personal Growth in the Spirit: Others, Philosophy, Religion</i>	108

#### **4. Monday, November 12, 2006 - Tuesday, November 13, 2006**

Karate 4. Prepare for Test	
<i>Discussion: Design Presumptions</i>	95
Jujitsu 4. Grapple Sparring, <b>Skill Set Exam</b>	
<i>Discussion: Standing Start, Guarded Entry</i>	101
Kobujitsu 4. Review	
<i>Discussion: Spirit Driven Emotions</i>	109

#### **5. Wednesday, November 14, 2006 - Friday, November 16, 2006**

Karate 5. Prepare for Test	
<i>Discussion: The Genius is in the Design</i>	96
Jujitsu 5. Grapple Sparring, <b>Skill Set Exam</b>	
<i>Discussion: To The Ground</i>	102
Kobujitsu 5. Review	
<i>Discussion: Love</i>	110

### **6. Monday, November 19, 2006 - Tuesday, November 20, 2006**

Karate 6. Prepare for Test	
<i>Discussion: Faith in Design</i>	97
Jujitsu 6. Grapple Sparring, <b>Skill Set Exam</b>	
<i>Discussion: Cooperative Drops</i>	103
Kobujitsu 6. Review	
<i>Discussion: Joy</i>	111

### **B. Wednesday, November 21, 2006 - Friday, November 23, 2006**

Wednesday: BONUS

**CLOSED FRIDAY for THANKSGIVING**

### **7. Monday, November 26, 2006 - Tuesday, November 27, 2006**

Karate 7. Prepare for Test	
<i>Discussion: The Bow: Humility Over Power</i>	98
Jujitsu 7. Grapple Sparring, <b>Skill Set Exam</b>	
<i>Discussion: Resisted Drops</i>	104
Kobujitsu 7. Review	
<i>Discussion: Peace</i>	112

*“DECEMBER” CLASSES BEGIN ON WEDNESDAY, NOVEMBER 28  
See Training Schedule for Next Month*

## **Training Schedule Month of December, 2007**

### **GUARDIAN KEMPO ASSIGNMENTS**

**Adv. Brown** - Line 10, Gun Techniques, Tonfa Form, Two Man Open Hand Set 3, Nunchaku Set, React. Tech.

**Shodan** - Guardian 1-80, Nunchaku Form, Sword Set

**Nidan** - Guardian 81-200, Sword Form, Balisong Set

**Sandan+** - Ki Form, Balisong Form

### **DEC. CLASS 1. Wednesday, November 28, 2006 - Friday, November 30, 2006**

Karate 1. Prepare for Test, <b>Partial Exam</b>	
<i>Discussion: Definition of a Lesson</i>	99
Jujitsu 1. Grapple Sparring, <b>Skill Set Exam</b>	
<i>Discussion: Countered Drops</i>	105
Kobujitsu 1. Prepare for Test, <b>Partial Exam</b>	
<i>Discussion: Patience</i>	113

## **2. Monday, December 3, 2006 - Tuesday, December 4, 2006**

Karate 2. Prepare for Test, <b>Partial Exam</b>	
<i>Discussion: The Martial Arts Metaphor</i>	100
Jujitsu 2. Grapple Sparring, <b>Skill Set Exam</b>	
<i>Discussion: Leverage</i>	106
Kobujitsu 2. Prepare for Test, <b>Partial Exam</b>	
<i>Discussion: Kindness, Gentleness</i>	114

## **3. Wednesday, December 5, 2006 - Friday, December 7, 2006**

Karate 3. Prepare for Test, <b>Partial Exam</b>	
<i>Discussion: Martial Arts as a Parable</i>	101
Jujitsu 3. Grapple Sparring, <b>Skill Set Exam</b>	
<i>Discussion: Gravity</i>	107
Kobujitsu 3. Prepare for Test, <b>Partial Exam</b>	
<i>Discussion: Goodness</i>	115

## **4. Monday, December 10, 2006 - Tuesday, December 11, 2006**

Karate 4. Prepare for Test, <b>Partial Exam</b>	
<i>Discussion: Definition of a Problem</i>	102
Jujitsu 4. Grapple Sparring, <b>Skill Set Exam</b>	
<i>Discussion: Randori</i>	108
Kobujitsu 4. Prepare for Test, <b>Partial Exam</b>	
<i>Discussion: Faith</i>	116

## **5. Wednesday, December 12, 2006 - Friday, December 14, 2006**

Karate 5. Prepare for Test, <b>Partial Exam</b>	
<i>Discussion: Some Solutions Must Start Before the Problem</i>	103
Jujitsu 5. Grapple Sparring, <b>Skill Set Exam</b>	
<i>Discussion: Cooperative Randori</i>	109
Kobujitsu 5. Prepare for Test, <b>Partial Exam</b>	
<i>Discussion: Gentleness, Meekness</i>	117

## **6. Monday, December 17, 2006 - Tuesday, December 18, 2006**

Karate 6. Prepare for Test, <b>Partial Exam</b>	
<i>Discussion: Presolving Problems</i>	104
Jujitsu 6. Grapple Sparring, <b>Skill Set Exam</b>	
<i>Discussion: Ground Control</i>	110
Kobujitsu 6. Prepare for Test, <b>Partial Exam</b>	
<i>Discussion: Self Control</i>	118

## **7. Wednesday, December 19, 2006 - Friday, December 21, 2006**

Karate 7. <b>BELT TEST</b>	
Jujitsu 7. <b>BELT TEST</b>	
Kobujitsu 7. <b>BELT TEST</b>	

***CLOSED***

***CHRISTMAS EVE (Monday, December 24, 2007)***

***thru***

***NEW YEAR DAY (Tuesday, January 1, 2008)***

**Classes will resume on Wednesday, January 2, 2008**