

Guardian Kobujitsu

ODD YEARS, TRIMESTER ONE

BO FRONT SPIN

Thumbs Out, Thumbs Down
Grab the Bottom, Grab the Bottom
Three Quarters, Three Quarters

BO ONE HANDED DOWNWARD FIGURE EIGHT SPIN

Lead with the Thumb, Lead with the Thumb

BO ONE HANDED UPWARD FIGURE EIGHT SPIN

Lead Back with the Bottom, Lead Back with the Bottom.

BO UNDERHAND DOWNWARD FIGURE EIGHT SPIN

Two Handed Grip, Lead Hand on Top, Follow Hand Palm Facing
Lead with the Thumb, Lead with the Thumb

BO UNDERHAND UPWARD FIGURE EIGHT SPIN

Two Handed Grip, Lead Hand on Bottom, Follow Hand Palm Facing
Lead Back with the Bottom, Lead Back with the Bottom.

BO ONE HANDED DOUBLE DOWNWARD FIGURE EIGHT SPIN

Lead in with the Pinky, Lead out with the Thumb
Lead in with the Thumb and Tuck

BO SINGLE FLAT SPIN

Palms Out, Palms Out

BO SPIN CHAIN

1. Bo Front Spin
2. Bo One Handed Downward Figure Eight Spin
3. Bo One Handed Upward Figure Eight Spin
4. Bo Underhand Downward Figure Eight Spin
5. Bo Underhand Upward Figure Eight Spin
6. Bo One Handed Double Downward Figure Eight Spin
7. Bo Single Flat Spin

[Reverse Direction]

EXTRA BO SPINS

1. Bo Overhand Downward Figure Eight Spin, Single Lead
2. Bo Overhand Downward Figure Eight Spin, Double Lead
3. Bo 1.5 Flat Spin
4. Bo .5-1 Flat Spin
5. Bo Double Flat Spin

BO SET

1. High Inside Strike
2. Downward Strike
3. Middle Thrust
4. Low Inside Strike
5. Overhead Spin, Underhand Strike

TWO MAN BO DRILLS

Two Man Bo Drill 1: High Inside Strike to High Inside Strike

Two Man Bo Drill 2: High Inside Strike, Low Inside Strike to High Inside Strike, Low Inside Strike

Two Man Bo Drill 3: High Inside Strike, Low Inside Strike, Downward Strike to High Inside Strike, Low Inside Strike, High Horizontal Block

Two Man Bo Drill 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

Two Man Bo Drill 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

TWO MAN BO DRILL CHAIN

Two Man Bo Drill 1, 2, 3, 4, 5

ODD YEARS, TRIMESTER TWO

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

KATA: GUARDIAN BO

Bad Guy 1

High Inside Strike

Low Inside Strike

2

Bad Guy 2

High Jab

3

Back to Bad Guy 1

Middle Thrust

Spinning Outside Strike

5

Bad Guy 3

Round Kick

Back Kick

High Thrust

8

Bad Guy 4

Low Underhand Circle

Downward Strike

10

Bad Guy 5

Vertical Block

Spin to Cover [One Handed Downward Figure Eight Spin to Cover]

Forward Kick

High Outside Strike

Upward Strike

15

Bad Guy 6

Spinning Outside Strike

Clear

Roll

18

Bad Guy 7

Two Handed Spin [Overhand Downward Figure Eight Spin (Single Lead)]

Tucked Downward Strike

Upward Underhand Strike

21

Bad Guy 8

Round Kick

Side Kick Jab

Back Kick

Middle Jab

Roll

26

Bad Guy 9

High Horizontal Block

Downward Strike

Middle Inside Strike

Overhead Spin Underhand Strike

Forward Kick

31

Bad Guy 10

High Jab

Low Inside Strike

Middle Thrust

34

Bad Guy 11

Middle Inside Strike

Side Kick Jab

36

Bad Guy 12

Spin to Cover [One Handed Downward Figure Eight Spin to Cover]

Overhead Spin Underhand Strike

Upward Underhand Strike

39

Bad Guy 13

Two Handed Spin [Overhand Downward Figure Eight Spin (Single Lead)]

Tucked Downward Strike

Clear

42

Bad Guy 14

Vertical Block

High Outside Strike

Upward Strike

45

Bad Guy 15

Middle Jab

46

Bad Guy 16

Middle Horizontal Block

Low Underhand Circle

48

Bad Guy 17

High Thrust

High Inside Strike

50

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

ODD YEARS, TRIMESTER THREE

TAMISHI GIRI: TWO HANDED GRIP

1. Inside Cut, Inside Slash
2. Diagonal Inside Cut, Diagonal Inside Slash
3. Downward Cut, Downward Slash
4. Diagonal Outside Cut, Diagonal Outside Slash
5. Outside Cut, Outside Slash

TAMISHI GIRI CHAIN

Tamishi Giri 1, 2, 3, 4, 5: [Cut/Slash]

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

EVEN YEARS, TRIMESTER ONE

COVER COMMANDS

Right Cover, Cover Up - Back to the Line
Left Cover, Cover Up - Back to the Line
Right Cover, Cover Forward, Cover Up
Left Cover, Cover Forward, Cover Up
Right Cover, Split Cover, Cover Up - Back to the Line
Left Cover, Split Cover, Cover
Cover Back (Right), Cover Back (Left)
Cover Forward (Right), Cover Forward (Left)
Step Backward (Left), Step Forward (Left)
Skip Backward (Left), Skip Forward (Left)
Step Inside (Left), Step Outside (Left)
Skip Inside (Left), Skip Outside (Left)
Jump Switch (Right)
Step Backward (Right), Step Forward (Right)
Skip Backward (Right), Skip Forward (Right)
Step Inside (Right), Step Outside (Right)
Skip Inside (Right), Skip Outside (Right)
Switch (Right to Left), Switch (Left to Right)
Jump Switch (Left), Jump Switch (Right)
Right Cover to Right Cover Switch, Switch
Jump Switch (Left)
Left Cover to Left Cover Switch, Switch
Up

KATA: GUARDIAN SWORD

Bad Guy 1

Upward Diagonal Inside Slash, Right

Downward Slash, Right

2

Bad Guy 2

Outside Upward Block, Right

Wheel Inside, Right

4

Bad Guy 3

Extended Inside Slash, Left

Pommel Hammer, Right

Diagonal Outside Cut, Right

7

Bad Guy 4

Outside Cut, Right

Down-Up Inside, Right

Out-In X, Right

Outside Slash, Right

Inside Cut, Right

12

Switch Grip

Bad Guy 5

Upward Diagonal Inside Slash, Left

Outside Cut, Left

Outside Upward Block, Left

Diagonal Inside Slash, Left

16

Bad Guy 6

Extended Inside Slash, Right

Downward Cut, Left

Downward Slash, Left

19

Bad Guy 7

Inside Upward Block, Left

Pommel Hammer, Left

Wheel Inside, Left

Thrust, Left

23

Bad Guy 8

Diagonal Inside Cut, Left

Diagonal Outside Cut, Left

Outside Slash, Left

Extended Thrust, Right

Bad Guy 9

1 Diagonal Outside Slash, Left

28

Down-Up Inside, Left

Out-In X, Left

Wheel Outside, Left

31

Bad Guy 10

Extended Outside Slash, Right

32

In-Out X, Left

Down-Up Outside, Left

Inside Slash, Left

Diagonal Outside Slash, Left

Inside Cut, Left

37

Switch Grip

Bad Guy 11

Inside Upward Block, Right

Diagonal Inside Slash, Right

Extended Thrust, Left

40

Bad Guy 12a

Downward Cut, Right

41

Bad Guy 13

Thrust, Right

Wheel Outside, Right

43

Bad Guy 14

Extended Outside Slash, Left

Down-Up Outside, Right

Diagonal Inside Cut, Right

46

Bad Guy 12b

Diagonal Outside Slash, Right

In-Out X, Right

Inside Slash, Right

49

Bad Guy Check

1 Diagonal Outside Slash, Right

50

EVEN YEARS, TRIMESTER TWO

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

SINAWALI CHAIN

Sinawali 1, 2, 3, 4, 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 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 KNIFE DRILL CHAIN

Two Man Knife Drill 1, 2, 3, 4, 5

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

EVEN YEARS, TRIMESTER THREE

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
5

Bad Guy 2

Upward Short Block
Middle Punch
High Short Punch
Middle Long Punch
9

Bad Guy 3

Forward Kick
Groin Strike
High Outside Strike
12

Bad Guy 4

Downward End Hammer
Overhand Thrust
Side Kick
15

Bad Guy 5

High Inside Strike
Outside End Hammer
17

Bad Guy 6

Vertical Block
Low Inside Strike
19

Bad Guy 7

Low Outside Short Block
20

Bad Guy 8

Middle Short Punch
21

Back to Bad Guy 7

Long Outside Elbow
22

Back to Bad Guy 8

Low Short Punch

Round Kick

24

Bad Guy 9

Middle Outside Strike

Diagonal Inside Strike

Middle Punch

Low Long Punch

28

Bad Guy 10

Outside Chop

Back Kick

High Long Punch

High Horizontal Block

Round Kick

Long Outside Elbow

34

Bad Guy 11

Middle Short Punch

Low Outside Short Block

Upward Short Block,

Groin Strike

High Short Punch

Forward Kick

Vertical Block

Overhand Thrust

42

Bad Guy 12

Outside End Hammer

Side Kick

44

Bad Guy 13

Middle Outside Strike

In Out Double Strike

46

Bad Guy 14

Back Kick

47

Back to Bad Guy 13

Outside Chop

Low Long Punch

49

Back to Bad Guy 14

Low Outside Strike

High Inside Strike

Diagonal Outside Strike

Middle Inside Strike

Diagonal Inside Strike

54

Bad Guy 15

Low Short Punch

Middle Long Punch

Low Inside Strike

High Outside Strike

Downward End Hammer

Middle Horizontal Block

60

GUARDIAN KOBUJITSU BELT TEST FORM

NAME: _____ MM/YYYY: _____

Testing For Belt Color: _____ BELT SIZE: _____ ORDER Y/N: _____

O1: Odd Years, Trimester One (50: 40.0/32.5/25.0)

Bo Spin Chain (20: 16.0/13.0/10.0): _____

Bo Set (10: 8.0/6.5/5.0): _____

Two Man Bo Drill Chain (20: 16.0/13.0/10.0) _____

O2: Odd Years, Trimester Two (105: 84.0/68.25/52.5)

Guardian Bo (50: 40.0/32.5/25.0): _____

Two Man Bo to Bo Set (20: 16.0/13.0/10.0): _____

Yari Skill Set (5: 4.0/3.25/2.5): _____

Yari Set (10: 8.0/6.5/5.0): _____

Naginata Set (10: 8.0/6.5/5.0): _____

Jo Set (10: 8.0/6.5/5.0): _____

O3: Odd Years, Trimester Three (95: 76.0/61.75/47.5)

Tamishi Giri Chain (20: 16.0/13.0/10.0): _____

Iaijitsu (5: 4.0/3.25/2.5) _____

1: _____ 2: _____ 3: _____ 4: _____ 5: _____

Sword Set (10: 8.0/6.5/5.0): _____

Two Man Sword Drill Chain (20: 16.0/13.0/10.0): _____

Two Man Sword to Sword Set (20: 16.0/13.0/10.0): _____

GUARDIAN KOBUJITSU BELT TEST FORM SIDE TWO of TWO

NAME: _____ MM/YYYY: _____

E1: Even Years, Trimester One (70: 56.0/45.5/35.0)

Guardian Sword (50: 40.0/32.5/25.0): _____

Cover Commands (20: 16.0/13.0/10.0): _____

E2: Even Years, TrimesterTwo (80: 64.0/52.0/40.0)

Escrima Set (10: 8.0/6.5/5.0): _____

Sinawali Chain (20: 16.0/13.0/10.0): _____

Two Man Escrima to Knife Set (20: 16.0/13.0/10.0): _____

Knife Set (10: 8.0/6.5/5.0): _____

Two Man Knife Drill Chain (20: 16.0/13.0/10.0): _____

E3: Even Years, Trimester Three (90: 72.0/58.5/45.0)

Guardian Escrima (50: 40.0/32.5/25.0): _____

Two Man Escrima to Escrima Set (20: 16.0/13.0/10.0): _____

Two Man Knife to Knife Set (20: 16.0/13.0/10.0): _____

ALL

Weapon Sparring (10: 8.0/6.5/5.0): _____ x #of Trimesters: _____

FINAL 100%: _____ **POINT TOTAL:** _____ **GRADE:** _____

Add up the point possible in each trimester for which you are tested plus "all." 75%+=A, 70-75%=B, 65-70%=C