

# Guardian Academy

## Training Schedule

**2008**  
**January thru December**

### Key Dates in 2008

**Saturday - May 24 - 18th Anniversary Awards Banquet and Recital**  
Trinity Presbyterian Church, 3:00pm

**Friday, July 4 - Del Mar Fair Performance, 3:30ish**

**Monday, July 7 thru Saturday, July 13 - Assistant Instructor Week**  
Assistant Instructors and Senior Students are responsible for classes

**Sunday, December 7 - Wild Animal Park Festival of Lights Demonstration, 5:00ish**

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

Please let instructors know if you would be interested in additional events, such as a Guardian Academy BBQ, Pool Party, Movie Trips, Disneyland Trip, etc. Soke is planning more seminars for 2008.



### 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 Info@GuardianAcademy.com**

# Training Schedule

## Month of January, 2008

### 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, January 2, 2008 - Friday, January 4, 2008**

Karate 1. Drill: Forward Kick; Foundation Form bg 1; Strike Sparring.

*Discussion:* What to Think 106

Jujitsu 1. Guard 1: Open Guard; Guard 2: Open Guard and Eliminate Base

*Discussion:* Practiced Emotions 112

Kobujitsu 1. Sword Form bg 1 and 2; Cover Commands - Covers

*Discussion:* Four Options to Defeating an Opponent 120

### **2. Monday, January 7, 2008 - Tuesday, January 8, 2008**

Karate 2. Drill: Side Kick; Foundation Form bg 1; Strike Sparring

*Discussion:* Precision 107

Jujitsu 2. Guard 3: Open Guard to Sweep; Guard 4: Closed Guard; Guard 5: Tight Closed Guard

*Discussion:* Guilt 113

Kobujitsu 2. Sword Form bg 3, 4 and 5; Cover Commands - Advanced and Retreats

*Discussion:* Weapon Principles 121

### **3. Wednesday, January 9, 2008 - Friday, January 11, 2008**

Karate 3. Drill: Back Kick; Foundation Form bg 2; Strike Sparring

*Discussion:* Targets 108

Jujitsu 3. Guard Escape 1: Press and Knee Walk to Mount - v. Open Guard

*Discussion:* Changing Standards 114

Kobujitsu 3. Sword Form bg 6; Cover Commands - Switches

*Discussion:* Weapon Defense 122

### **4. Monday, January 14, 2008 - Tuesday, January 15, 2008**

Karate 4. Drill: Forward, Side, and Back Kicks; Foundation Form bg 2; Strike Sparring

*Discussion:* Accuracy 109

Jujitsu 4. Guard Escape 2: Unhook the Scissors and Knee Walk to Mount - v. Closed Guard;

Guard Escape 3: Turn and Slide Up to Side Mount - v. Closed Guard

*Discussion:* The Point of No Return 115

Kobujitsu 4. Sword Form bg 7; Cover Commands

*Discussion:* The Weapon's Place 123

### **5. Wednesday, January 16, 2008 - Friday, January 18, 2008**

Karate 5. Drill: Round Kick; Foundation Form bg 3; Strike Sparring

*Discussion:* Focus 110

Jujitsu 5. Guard Escape 4: One Knee Base to Under the Leg to Side Mount - v. Closed Guard

*Discussion:* Gaining Strength of Character 116

Kobujitsu 5. Sword Form bg 8 and 9

*Discussion:* Single Combat 124

### **B. Monday, January 21, 2008 - Tuesday, January 22, 2008**

**CLOSED Monday for Martin Luther King, Jr. Day**

Tuesday: BONUS

## **6. Wednesday, January 23, 2008 - Friday, January 25, 2008**

Karate 6. Drill: Inside Crescent Kick; Foundation Form bg 3; Strike Sparring	
<i>Discussion: Timing</i>	111
Jujitsu 6. Guard Escape 5: Stand and Press, Knee Squeeze, Across to Side Mount - v. Clsd Guard	
<i>Discussion: Frustration</i>	117
Kobujitsu 6. Sword Form bg 10 and 11, part 1	
<i>Discussion: Multiple Opponent Combat</i>	125

## **7. Monday, January 28, 2008 - Tuesday, January 29, 2008**

Karate 7. Drill: Outside Crescent Kick; Foundation Form bg 4; Strike Sparring	
<i>Discussion: Rhythm of the Fight</i>	112
Jujitsu 7. Leg Takedown 1: Single Leg Takedown	
<i>Discussion: Frequent Frustration</i>	118
Kobujitsu 7. Sword Form bg 10 and 11, part 2	
<i>Discussion: Warfare Combat</i>	126

## **Feb 1. Wednesday, January 30, 2008 - Friday, February 1, 2008**

Karate 1. Drill: Round, Inside Crescent, and Outside Crescent Kicks; Foundation Form bg 4; Strike Sparring	
<i>Discussion: Sparring for Self Defense: See, Edit, Do</i>	113
Jujitsu 1. Leg Takedown 2: Double Leg Takedown	
<i>Discussion: Confusion</i>	119
Kobujitsu 1. Sword Form bg 12 and 13	
<i>Discussion: The Process of Internalizing</i>	127

# **Training Schedule Month of February, 2008**

### **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

## **2. Monday, February 4, 2008 - Tuesday, February 5, 2008**

Karate 2. Drill: Forward, Side, and Back Kicks; Foundation Form bg 5; Strike Sparring	
<i>Discussion: Weaknesses of Pure Striking</i>	114
Jujitsu 2. Leg Takedown 3: Double Leg Side Takedown	
<i>Discussion: Prelude to Learning</i>	120
Kobujitsu 2. Sword Form bg 14	
<i>Discussion: How to Internalize</i>	128

## **3. Wednesday, February 6, 2008 - Friday, February 8, 2008**

Karate 3. Drill: Round, Inside Crescent, Outside Crescent; Foundation Form bg 5; Strike Sparring	
<i>Discussion: Kumite</i>	115
Jujitsu 3. Leg Takedown 4: Forward Scissors Takedown	
<i>Discussion: Overwhelm</i>	121
Kobujitsu 3. Sword Form bg 15 and 16	
<i>Discussion: Practice Makes Permanent</i>	129

#### **4. Monday, February 11, 2008 - Tuesday, February 12, 2008**

Karate 4. Drill: Side Kick, Step Forward Side Kick, Skip Forward Side Kick; Foundation Form bg 6

*Discussion:* Forms (Kata): Producing an Effect 116

Jujitsu 4. Leg Takedown 5: Reverse Scissors Takedown

*Discussion:* Massive Action 122

Kobujitsu 4. Sword Form bg 17

*Discussion:* Correct in What They Assert 130

#### **5. Wednesday, February 13, 2008 - Friday, February 15, 2008**

Karate 5. Drill: Side Kick, Step Forward Side Kick; Foundation Form bg 7

*Discussion:* Kumite Kata: What's Supposed to Happen 117

Jujitsu 5. Review Guards, Guard Escapes, Leg Takedowns, Review E2

*Discussion:* Become More, Have More 123

Kobujitsu 5. Sword Form bg 18

*Discussion:* Wrong in What They Deny 131

#### **B. Monday, February 18, 2008 - Tuesday, February 19, 2008**

**CLOSED Monday for President's Day**

Tuesday: BONUS

#### **6. Wednesday, February 20, 2008 - Friday, February 22, 2008**

Karate 6. Drill: Skip Forward Side Kick, Jumping Side Kick; Foundation Form bg 8

*Discussion:* Kumite: Changing Outcomes 118

Jujitsu 6. Review Guards, Guard Escapes, Leg Takedowns, Review E3

*Discussion:* Inadequacy 124

Kobujitsu 6. Sword Form bg 19

*Discussion:* Turn the Other Cheek 132

#### **7. Monday, February 25, 2008 - Tuesday, February 26, 2008**

Karate 7. Drill: Side Kick - Rear Leg, Flying Side Kick; Foundation Form bg 9

*Discussion:* Basic Kiai, Basic Integrity 119

Jujitsu 7. Review Guards, Guard Escapes, Leg Takedowns, Review O1

*Discussion:* Uncomfortable 125

Kobujitsu 7. Sword Form bg 20

*Discussion:* Buy a Sword. He Who Lives By The Sword Will Die By The Sword. 133

#### **Mar 1. Wednesday, February 27, 2008 - Friday, February 29, 2008**

Karate 1. Drill: Double Side Kick, Step Forward Double Side Kick; Foundation Form bg 10

*Discussion:* Advanced Kiai, Advanced Integrity 120

Jujitsu 1. Review Guards, Guard Escapes, Leg Takedowns, Review O2

*Discussion:* Loneliness 126

Kobujitsu 1. Sword Form bg 21

*Discussion:* Learning About Yourself 134

## **Training Schedule Month of March, 2008**

### **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

## **2. Monday, March 3, 2008 - Tuesday, March 4, 2008**

Karate 2. Drill: Round Kick, Double Round Kick; Foundation Form bg 11	
<i>Discussion: Mushin, Abiding</i>	121
Jujitsu 2. Review Guards, Guard Escapes, Leg Takedowns, Review O3	
<i>Discussion: Frequent Rejection</i>	127
Kobujitsu 2. Sword Form bg 22 and 23	
<i>Discussion: Get the Inside to the Outside</i>	135

## **3. Wednesday, March 5, 2008 - Friday, March 7, 2008**

Karate 3. Drill: Groin Strike, Outside Groin Strike; Foundation Form bg 12	
<i>Discussion: Skills: Laying the Foundation</i>	122
Jujitsu 3. Review Ki Principles, Falls and Rolls, Review E2, Review E3	
<i>Discussion: Disappointment</i>	128
Kobujitsu 3. Sword Form bg 24	
<i>Discussion: Learning by Agreement</i>	136

## **4. Monday, March 10, 2008 - Tuesday, March 11, 2008**

Karate 4. Drill: Groin Strike, Outside Groin Strike; Foundation Form bg 13	
<i>Discussion: Skills: Self Perfection</i>	123
Jujitsu 4. Grapple Sparring, Review O1, Review O2	
<i>Discussion: Advantage Matches</i>	129
Kobujitsu 4. Sword Form bg 25, 26 and 27	
<i>Discussion: Learning by Launching</i>	137

## **5. Wednesday, March 12, 2008 - Friday, March 14, 2008**

Karate 5. Drill: Spearhand, Eye Poke, Vertical Spearhand, Inverted Spearhand; Prepare for Test	
<i>Discussion: Power</i>	124
Jujitsu 5. Grapple Sparring, Review O3, Review E1	
<i>Discussion: Resisted Escapes</i>	130
Kobujitsu 5. Review	
<i>Discussion: Learning by Refining</i>	138

## **DOJO CLOSED PALM SUNDAY thru EASTER SUNDAY CLOSED March 16 thru March 23**

## **6. Monday, March 24, 2008 - Tuesday, March 25, 2008**

Karate 6. Drill: Double Outside Deflect, High Crosswrist Knifehand and Break; Prepare for Test	
<i>Discussion: Transfer of Power</i>	125
Jujitsu 6. Grapple Sparring, <b>Ki Principles Exam</b>	
<i>Discussion: Countered Escapes</i>	131
Kobujitsu 6. Review	
<i>Discussion: Learning by Disagreement</i>	139

## **7. Wednesday, March 26, 2008 - Friday, March 28, 2008**

Karate 7. Prepare for Test	
<i>Discussion: Redundant Power, Power Beyond Control</i>	126
Jujitsu 7. Grapple Sparring, <b>Falls and Rolls Exam</b>	
<i>Discussion: Controlling Your Opponent</i>	132
Kobujitsu 7. Review	
<i>Discussion: Learning from Mistakes</i>	140

## **B. Monday, March 31, 2008 - Tuesday, April 1, 2008**

BONUS

# Training Schedule

## Month of April, 2008

### 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, April 2, 2008 - Friday, April 4, 2008**

Karate 1. Prepare for Test, <b>E2 Exam</b>	
<i>Discussion:</i> Thrust Kicks and Strikes	127
Jujitsu 1. Grapple Sparring, <b>E2 Exam</b>	
<i>Discussion:</i> Control from the Inside Out	133
Kobujitsu 1. Prepare for Test, <b>E2 Exam</b>	
<i>Discussion:</i> Learning from Success	141

### **2. Monday, April 7, 2008 - Tuesday, April 8, 2008**

Karate 2. Prepare for Test, <b>E3 Exam</b>	
<i>Discussion:</i> Snap Kicks, Snap Strikes and Jabs	128
Jujitsu 2. Grapple Sparring, <b>E3 Exam</b>	
<i>Discussion:</i> Trap	134
Kobujitsu 2. Prepare for Test, <b>E3 Exam</b>	
<i>Discussion:</i> Learning by Honing Success	142

### **3. Wednesday, April 9, 2008 - Friday, April 11, 2008**

Karate 3. Prepare for Test, <b>O1 Exam</b>	
<i>Discussion:</i> Intent	129
Jujitsu 3. Grapple Sparring, <b>O1 Exam</b>	
<i>Discussion:</i> Limited Option Grappling	135
Kobujitsu 3. Prepare for Test, <b>O1 Exam</b>	
<i>Discussion:</i> Future Success Presumption	143

### **4. Monday, April 14, 2008 - Tuesday, April 15, 2008**

Karate 4. Prepare for Test, <b>O2 Exam</b>	
<i>Discussion:</i> Power by Choice	130
Jujitsu 4. Grapple Sparring, <b>O2 Exam</b>	
<i>Discussion:</i> Defensive Grappling	136
Kobujitsu 4. Prepare for Test, <b>O2 Exam</b>	
<i>Discussion:</i> Backwards Engineering Future Success	144

### **5. Wednesday, April 16, 2008 - Friday, April 17, 2008**

Karate 5. Prepare for Test, <b>O3 Exam</b>	
<i>Discussion:</i> Meaningful Training	131
Jujitsu 5. Grapple Sparring, <b>O3 Exam</b>	
<i>Discussion:</i> Experience Grappling	137
Kobujitsu 5. Prepare for Test, <b>O3 Exam</b>	
<i>Discussion:</i> Future Pacing	145

### **6. Monday, April 21, 2008 - Tuesday, April 22, 2008**

Karate 6. Prepare for Test, <b>Practice E1 Exam</b>	
<i>Discussion: Inside Out, Outside In</i>	132
Jujitsu 6. Grapple Sparring, <b>Practice E1 Exam</b>	
<i>Discussion: Detachment</i>	138
Kobujitsu 6. Prepare for Test, <b>Practice E1 Exam</b>	
<i>Discussion: Growing Up or Growing Old</i>	146

### **7. Wednesday, April 23, 2008 - Friday, April 25, 2008**

Karate 7. <b>E1 BELT TEST</b>	
Jujitsu 7. <b>E1 BELT TEST</b>	
Kobujitsu 7. <b>E1 BELT TEST</b>	

### **May 1. Monday, April 28, 2008 - Tuesday, April 29, 2008**

Karate 1. Drill: Forward Kick; Forward Stance; Strike Sparring	
<i>Discussion: Posture, Base, Position</i>	134
Jujitsu 1. Ki Principles, Falls and Rolls	
<i>Discussion: Hurt</i>	140
Kobujitsu 1. Escrima Set	
<i>Discussion: Anatomy of a Stick: Hanbo</i>	148

### **May 2. Wednesday, April 30, 2008 - Friday, May 2, 2008**

Karate 2. Drill: Side Kick; Forward Stance; Strike Sparring	
<i>Discussion: Stances are Boundaries</i>	135
Jujitsu 2. Grab Defense 1: Palm, Weave, Break - v. Lapel Grab	
<i>Discussion: Stop the Hurt</i>	141
Kobujitsu 2. Escrima Set	
<i>Discussion: Anatomy of a Stick: Escrima</i>	149

## **Training Schedule Month of May, 2008**

### **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

### **3. Monday, May 5, 2008 - Tuesday, May 6, 2008**

Karate 3. Drill: Back Kick; Side Stance; Strike Sparring	
<i>Discussion: Stances: Strong and Stable</i>	136
Jujitsu 3. Grab Defense 2: Turtle, Hook Release - v. Strangle Hold	
<i>Discussion: Hidden Hurt</i>	142
Kobujitsu 3. Sinawali 1: High Forehand Bounce; Sinawali 2: High Forehand Through, High Backhand Through	
<i>Discussion: Anatomy of a Stick: Hestitan</i>	150

#### **4. Wednesday, May 7, 2008 - Friday, May 9, 2008**

Karate 4. Drill: Forward, Side and Back Kicks; Side Stance; Strike Sparring	
<i>Discussion:</i> Stances: Light and Ready	137
Jujitsu 4. Grab Defense 3: Pry to Arm Bar - v. Standing Side Head Lock	
<i>Discussion:</i> Forgiveness	143
Kobujitsu 4. Sinawali 3: High Forehand Through, Low Backhand Bounce, High Backhand Through	
<i>Discussion:</i> Sinawalis	151

#### **5. Monday, May 12, 2008 - Tuesday, May 13, 2008**

Karate 5. Drill: Round Kick; Back Stance; Strike Sparring	
<i>Discussion:</i> Footwork	138
Jujitsu 5. Grab Defense 4: Arm Cross - v. Bear Hug Over the Arms from Behind	
<i>Discussion:</i> Practicing Forgiveness	144
Kobujitsu 5. Sinawali 4: High Forehand Through (1st hand), Low Backhand Through (1st hand), Low Forehand Through (2nd hand), High Backhand Through (2nd hand)	
<i>Discussion:</i> One Handed Fighting	152

#### **6. Wednesday, May 14, 2008 - Friday, May 16, 2008**

Karate 6. Drill: Inside Crescent Kick; Back Stance; Strike Sparring	
<i>Discussion:</i> Angle In, Angle Out	139
Jujitsu 6. Grab Defense 5: Hook, Drop and Spin - v. Choke	
<i>Discussion:</i> Forgiveness from the Heart	145
Kobujitsu 6. Sinawali 5: High Forehand Through, Low Backhand Through, High Forehand Bounce, Low Forehand Bounce, High Forehand Bounce	
<i>Discussion:</i> Two Weapon Offensive Fighting	153

#### **B. Monday, May 19, 2008 - Tuesday, May 20, 2008**

BONUS - Rehearsal for Banquet

#### **B. Wednesday, May 21, 2008 - Friday, May 23, 2008**

BONUS - Rehearsal for Banquet

#### **B. Monday, May 26, 2008 - Tuesday, May 27, 2008**

**CLOSED Monday for Memorial Day**

Tuesday: BONUS

#### **7. Wednesday, May 28, 2008 - Friday, May 30, 2008**

Karate 7. Drill: Outside Crescent Kick; Cat Stance; Strike Sparring	
<i>Discussion:</i> Movement	140
Jujitsu 7. Grapple Defense 1: Guillotine - v. Single Leg Takedown	
<i>Discussion:</i> Iceberg Effect	146
Kobujitsu 7. Two Man Escrima to Escrima	
<i>Discussion:</i> Two Weapon Offense/Defense Fighting	154

# Training Schedule

## Month of June, 2008

### 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, June 2, 2008 - Tuesday, June 3, 2008**

Karate 1. Drill: Round, Inside Crescent, and Outside Crescent Kicks; Cat Stance; Strike Sparring	
<i>Discussion:</i> Range	141
Jujitsu 1. Grapple Defense 2: Go Against the Thumb - v. One Hand Wrist Grab; Grapple Defense 3: Finger Lock Release - v. Two Hand Wrist Grab	
<i>Discussion:</i> Disassociation	147
Kobujitsu 1. Two Man Escrima to Escrima	
<i>Discussion:</i> Be Prepared to Fight Injured	155

### **2. Wednesday, June 4, 2008 - Friday, June 6, 2008**

Karate 2. Drill: Forward, Side and Back Kicks; Stance Set; Strike Sparring	
<i>Discussion:</i> Control the Center Line	142
Jujitsu 2. Grapple Defense 4: Finger Lock Out - v. Bear Hug Under the Arms from Behind; Grapple Defense 5: Take the Groin - v. Throw	
<i>Discussion:</i> Disassociation Technique	148
Kobujitsu 2. Knife Set	
<i>Discussion:</i> Knife Fighting	156

### **3. Monday, June 9, 2008 - Tuesday, June 10, 2008**

Karate 3. Drill: Round, Inside Crescent and Outside Crescent Kicks; Stance Set; Strike Sparring	
<i>Discussion:</i> Control the Outside	143
Jujitsu 3. Wristlock Grip Drill: Reach Across, Reach Forward Show the Thumb	
<i>Discussion:</i> Disassociation from Trauma	149
Kobujitsu 3. Two Man Knife Drill 1: Slash Blocks High; Two Man Knife Drill 2: Slash Blocks Low	
<i>Discussion:</i> Knife Wound First Aid	157

### **4. Wednesday, June 11, 2008 - Friday, June 13, 2008**

Karate 4. Drill: Weave, Weave and Grip Break; Grab Technique 1	
<i>Discussion:</i> Architecture of Man	144
Jujitsu 4. Wristlock 1: Behind the Back Compression Wristlock and Escape.	
<i>Discussion:</i> Disassociation from Pleasure	150
Kobujitsu 4. Two Man Knife Drill 3: Thrust Inside Deflects, Over, Under	
<i>Discussion:</i> Forgive and Learn: 70 times 7	158

### **5. Monday, June 16, 2008 - Tuesday, June 17, 2008**

Karate 5. Drill: Triangle Choke, Neck Break; Grab Technique 1	
<i>Discussion:</i> Spirit, Soul and Body	145
Jujitsu 5. Wristlock 2: Forward Wristlock Takedown and Escape.	
<i>Discussion:</i> Heighten Association	151
Kobujitsu 5. Two Man Knife Drill 4: Stab Inside Deflects, Right to Left	
<i>Discussion:</i> Consider it Pure Joy	159

## 6. Wednesday, June 18, 2008 - Friday, June 20, 2008

Karate 6. Drill: Turtle, Hook Release; Grab Technique 2	
<i>Discussion:</i> Will, Mind, Emotion	146
Jujitsu 6. Wristlock 3: Wristlock Arm Bar	and Escape.
<i>Discussion:</i> Heighten Association Technique	152
Kobujitsu 6. Two Man Knife Drill 5: Inverted Slash Swats	
<i>Discussion:</i> Phileo	160

## 7. Monday, June 23, 2008 - Tuesday, June 24, 2008

Karate 7. Drill: Esophagus Takedown; Grab Technique 2	
<i>Discussion:</i> Three Greek Loves	147
Jujitsu 7. Wristlock 4: Reverse Wristlock Takedown	and Escape.
<i>Discussion:</i> Changing Association	153
Kobujitsu 7. Knife Set	
<i>Discussion:</i> Phileo Bank Account	161

## B. Wednesday, June 25, 2008 - Friday, June 27, 2008

BONUS - Rehearsal for Fair

## B. Monday, June 30, 2008 - Tuesday, July 1, 2008

BONUS - Rehearsal for Fair

# Training Schedule Month of July, 2008

### 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. Wednesday, July 3, 2008 - Friday, July 4, 2008

**Wednesday: Final Fair Practice**

**CLOSED Friday for July 4: FAIR PERFORMANCE!**

## 1. Monday, July 7, 2008 - Tuesday, July 8, 2008

Karate 1. Drill: Stomp and Pull, Arm Cross, Rake Stomp; Grab Technique 3	
<i>Discussion:</i> Phileo Makes the Difference	148
Jujitsu 1. Wristlock 5: Shoulder Wristlock Takedown	and Escape
<i>Discussion:</i> Chunking and DeChunking	154
Kobujitsu 1. Sinawali	
<i>Discussion:</i> Phileo Math	162

## 2. Wednesday, July 9, 2008 - Friday, July 11, 2008

Karate 2. Drill: Inside Vertical Punch, Upward Ridgehand; Grab Technique 3	
<i>Discussion:</i> 4 Points of Building, 1 Point of Breaking	149
Jujitsu 2. Review E2, E3, O1	
<i>Discussion:</i> Philosophy of Testing	155
Kobujitsu 2. Two Man Knife Drills	
<i>Discussion:</i> Building Phileo on Purpose	163

## **B. Monday, July 14, 2008 - Tuesday, July 15, 2008**

BONUS - Orlando Instructors

## **. Wednesday, July 16, 2008 - Friday, July 18, 2008**

BONUS - Orlando Instructors

## **3. Monday, July 21, 2008 - Tuesday, July 22, 2008**

Karate 3. Drill: Pry to Arm Bar, Shoulder Round Kick Takedown; Grab Technique 4	
<i>Discussion: Agape</i>	150
Jujitsu 3. Review	
<i>Discussion: Never Give Up</i>	156
Kobujitsu 3. Escrima Set, Knife Set	
<i>Discussion: Points in Absentia</i>	164

## **4. Wednesday, July 23, 2008 - Friday, July 25, 2008**

Karate 4. Drill: Hip Shift, Backward Groin Strike; Grab Technique 4	
<i>Discussion: Five Commanded Agapes</i>	151
Jujitsu 4. Grapple Sparring, Review O3, O2	
<i>Discussion: Slow Motion Grappling</i>	157
Kobujitsu 4. Two Man Escrima to Escrima	
<i>Discussion: Phileo: Interpretations</i>	165

## **5. Monday, July 28, 2008 - Tuesday, July 29, 2008**

Karate 5. Drill: Hook Drop Spin, Hook Drop Spin to Upward Ridgehand; Grab Technique 5	
<i>Discussion: Receiving Agape</i>	152
Jujitsu 5. Grapple Sparring, Review E1, E2	
<i>Discussion: Cooperative Grappling</i>	158
Kobujitsu 5. Review	
<i>Discussion: Phileo: Intensity</i>	166

## **6. Wednesday, July 30, 2008 - Friday, August 1, 2008**

Karate 6. Drill: Headsmash to Knee, Knee; Grab Technique 5	
<i>Discussion: Greater Agape Has No Man Than This</i>	153
Jujitsu 6. Grapple Sparring, <b>Ki Principles Exam</b>	
<i>Discussion: Effortlessness</i>	159
Kobujitsu 6. Review	
<i>Discussion: Phileo: Associations</i>	167

# **Training Schedule**

## **Month of August, 2008**

### **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

## **July 7. Monday, August 4, 2008 - Tuesday, August 5, 2008**

Karate 7. Prepare for Test	
<i>Discussion: Love is Patient</i>	154
Jujitsu 7. Grapple Sparring, <b>Falls and Roll Exam</b>	
<i>Discussion: Serenity Grappling</i>	160
Kobujitsu 7. Review	
<i>Discussion: Variable Reinforcement</i>	168

### **1. Wednesday, August 6, 2008 - Friday, August 8, 2008**

Karate 1. Prepare for Test, <b>E3 Exam</b>	
<i>Discussion: Love is Kind</i>	155
Jujitsu 1. Grapple Sparring, <b>E3 Exam</b>	
<i>Discussion: Ego Free Sparring</i>	161
Kobujitsu 1. Prepare for Test, <b>E3 Exam</b>	
<i>Discussion: Intimacy Accentuates Flaws</i>	169

### **2. Monday, August 11, 2008 - Tuesday, August 12, 2008**

Karate 2. Prepare for Test, <b>O1 Exam</b>	
<i>Discussion: Love is Not Jealous</i>	156
Jujitsu 2. Grapple Sparring, <b>O1 Exam</b>	
<i>Discussion: Tap Out</i>	162
Kobujitsu 2. Prepare for Test, <b>O1 Exam</b>	
<i>Discussion: Intimacy Accentuates Mismatches</i>	170

### **3. Wednesday, August 13, 2008 - Friday, August 15, 2008**

Karate 3. Prepare for Test, <b>O2 Exam</b>	
<i>Discussion: Love Does Not Brag</i>	157
Jujitsu 3. Grapple Sparring, <b>O2 Exam</b>	
<i>Discussion: Learning by Losing</i>	163
Kobujitsu 3. Prepare for Test, <b>O2 Exam</b>	
<i>Discussion: Distance to Ideal Ranges</i>	171

### **4. Monday, August 18, 2008 - Tuesday, August 19, 2008**

Karate 4. Prepare for Test, <b>O3 Exam</b>	
<i>Discussion: Love is Not Arrogant</i>	158
Jujitsu 4. Grapple Sparring, <b>O3 Exam</b>	
<i>Discussion: How Will You Lose?</i>	164
Kobujitsu 4. Prepare for Test, <b>O3 Exam</b>	
<i>Discussion: Phileo: Gaining and Losing at Once</i>	172

### **5. Wednesday, August 20, 2008 - Friday, August 22, 2008**

Karate 5. Prepare for Test, <b>E1 Exam</b>	
<i>Discussion: Love Does Not Act Unbecomingly</i>	159
Jujitsu 5. Grapple Sparring, <b>E1 Exam</b>	
<i>Discussion: What Will You Do?</i>	165
Kobujitsu 5. Prepare for Test, <b>E1 Exam</b>	
<i>Discussion: Phileo: Threshold</i>	173

### **6. Monday, August 25, 2008 - Tuesday, August 26, 2008**

Karate 6. Prepare for Test, <b>Practice E2 Exam</b>	
<i>Discussion: Love Does Not Seek Its Own</i>	160
Jujitsu 6. Grapple Sparring, <b>Practice E2 Exam</b>	
<i>Discussion: How Will You Win?</i>	166
Kobujitsu 6. Prepare for Test, <b>Practice E2 Exam</b>	
<i>Discussion: Eros</i>	174

### **7. Wednesday, August 27, 2008 - Friday, August 29, 2008**

Karate 7. <b>E2 BELT TEST</b>	
Jujitsu 7. <b>E2 BELT TEST</b>	
Kobujitsu 7. <b>E2 BELT TEST</b>	

# Training Schedule

## Month of September, 2008

### 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 1, 2008 - Tuesday, September 2, 2008**

**CLOSED Monday for Labor Day**

BONUS

### **1. Wednesday, September 3, 2008 - Friday, September 5, 2008**

Karate 1. Drill: Forward Kick; Fall and Roll 1: Fall Forward; Strike Sparring

*Discussion:* Skeleton 162

Jujitsu 1. Ki Principles, Falls and Rolls

*Discussion:* Instant State Change 168

Kobujitsu 1. Two Man Escrima to Knife - Escrima Side

*Discussion:* Weapon and Knife 176

### **2. Monday, September 8, 2008 - Tuesday, September 9, 2008**

Karate 2. Drill: Side Kick; Fall and Roll 1: Fall Forward; Strike Sparring

*Discussion:* Combinations and Flow 163

Jujitsu 2. Ki Principle 1: Keep One Point; Ki Principle 2: Relax Completely

*Discussion:* Body Language 169

Kobujitsu 2. Two Man Escrima to Knife - Knife Side

*Discussion:* Weapon and Hand 177

### **3. Wednesday, September 10, 2008 - Friday, September 12, 2008**

Karate 3. Drill: Back Kick; Fall and Roll 2: Fall Backward; Strike Sparring

*Discussion:* Linear Attacks 164

Jujitsu 3. Ki Principle 3: Weight Underside; Ki Principle 4: Extend Ki

*Discussion:* Functional Anatomy 170

Kobujitsu 3. Two Man Escrima to Knife

*Discussion:* Weapon and Grappling 178

### **4. Monday, September 15, 2008 - Tuesday, September 16, 2008**

Karate 4. Drill: Forward, Side and Back Kicks; Fall and Roll 2: Fall Backward; Strike Sparring

*Discussion:* Circular Attacks 165

Jujitsu 4. Ki Application: Counter the Power

*Discussion:* Functional Anatomy Emotions 171

Kobujitsu 4. Escrima Form bg 1

*Discussion:* One Hand Weapons 179

### **5. Wednesday, September 17, 2008 - Friday, September 19, 2008**

Karate 5. Drill: Round Kick; Fall and Roll 3: Roll Forward; Strike Sparring

*Discussion:* Blitz 166

Jujitsu 5. Ki Principles; Drop and Sweep 1: Face Drop; Drop and Sweep 2: Twisting Head Drop

*Discussion:* Functional Anatomy Fitness and Health 172

Kobujitsu 5. Escrima Form bg 2

*Discussion:* Understand Your Weapon 180

## **6. Monday, September 22, 2008 - Tuesday, September 23, 2008**

Karate 6. Drill: Inside Crescent Kick; Fall and Roll 3: Roll Forward; Strike Sparring	
<i>Discussion: Serenity Under Pressure</i>	167
Jujitsu 6. Ki Principles; Drop and Sweep 3: Twist Down; Start Sweep Drills	
<i>Discussion: Functional Anatomy Aging</i>	173
Kobujitsu 6. Escrima Form bg 3 and 4	
<i>Discussion: Weapons as an Extension of You</i>	181

## **7. Wednesday, September 24, 2008 - Friday, September 26, 2008**

Karate 7. Drill: Outside Crescent Kick; Fall and Roll 4: Roll Backward; Strike Sparring	
<i>Discussion: Attacking Defense</i>	168
Jujitsu 7. Ki Principles; Drop and Sweep 4: Forward Sweep; Drop and Sweep 5: Reverse Sweep	
<i>Discussion: Happiness</i>	174
Kobujitsu 7. Escrima Form bg 5 and 6	
<i>Discussion: Weapons Extend Your Range</i>	182

## **Oct 1. Monday, September 29, 2008 - Tuesday, September 30, 2008**

Karate 1. Drill: Round, Inside Crescent, and Outside Crescent Kicks; Fall and Roll 4: Roll Backward; Strike Sparring	
<i>Discussion: Sparring: Safety</i>	169
Jujitsu 1. Ki Principles; Drop and Sweeps	
<i>Discussion: Confidence</i>	175
Kobujitsu 1. Escrima Form bg 7 and 8	
<i>Discussion: Weapons Expand Your Damage</i>	183

# **Training Schedule Month of October, 2008**

## **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

## **2. Wednesday, October 1, 2008 - Friday, October 3, 2008**

Karate 2. Drill: Forward, Side and Back Kicks; Fall and Roll 5: Breakfall; Strike Sparring	
<i>Discussion: Sparring: Improve</i>	170
Jujitsu 2. Ki Move 1: Ki Body Drop	
<i>Discussion: Accomplishment</i>	176
Kobujitsu 2. Escrima Form bg 9	
<i>Discussion: Improvised Weapons</i>	184

## **3. Monday, October 6, 2008 - Tuesday, October 7, 2008**

Karate 3. Drill: Round, Inside Crescent, and Outside Crescent Kicks; Fall and Roll 5: Breakfall; Strike Sparring	
<i>Discussion: Sparring: Win</i>	171
Jujitsu 3. Ki Move 2: Ki Pull Down	
<i>Discussion: Excitement</i>	177
Kobujitsu 3. Escrima Form bg 10	
<i>Discussion: Understand Your Improvised Weapon</i>	185

#### **4. Wednesday, October 8, 2008 - Friday, October 10, 2008**

Karate 4. Drill: Inside Stomp, Outside Stomp; Falls and Rolls, Kick Technique 1	
<i>Discussion: Surviving the Ground</i>	172
Jujitsu 4. Ki Move 3: Ki Push	
<i>Discussion: Satisfaction</i>	178
Kobujitsu 4. Escrima Form bg 11	
<i>Discussion: Self Consistency of Truth</i>	186

#### **B. Monday, October 13, 2008 - Tuesday, October 14, 2008**

**CLOSED Monday for Columbus Day**

Tuesday: BONUS

#### **5. Wednesday, October 15, 2008 - Friday, October 17, 2008**

Karate 5. Drill: Inside Stomp, Outside Stomp; Falls and Rolls, Kick Technique 1	
<i>Discussion: Building to Advanced Falls and Rolls</i>	173
Jujitsu 5. Ki Move 4: Ki Pull	
<i>Discussion: Rules</i>	179
Kobujitsu 5. Escrima Form bg 12 and first part of 13	
<i>Discussion: Open Mindedness and Presumptions</i>	187

#### **6. Monday, October 20, 2008 - Tuesday, October 21, 2008**

Karate 6. Drill: Upward Heel; Kick Technique 2	
<i>Discussion: The Religious Tradition of Martial Arts</i>	174
Jujitsu 6. Ki Move 5: Ki Drop	
<i>Discussion: Deciphering Rules</i>	180
Kobujitsu 6. Escrima Form bg 13 and 14	
<i>Discussion: Presumptions Help or Hurt</i>	188

#### **7. Wednesday, October 22, 2008 - Friday, October 24, 2008**

Karate 7. Drill: Arm Knee Guard, Arm Knee Guard Front Kick, Arm Knee Guard High Punch; Kick Technique 2	
<i>Discussion: Objective Moral and Ethical Guidance</i>	175
Jujitsu 7. Review	
<i>Discussion: Articulation and Exploration of Rules</i>	181
Kobujitsu 7. Escrima Form bg 15	
<i>Discussion: You Will Answer What You Ask</i>	189

#### **Nov 1. Monday, October 27, 2008 - Tuesday, October 28, 2008**

Karate 1. Drill: Knee Block, Leg Jam; Kick Technique 3	
<i>Discussion: The Christian Foundation of Guardian Martial Arts</i>	176
Jujitsu 1. Review E2, O2, O3	
<i>Discussion: Rule Changing: Evaluate and Define</i>	182
Kobujitsu 1. Escrima Form	
<i>Discussion: Questions are the Answer</i>	190

#### **Nov 2. Wednesday, October 29, 2008 - Friday, October 31, 2008**

Karate 2. Drill: Knee Block, Leg Jam; Kick Technique 3	
<i>Discussion: Philosophy for Life</i>	177
Jujitsu 2. Review E2, E1, O3	
<i>Discussion: Rule Changing: Old Rule Out, New Rule In</i>	183
Kobujitsu 2. Two Man Escrima to Knife	
<i>Discussion: If You Believe It, You Live It</i>	191

# Training Schedule

## Month of November, 2008

### 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

### **3. Monday, November 3, 2008 - Tuesday, November 4, 2008**

Karate 3. Drill: Range Defense (Cover Back); Kick Technique 4	
<i>Discussion: Don't Fight Unless You Absolutely Must, But if You Must... Win</i>	178
Jujitsu 3. Review E2, E3, O1	
<i>Discussion: Rule Changing: Anchoring and Commitment</i>	184
Kobujitsu 3. Review	
<i>Discussion: The Pleasure/Pain Dynamic</i>	192

### **4. Wednesday, November 5, 2008 - Friday, November 7, 2008**

Karate 4. Drill: Double Vertical Chop, Ear Box; Kick Technique 4	
<i>Discussion: As Much Force as the Criminal Makes Necessary</i>	179
Jujitsu 4. Grapple Sparring, Review O2, O3	
<i>Discussion: Pure Grappling</i>	185
Kobujitsu 4. Review	
<i>Discussion: Understanding Yourself</i>	193

### **B. Monday, November 10, 2008 - Tuesday, November 11, 2008**

Monday: BONUS

**CLOSED Tuesday for Veteran's Day**

### **5. Wednesday, November 12, 2008 - Friday, November 14, 2008**

Karate 5. Drill: Vertical Punch, Inverted Punch, Hook Punch; Kick Technique 5	
<i>Discussion: Love is Not Provoked</i>	180
Jujitsu 5. Grapple Sparring, Review E1, E2	
<i>Discussion: Strengths of Grappling</i>	186
Kobujitsu 5. Review	
<i>Discussion: Cause and Effect</i>	194

### **6. Monday, November 17, 2008 - Tuesday, November 18, 2008**

Karate 6. Drill: Outside Knuckle; Kick Technique 5	
<i>Discussion: Love Does Not Take Into Account a Wrong Suffered</i>	181
Jujitsu 6. Grapple Sparring, <b>Ki Principles Exam</b>	
<i>Discussion: Weaknesses of Pure Grappling</i>	187
Kobujitsu 6. Review	
<i>Discussion: Effect and Cause</i>	195

### **7. Wednesday, November 19, 2008 - Friday, November 21, 2008**

Karate 7. Prepare for Test	
<i>Discussion: Love Does Not Rejoice in Unrighteousness</i>	182
Jujitsu 7. Grapple Sparring, <b>Falls and Rolls Exam</b>	
<i>Discussion: The Bad Guy Gets the First Move</i>	188
Kobujitsu 7. Review	
<i>Discussion: Choices and Consequences</i>	196

## **Dec 1. Monday, November 24, 2008 - Tuesday, November 25, 2008**

Karate 1. Prepare for Test, <b>O1 Exam</b>	
<i>Discussion: Love Rejoices in Truth</i>	183
Jujitsu 1. Grapple Sparring, <b>O1 Exam</b>	
<i>Discussion: The Bad Guy Chooses His Strength</i>	189
Kobujitsu 1. Prepare for Test, <b>O1 Exam</b>	
<i>Discussion: None So Blind</i>	197

## **B. Wednesday, November 26, 2008 - Friday, November 28, 2008**

Wednesday: BONUS

**CLOSED Friday for Thanksgiving**

# **Training Schedule Month of December, 2008**

## **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

## **2. Monday, December 1, 2008 - Tuesday, December 2, 2008**

Karate 2. Prepare for Test, <b>O2 Exam</b>	
<i>Discussion: Love Bears All Things</i>	184
Jujitsu 2. Grapple Sparring, <b>O2 Exam</b>	
<i>Discussion: Go to the Bad Guy's Weakness</i>	190
Kobujitsu 2. Prepare for Test, <b>O2 Exam</b>	
<i>Discussion: Creating What You Fear</i>	198

## **3. Wednesday, December 3, 2008 - Friday, December 5, 2008**

Karate 3. Prepare for Test, <b>O3 Exam</b>	
<i>Discussion: Love Believes All Things</i>	185
Jujitsu 3. Grapple Sparring, <b>O3 Exam</b>	
<i>Discussion: Change the Situation</i>	191
Kobujitsu 3. Prepare for Test, <b>O3 Exam</b>	
<i>Discussion: Fault is Power</i>	199

## **4. Monday, December 8, 2008 - Tuesday, December 9, 2008**

Karate 4. Prepare for Test, <b>E1 Exam</b>	
<i>Discussion: Love Hopes All Things</i>	186
Jujitsu 4. Grapple Sparring, <b>E1 Exam</b>	
<i>Discussion: Priority Shifts</i>	192
Kobujitsu 4. Prepare for Test, <b>E1 Exam</b>	
<i>Discussion: Results Orientation</i>	200

## **5. Wednesday, December 10, 2008 - Friday, December 12, 2008**

Karate 5. Prepare for Test, <b>E2 Exam</b>	
<i>Discussion: Love Endures All Things</i>	187
Jujitsu 5. Grapple Sparring, <b>E2 Exam</b>	
<i>Discussion: A Variety of Options</i>	193
Kobujitsu 5. Prepare for Test, <b>E2 Exam</b>	
<i>Discussion: Setting Goals</i>	201

**6. Monday, December 15, 2008 - Tuesday, December 16, 2008**

Karate 6. Prepare for Test, **Practice E3 Exam**

*Discussion:* Love Never Fails: The Agape Quiz 188

Jujitsu 6. Grapple Sparring, **Practice E3 Exam**

*Discussion:* Kempo Jujitsu: Strike Grappling, Weapon Grappling 194

Kobujitsu 6. Prepare for Test, **Practice E3 Exam**

*Discussion:* Create an Inspiring Future 202

**7. Wednesday, December 17, 2008 - Friday, December 19, 2008**

Karate 7. **E3 BELT TEST**

Jujitsu 7. **E3 BELT TEST**

Kobujitsu 7. **E3 BELT TEST**

**B. Monday, December 22, 2008 - Tuesday, December 23, 2008**

BONUS

**CLOSED for Christmas Vacation  
December 24 thru January 2**

**New Guardian Kempo  
starting in 2009?**

**We shall see...**