

GOSHIN JITSU...NOT EXACTLY A MARTIAL ART.

TIM SIELAFF

ALL IT TAKES IS GUTS, STRENGTH, TECHNIQUE...AND A TOTAL LACK OF
HUMAN DECENCY.

UNKNOWN

ONCE MORE INTO THE FRAY. INTO THE LAST GOOD FIGHT I'LL EVER KNOW.

LIVE AND DIE ON THIS DAY. LIVE AND DIE ON THIS DAY.

JOE CARNAHAN AS JOHN OTTWAY'S FATHER IN THE GREY

MICHAEL AREF

GOSHIN JITSU MIXED-
MARTIAL ARTS FALL 2017
MOKUROKU

SELF

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First printing, October 2017

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*Dedicated to Meggan Weeks and Becky
Zerlentes. Rest In Peace.*

Introduction

GOSHIN JITSU MIXED-MARTIAL ARTS (GJMMA) is an eclectic, combat sports and self-defense motivated martial art utilizing striking, throwing and submissions. Its name comes from the Japanese words *goshin* meaning “protection of the body” and *jitsu* meaning “techniques”. GJMMA has evolved to teach effective self-defense for a wide range of real world scenarios as well as skills necessary for combat sports. The concepts and techniques of GJMMA originate from a number of fighting styles, from which the simplest and most effective techniques were taken. These skills continue to evolve so that the elements build upon and incorporate one another to form a comprehensive and effective unarmed combat system. GJMMA emphasizes strategies and tactics both for the street and the ring.

At its most basic level, GJMMA teaches the skills you need to survive a confrontation. During an attack, a rape, a mugging, or a fight, you will get hurt, feel pain, and experience fear. GJMMA will teach you to maximize your chances of survival, of getting away in one piece, and minimize your chances of ending up in the hospital or worse. This same mental and physical conditioning combined with technical development can be used for submission wrestling, *muay thai*, and mixed-martial arts competition.

On a larger scale, GJMMA is a martial arts laboratory where the most effective and practical hand-to-hand combat skills can be improved, refined, and personalized. One martial art or teacher is not superior when trying to win a conflict, only the martial artist themselves. GJMMA offers the instructors, people, and space to pressure test and incorporate the best skills of effective martial arts for you.

History

Budo Aikido

COLIN KAIDE¹ ORIGINALLY taught a style called Budo Aikido

¹ Colin Kaide taught Goshin Jitsu from 1989 to 1993, preceded by Budo Aikido from 1985 to 1989. After graduating from the U of I medical school in 1993, he did a residency in Emergency Medicine at Ohio State University. Since then, he has done self-defense seminars for EMS and med students, residents, nurses and other hospital personnel. Colin says, “I worked out in small groups of other independent fighters and I joined Krav Maga for about a year. More recently, I have been practicing much less than I want to, owing to increasing job demands.” He is on faculty with the Ohio State University Department of Emergency Medicine. He teaches in the residency program, lecturing residents and med students on emergency medicine practice. Colin is also a part owner of and chief clinical editor in a medical software business called Discharge 123. They provide automated discharge instructions, and prescription writing for emergency departments.

throughout high school for his sensei in the Chicago suburbs. Budo Aikido's founder, a life long martial arts junkie named John T. Barr², derived his art from many years of study of different disciplines. He was a hardcore fighter in his day and participated in more than a few "dojo wars" that were (apparently) common in the late 60's and early 70's in the big city martial arts communities. There were real life turf wars and street fights occurring between dojos. Colin says, "We did sparring like karate students but combined takedowns, submission holds, chokes and other various jujitsu-like techniques...much like mixed martial arts of today. Everything was geared toward techniques that were clearly applicable to real life self-defense situations." After getting to college, he began working out with Doug Musser's *danzan-ryu*³ based Illini Jujitsu and with the now defunct Illini Martial Arts, a "mixed" style blending *tae kwon do* and *shotokan*. Colin recalls, "They were great to work with but they missed the certain flavor of what we did in Budo Aikido."

² JT Barr. *Budo aikido: Aikido + judo + jujitsu + karate = budo aikido: oriental art of self-defense: Kukyu training manual, white belt to yellow belt*. Budo Aikido Assoc, 1983

³ D Musser and TA Lang. *Jujitsu: Techniques & Tactics*. Human Kinetics, 1999

Beginnings in Champaign

COLIN, A NIDAN⁴ didn't find anything at the U of I that did this kind of non-points, non-competition, purely "fight to win" style of martial art, so he started his own club as a branch of his original style. Colin reflects, "I had no students and no where to practice. My friend and roommate was also in Budo Aikido and was a purple belt at the time. We did a self-defense seminar for our dorm, Hopkins Hall, and had about 25 participants. They were really into it and wanted to do more. We had a core of about 10 students who began practicing regularly in the weight room between the three connected dorms in our half of 6 pack." Eventually the club secured space in Huff Gym with practices twice per week. It then became 3 times per week and many students wanted more so the club regularly met with a few people in the old Combat Room, informally, to do extra work. As time went on, we began to incorporate more and more techniques and practice styles into our club.

⁴ second degree blackbelt

Colin remembers a time presentiment of modern mixed-martial arts, "We developed an open door policy of inviting any practicing martial artist into our sessions to work out and share technique. The stand up fighters from *karate* and *tae kwon do* would only last a few workouts because they had no stomach for being thrown repeatedly to the floor and manhandled, choked, and pinned. This was especially true for the purist TKD black belts who would get destroyed on the ground by some of our blue belts! Only a select few liked this stuff and eventually worked out with us full time. We learned a lot from

their kicking and striking skills.”

Goshin Jitsu Genesis

BY THE TIME Colin was a senior, he had earned the rank of *sandan*⁵. At about that time, his group had evolved far enough away from their roots that they no longer could or should share rank and testing with their parent group, Budo Aikido. Colin’s Budo Aikido club was increasingly viewed as rebels by the Budo Aikido people in Chicago. When a new freshman, Oliver Valente (a recent *shodan*⁶ in Budo Aikido) joined our club, a new club was born. Colin and Oliver renamed the group to better describe what we do: Goshin Jitsu “protection of the body.” The two founders redesigned the testing requirements and totally revamped the techniques over the summer of 1989. They added insight from other core members and reopened as Goshin Jitsu in August of 1989.

⁵ third degree blackbelt

⁶ first degree blackbelt

Evolution

OTHER INSTRUCTORS SUCH as Rudy Valente, James Brennan, Eric Olson and Greg Schomburg added their insights into the combat arts to the system. They picked apart the martial arts they knew and taught the simplest, most effective elements to each other. Each succeeding generation of students and instructors has modified and improved our art. Under Eric Olson and Greg Schomburg, a more dynamic, boxing-like set of stand up techniques was added, as well as additional jujitsu techniques.

Our previous instructor, Becky Zerlentes⁷, continued the integration of Western boxing and jujitsu into Goshin Jitsu. In order to broaden our exposure to different fighting styles, Becky also brought in a number of seminar speakers among them, Ramon Lono Ancho (Hawai’ian Ryu), Jack McVicker⁸ (JKD/BJJ), and numerous boxers and wrestlers.

In 1999 Mike Aref and Joe Tan took over the club. They continued to refine Goshin Jitsu by testing the technique and adding additional material from *danzan-ryu*, *jeet kune do*, Brazilian jiu-jitsu and *muay thai*. As time passed it was felt that the belt sheets needed revision, so Mike started a series of annual reviews of material, trying to shape and hone the Goshin Jitsu arsenal. In addition we brought in outside experts like Jack McVicker, Ryan Blackorby, Blauer Tactical⁹, Brian Gassaway, Dean Lessei, “Mr. International” Shonie Carter, Raul Llopis, and Erik Paulson. During this time we also expanded the inventory of training equipment to better meet our training mission.

⁷ Instructor 1996-1999. Becky started training with Goshin Jitsu after coming to one of the club parties on Green Street. She defected from synchronized swimming to do this, although she still enjoyed swimming and ice skating, following her GJ assimilation. She also trained boxing, *danzan-ryu jujitsu*, and Okazaki massage. During her tenure here she also completed a doctorate in geography. Becky always said she had little confidence and that she deferred easily, but she had no problems ordering guys two or three times her size around and never shied away from sparring or grappling with anyone. Becky was the both the sweetest of women and most ruthless of fighters. She could also set spines and gave awesome massages, but her hugs could cure anything. Becky passed away April 3, 2005 from a traumatic brain injury sustained in a boxing match.

⁸ www.jackmckvicker.com

⁹ T Blauer. *Personal Defense Readiness: Professional Instructor Development*. Blauer Tactical Systems, 2003. URL blauerspear.com

From 2012 to 2017 the club was run by Peter Roubal¹⁰ who incorporated more boxing and *muay thai* into the curriculum, particularly by inviting in local experts Marty Nunn, Billy Stamp, and Ian Ransburg, respectively.

Now

TODAY GOSHIN JITSU has developed our self-defense mission and transitioned this mission into combat sports training in such arenas as sport jiu-jitsu, submission wrestling, *muay thai*, and mixed martial arts (MMA). Today, Goshin Jitsu teaches a fundamental core of self-defense and combat sports skills.

¹⁰ Despite being twice the age of most of his students Peter outpaces them both cardiovascularly and technically. In addition to training with Goshin Jitsu, Peter is a *faixa marrom* (brown belt) in Brazilian jiu-jitsu and a black belt in *jeet kune do* under Jack McVicker. Peter was awarded his D.M.A. in Music Composition from the University of Illinois at Urbana Champaign in 2001. He is an accomplished musician who performs locally as well.

Code of Conduct

Uke-Tori Relationship

ONE OF THE MOST important precepts of *judo* is the *uke-tori* relationship. This relationship is just as important when training in Goshin Jitsu or any other contact martial art. In Japanese *uke* means “receiver of technique” while *tori* means “performer of technique”. When working with partners, *uke* is usually the attacker or feeder, while *tori* is the defender.

When feeding you are responsible for making realistic attacks, but with controlled speed and power. Most importantly, the attacks should strike (with light and controlled contact) your partner, if he or she does not defend. Thus one gets to practice one’s defensive techniques against a “real” attack. When practicing a new technique for the first time, feed slowly and obviously, and do not attempt to resist the counter-technique. Later, when you have a better grasp of the technique, you may apply more speed and power to the attack to increase realism. The bottom line is train and feed to the level of your partner!

In practicing techniques, both sides must exercise control. Many of the techniques taught can be extremely harmful to the feeder. Since techniques are designed to work against larger, stronger opponents, they are best learned when performed in a relaxed manner instead of trying to “muscle” your way through. This allows you to develop a feel for how a technique should work. Unlike good technique, muscling is ineffective against stronger opponents. Remember that, as you train your partner, they train you. Work to the level of your partner, and give each other feedback. Realize that your training partner is your path to perfecting your self-defense techniques.

Practice Rules

1. Students should be dressed for practice and on the floor approximately 5 minutes before class starts. Help get practice equipment

from the lockers before class as well as returning it after class. Once they are in class, students should warm up and stretch.

2. Show respect to the art and to your fellow students.
 - (a) Bow when entering or leaving the mat¹¹
 - (b) Formal bow at the beginning and end of class¹²
 - (c) Bow, shake hands, or touch gloves before and after working with a partner.
 - (d) Do not engage in roughhousing or horseplay.
 - (e) During sparring or rolling do not cheer or coach either side.
 - (f) Ask whether someone wishes to work, spar or roll with you, do not insist.
3. Be helpful to instructors, observers, and fellow students. Ask questions and raise valid comments, but do not socialize during class time.
4. Be prepared.
 - (a) Always have clean training clothes, trimmed nails, and good hygiene¹³.
 - (b) Remove all watches and jewelry.
 - (c) Bring a mouth guard¹⁴ and, if desired, headgear and (males) groin cup.
5. If you come late to class, stretch and warm up separately, then sit at the edge of the training area, and wait for an instructor to signal you on the floor.
6. Show good effort and intensity at all times. Students who are injured or feel ill may be excused. Students who do not participate will be asked to sit outside of the training area. Keep in mind that you are the best judge of what you can and cannot do. If something feels uncomfortable or hurts, don't do it. Inform an instructor if you are injured or in pain.¹⁵
7. If you need to leave the training area for any reason, make sure an instructor knows where you are. Always wear shoes whenever leaving the mat and going to the bathroom. Do not walk barefoot into the bathroom and come back onto the mat.
8. Practice safely and responsibly.
 - (a) Be aware of your surroundings and classmates.
 - (b) Use equipment properly.
 - (c) Do not walk on the mats with street shoes.
9. Students should never use their skills outside of class except in self-defense, training, or competition.

¹¹ Bowing "on" and "off" the mat acknowledges the privilege of training as well as the sweat, blood, and tears that are an intrinsic part of the spirit of the *dojo*.

¹² Formal bowing is a symbol of universal respect, e.g. a group handshake, that acknowledges the social contract of training together. All participating ranks should line up, well spaced (roughly a yard apart), by rank and time in grade. The *sempai*, the highest rank, starts the front row on the right.

- *Keosuke* / "Attention": Stand with feet together hands at your sides, looking forward.
- *Seiza* / "Kneel": Go down to kneeling position, left knee down, then right. Sit back, typically the instructor will tell you to relax and close your eyes to mentally prepare you for training or to let you relax before leaving class.
- *Sensei Ni* / "Face instructor": Open your eyes adjust your kneeling position so that you are facing the instructor(s)
- *Rei* / "Bow": Place your left hand on the floor, then your right hand next to it (almost forming a triangle in the space between your hands). Touch your forehead to your hands and sit back up.

Sometimes, we perform a more informal circle bow. Basically, everyone circles up (roughly a yard spacing) and the instructor says *keosuke* (same as above) and then *rei* (simply bow at the waist).

¹³ You will be in close proximity with other people, this means a shower with soap and brushing your teeth preferably within the last 12 hours.

¹⁴ Here is the best way to mold a mouthpiece:

- i. Bring a pot of water to boiling
- ii. Ready a glass of cold water
- iii. Place mouthguard in water for 10-20 seconds
- iv. Remove mouthguard and place in mouth
- v. Bite down gently and suck in cold water to set mouthpiece

¹⁵ If you are bleeding, *don't* move. Put pressure on it and ask for assistance. For reasons that are unclear people who are bleeding like to move around making clean-up that much more time consuming.

Tapping

TAPPING IS A SIGNAL that lets your partner know that you have had enough of a technique, such as a joint lock, choke or attack. Tapping lets your partner know that their techniques were effective and that they need to stop and release the technique before injury occurs. Always respect the tap. If you hear or feel anything, let go, even if you don't think anything is wrong! It is better to start over again, rather than cause grievous harm to your partner. Everyone must realize that there is no shame in tapping, rather it is a way of letting your partner know that they are doing the technique in an effective manner. It is better to tap sooner than too late, in order to avoid injury, which can keep you from practicing further. A "tap" is signaled by any one of the following:

- Shouting "TAP", "STOP", or "MATAE".
- Two or more rapid taps with the hand (or foot) on the mat, or better yet on your partner's body.
- Snapping your fingers.

Techniques

When striking in drill or sparring use adequate power, enough to let your partner know they were hit, but not so much that they are injured.

When throwing you are responsible for placing your partner safely on the ground. That is, make sure that they can perform an adequate breakfall and that their landing site is clear of people or equipment. Do not slam or attempt throws that you do not understand.

Unless specifically told otherwise by an instructor, never use:

- elbow or knee strikes to the head or spine
- oblique kicks to the knee
- heel hooks
- outward twisting ankle locks
- twisting knee locks

High-Yield Concepts

Awareness

THE KEY TO successful self-defense is awareness. Be fully in tune with all your senses and register what they tell you. It is useless to have a thousand hours of training experience only to walk into a sloppy punch because you didn't see it. Years of groundwork training won't save you if you fail to notice the three guys following you with baseball bats. Recognizing threats and danger is the essential first step to responding to them. Most self-defense or combat situations can be avoided by being alert and perceptive of a situation, before the situation arises. During conflict, awareness must continue, "tunnel vision" due to panic has spelled the end of many talented fighters. After a self-defense altercation, awareness remains important as an accurate description of events and an attacker (successful or not) will usually be required.

Response Level

IN ANY SELF-DEFENSE situation you want to win. Winning is being able to get away without fatally or permanently injuring yourself, winning is not beating your attacker. If you are attacked you have already made a mistake: you were not aware. Now, you need to respond correctly: is this guy grabbing your wrist think he's flirting or playing with you or is he about to pull you into a knife blade or into an alley to have his way with you? In one case you need to calmly break the hold in the other you may have to do any and every possible gross mutilation upon another person. Train with this mindset of reading an attack and responding appropriately. When you feed the attack, feed seriously not jokingly.

Triangle of Knowledge

THERE ARE ESSENTIALLY three things you need to understand to excel as a martial artist and a fighter:

Principles

The principles of Goshin Jitsu Mixed-Martial Arts are the general concepts that are essential to the effectiveness of the techniques. For example, the “bow and arrow” technique applies the principles of *kazushi*¹⁶ and small-circle jujitsu¹⁷ in order to affect a release. Principles are learned through questioning and researching martial arts.

¹⁶ off balancing

¹⁷ push and pull

Techniques

The techniques of Goshin Jitsu Mixed-Martial Arts are the individual skills, methods and tactics used to overcome an opponent. The “bow and arrow” is a technique used to loosen an opponent’s grip. Technique is demonstrated by control and precision, which allows the performer to defeat a larger and stronger opponent with little effort.

Applications

Applications are the use techniques and principles in response to a given situation. A “bow and arrow” applied to free yourself from an attacker who has grabbed hold, followed by a strike, throw and submission is an example of the application of a series of techniques. To be effective, all three areas of knowledge must be developed. Each stage builds upon the others; however, overdevelopment in one area does not necessarily lead to strength in the other areas. Merely understanding principles does not lead to good technique, while good technique cannot be achieved without a thorough understanding of the principles behind the technique. And applications are merely going through the motions, without technique to lend power to these movements. Try to cultivate all three areas.

Triangle of Skill

GOSHIN JITSU MIXED-MARTIAL ARTS develops three cornerstone skills areas in order to be able to respond to a variety of situations. The skill areas are integrated so that the elements build upon one another. All skills must be incorporated for comprehensive and effective self-defense.

Striking

Offense consists of strikes from long, middle, and close range, utilizing kicks, hand strikes, and various other anatomical weapons. Defenses include evasion, parrying, blocking and rolling. Attacks and defenses should be combined to flow from one to the next without presenting rhythms, openings or patterns that the opponent can take advantage of. In self-defense, striking should be geared toward the "concrete jungle" not the ring. Strikes should be well targetted and at areas of maximal pain and minimal protection (eyes, nose, throat, groin, knees). The keys are aim, speed, and power. Arts such as karate Muay Thai, and Western boxing are examples.

Throwing

Throws generally come in two varieties, joint throws and body throws. In many cases throws will be a mixture of the two varieties. A joint throw applies pressure or torque on a joint (wrist, elbow, etc.), causing pain until the opponent falls or the joint is damaged. Wrist locks such as kote gaeshi are good examples. A body throw applies the principles of leverage and balance to throw an opponent. Both types of throwing require the use of proper body mechanics. Throws are geared toward the ease of the throw (what can you grab to throw your opponent) and the defensibility (how much are you giving up to take the other guy down). Defensive wrestling is also important, learning to balance, read takedown threats, and being able to do breakfalls. GJ incorporates techniques from wrestling, *danzan-ryu jiu-jitsu*, and *judo*.

Submission

These techniques are used to incapacitate your opponent without resorting to bludgeoning him into unconsciousness. These techniques involve applying mechanical advantage against your opponent's natural physical limitations, either in the form of a joint lock or a choke. A successful submission may knock the opponent out quickly, or result in excruciating pain that immobilizes the opponent and renders him unable to attack further. Submissions are geared toward street effective. Standing and ground submissions are equally important, rolling around in a glass strewn ally is not fun. Remember, having the guard in the street is better than being mounted, but not by much. Understanding the ground allows the opportunity to defend as well, by avoiding submissions, escaping bad position, and not panicking under the weight of an assailant. Catch-as-catch can, sambo, and Brazilian jiu-jitsu would be examples of this.

Transitions and Combination

Connecting the three skill cornerstones of Goshin Jitsu Mixed-Martial Arts are transitions and combination. While the separate arsenals of striking, throwing, and submissions are powerful, the combination of these arsenals is even stronger. Throwing an unfazed and prepared opponent is difficult to impossible, however by striking first, a throw or takedown can more easily be accomplished. Conversely a throw or takedown attempt can sometimes be stopped by a talented striker. Submissions require strategic position that can be achieved by good throws or by striking while on the ground. Understanding this synergy of weapons is essential for self-defense and combat sports. The art that best exemplifies this principle is *jeet kune do*.

Head and Hips

THE MOST IMPORTANT part of your body to protect is your head! The brain controls your limbs and bodily functions; without which you cannot fight. Thus the head should never be exposed as a target. Also, a fight can be easily lost if you lose your concentration, which can result from strikes to the head. It is essential to protect your head and remain calm but alert. By the same token, the head of your opponent is an excellent target, but be aware that the skull is made of thick bone and you can easily break your knuckles on it.

The hips are the most powerful weapons you have. The power in all strikes is generated from the hips. Almost all throws, at some level, revolve around hip placement. Since hips control the location of the center of gravity, by displacing the hips we displace the opponent's center, achieving *kuzushi*¹⁸. On the ground, hip placement is vital to positioning and to controlling an opponent, while hip leverage is used in a number of submissions. Be aware of where your hips are located and how they are utilized in each technique.

¹⁸ unbalancing an opponent

Range - Angle - Target - Timing - Level - Execution (R.A.T.T.L.E.)

EFFECTIVENESS IN COMBAT is dependent on six variables. The first is *range*, the ability to be at an effective distance to minimize risk of damage while being able to deliver the technique that will have the greatest power or leverage. *Angle* is a relative of range and indicates the ability to approach or evade in the direction of greatest efficacy for you and least for your opponent. The ability to *target* is the skill of most efficient delivery, either in striking to hit places that will max-

imize incapacity, in takedowns to employ your opponents anatomy against them, and in submissions to be able to pin or control without using strength. All combat is temporally dependent, thus *timing* the ability to know when: to attack, to defend, and to move. The vertical corollary of range and angle is level, increasing the versatility of your ability to “climb” up and down your opponents body both offensively and defensively. Finally, *execution* is the ability to marshal all these variables to your advantage and your opponent’s disadvantage as well as knowing how to switch one or more (**Figure 1**).

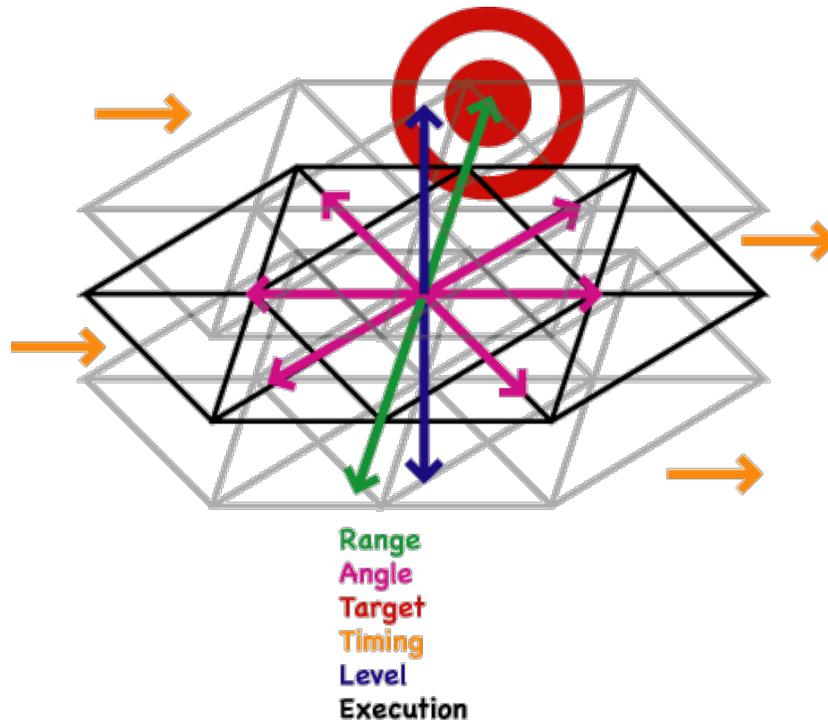


Figure 1: Range - Angle - Target - Timing - Level - Execution (R.A.T.T.LE.)

Cross Training

TRY TO CROSS TRAIN in the martial arts, no single art has the best answer to every single self-defense situation, nor does any single instructor. Physical exercise (e.g. running, weight lifting) and training with another martial art can only improve your skills, as long as you keep practical self-defense in mind. Goshin Jitsu Mixed-Martial Arts is an eclectic art cobbled together by practicality and the training strengths of its practitioners. We envision it as a self-defense laboratory, where we test out different techniques and retain those we find

effective. By experiencing martial arts on different levels with different teachers you will broaden your skills and have a better chance at defending yourself.

Warm-Up

The dynamic warm-up is taken from Training for Warriors¹⁹.

¹⁹ M Rooney. *The Team Renzo Gracie Workout: Training for Warriors*. Self Published (1841), 2004

Stationary Phase

- Prisoner Squats 10
- Jumping Jacks 10
- Seal Jumps 10
- Highland Flings 10
- Low/Quick Pogo Jumps 3 × 20 sec
- High Pogo Jumps 3 × 20 sec
- Front Lunge 5 e/ side
- Side Lunge 5 e/ side
- Dot Drill 5
- Wide Outs 15
- Gateswings 15
- Scissor Jumps 5
- Push-Ups 10
- Dive Bombers 10

Movement Phase

- Front Skip 20 yds ↔
- Skip Scoop 20 yds ↔
- Backward Cycle 20 yds ↔
- Side Shuffle 20 yds ↔

- Carioca 20 yds ↔
- Walking Leg Kicks 20 yds ↔
- Walking Front Lunge 10 yds →
- Walking Side Lunge 10 yds →

Muscle Activation Phase

- Bridges Double Leg 10
- Bridges Single Leg 10 e/ leg
- Supine Straight Leg Lift 10 e/ leg
- Side Lying Leg Lifts 10 e/ leg
- Inside Leg Raises 10 e/ leg
- Supermans 10 e/ side
- Double Leg Supermans 10
- Prone Laying Knee to Armpit 10 e/ leg
- Fire Hydrants 10 e/ leg
- Fire Hydrant Circles 10 e/ leg / CW and CCW
- Fire Hydrant Straight Leg Raise 10 e/ leg
- Scorpion 6 e/ leg
- Supine Lying Iron Cross 6 e/ leg
- Frog Thrusts 10
- Mountain Climbers 10
- V Sit Rollovers 5 e/ side
- Rollovers to Hurdler Seat 5 e/ side

Cool-Down

Each stretch is 20 seconds.

- Feet 2× shoulder width, forward bend
- Feet 2× shoulder width, bend toward left foot
- Feet 2× shoulder width, bend toward right foot
- Down into Cobra
- Back up and hand walk as far back as possible without sitting down
- Back to center and turn left to lunge
- Straighten legs, turn 180° and do opposite lunge
- Straighten legs, return to center, feet 2× shoulder width, down into Cobra
- Back up and hand walk to sitting, legs spread
- Stretch middle
- Stretch left
- Stretch right
- Legs together, stretch middle
- Crowd pleasers
- Left hurdler stretch, stretch along leg
- Left hurdler stretch, stretch back
- Left pretzel
- Right hurdler stretch, stretch along leg
- Right hurdler stretch, stretch back
- Right pretzel

- Feet shoulder width, forward bend, stack vertebrae
- Picking high fruit
- Left arm across body
- Left arm straight back
- Right arm across body
- Right arm straight back
- Left wrist in turn²⁰
- Left wrist out turn²¹
- Left wrist press²²
- Left reverse wrist press²³
- Right wrist in turn
- Right wrist out turn
- Right wrist press
- Right reverse wrist press

²⁰ *Kote mawashi*: Take your left hand up in front of your face, imagine your are looking at your watch (thumb down, fingers pointing right). Bend your left wrist such that your hand is perpendicular to your body, fingers pointing away from you. Grab your left hand with your right hand, with your right fingers going between the thumb and fingers of the left hand and your right thumb on the pinkie side of the left hand. Pull the left hand toward your face with the right fingers, until you feel the stretch.

²¹ *Kote gaeshi*: Take your left hand, palm towards you (thumb pointing left, fingers up). Grab it with your right hand with your right thumb on your left pinkie knuckle and your right fingers grabbing the meaty part of your left thumb. Pull with your right fingers and push with your right thumb, until you feel a stretch.

²² *Kote jime*: Bring your left arm straight up and relax your wrist so the hand hangs (the back of your left hand should be topmost and the hand should be roughly parallel to the ground). Place the right hand on the back of the left hand (your right palm is on top of your left hand knuckles) and press with the right hand until you feel a stretch in the left wrist.

²³ *Gyaku kote jime*: Bring your left arm straight up and relax your wrist so the hand hangs as if you were accepting change (the palm of your left hand should be topmost and the hand should be roughly parallel to the ground). Place the right hand fingers on the palm side of the left hand fingers and pull with the right hand until you feel a stretch in the left wrist.

Daily Curriculum

September 3, 2017

- 5:00 - 5:20 pm Warm-Up
- 5:20 - 5:50 pm Striking: Stance and Movement

A lead foot should be chosen, beginning with what feels most comfortable²⁴. Imagine a box drawn on the floor, each side being as wide as your shoulders, with the lead foot in a forward corner²⁵. The other (trailing) foot is placed in the rear corner that is diagonally across from the front foot. Bend your knees, sink about two to three inches, and keep the lead foot pointed forwards as much as possible, the rear foot angles laterally about 45°. Stance is about balance, a compromise between mobility and stability. To improve mobility, stay on the balls of your feet, you may slowly rock from foot to foot and distribute your weight evenly between your legs.

Proper fighting stance also involves positioning of the upper body. Tuck your chin slightly, to help prevent your head from snapping backwards when struck. The shoulders roll forward, making the abdomen scaphoid. Bring your hands up to protect your head. A good indicator of proper hand level is being able to see them from the corners of your eye or touching them to your temples. The long range guard starts with the lead hand 6-8 inches in front of the rear hand, shortening the distance and increasing the speed of the punches delivery. Close range you will either clinch²⁶ or cover bringing your hands in and up to protect the head. Tuck your elbows in so that they are about a fist distance from your body, protecting your ribs. Keep your shoulders above your hips, so that your weight stays centered over the base provided by your legs.

Movement should be smooth. Keep hips over the legs, taking small steps to get where you need to go, multiples if necessary, rather than large steps that overcommit. You want to glide into place, without bouncing or hopping. Imagining a low ceiling may

²⁴ Eventually both sides will be trained, most combat sports however espouse your rear foot being on your strong side. Interestingly weapon arts, e.g. fencing, *arnis*, *kali*, use the weapon on the strong side and place this side in the lead

²⁵ right or left, depending on which foot leads

²⁶ More later this year.

help you keep your head at an even level. Movement should only involve your lower body, without any telltale signs from your upper body giving away the direction or timing of your next step. There are essentially eight directions in which to move:

1. forwards and backwards
2. left and right
3. left and right forward diagonal
4. the left and right rear diagonal

Always begin a movement with the foot closest to the direction you wish to move, that if you move it will *prevent* you from crossing your legs, thus avoiding crossing your legs or bringing your feet together, which leads to awkward and unstable stances. Remember to shuffle into your new position, bringing your trailing leg back into position as soon as the leading leg steps. Imagining that your legs are connected with a rubber band may help.

You can also pivot, which takes you off at a diagonal and rotates you 90°. As always, lead with the foot closest to the side you want to go to. Step along the diagonal you've chosen, but point your toes inward towards your opponent. Rotate your hips and place your trailing foot so that you are in the same stance as before, but rotated 90°, land on the ball of your foot.

To move in the direction of your rear leg²⁷: step the rear foot laterally and pointed medially, about a shoulder span, then pivot to the opposite lead (**Figure 2(a)**). To move in the direction of your lead leg²⁸: step the lead foot laterally and pointed medially, about a shoulder span, then pivot to the opposite lead (**Figure 2(b)**).

Check your balance by your ability to strike, defend, and move. Shuffle backwards and repeat on the opposite (new rear leg side), returning to the same facing and lead as you started. Don't lean your head past your knee and keep your shoulders parallel with the floor.

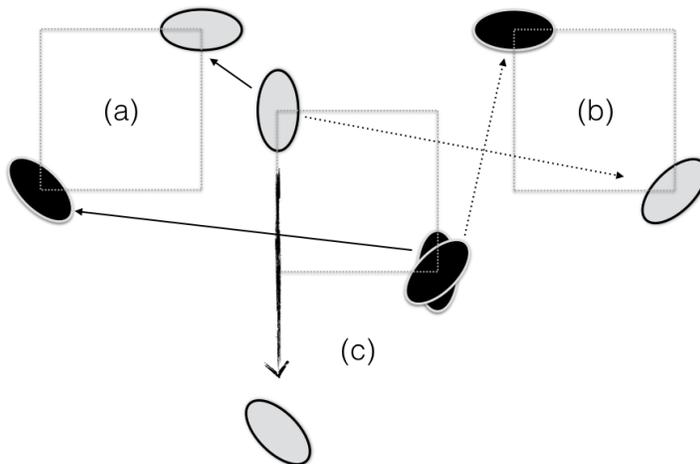
The last movement method is switch stance footwork. Essentially use the rock to roll off the rear heel to switch stance going backward. Conversely, going forward roll of the lead ball of the foot (**Figure 2(c)**). Switch the guard so that the lead hand and foot are unilateral.

Proper stance and movement, although seemingly trivial, are essential to successful hand-to-hand combat whether for sport or self-defense. If you give off telltale signs that allow your opponent to anticipate your movement or drop your hands when moving, you leave yourself open to counterattack. Concentrate on these simple basics, rather than flashy but complicated and impractical techniques.

²⁷ this is harder to do but if your opponent is the same lead as you then this will move you away from their power side

²⁸ this is easier to do but if your opponent is the same lead as you then this will move you toward their power side

Figure 2: Stepping diagram (a) is the lead leg circle, (b) is the rear leg circle, and (c) is the switch stance footwork



- 5:50 - 6:20 pm Jab, Cross, and Knee

3 × 3 min of pad work with 1 minute breaks, both sides

Hold the pad for the jab with the hand opposite their jabbing (lead) hand. Likewise hold the pad for the cross with the hand opposite their cross (rear) hand. Lightly pat their hand with the pad to decrease the pressure on your shoulder and elbow. Only raise the pad when you want them to hit. To hold for knees place one pad horizontally across your hips and the other at a 45° angle to the floor along the top of it. Keep this squeezed tight to your body particularly when the knee lands, rock slightly into the knee.

1. Jab "1"

The jab is delivered with the lead hand. The lead hand can feint, turning into a jab, hook, grab, or slap at a moments notice. The recommendation is to feint while moving, making opponents hesitate. When jabbing go for lightening speed, since we can't make our hand heavier we can make it move faster. Think about relaxing as if trying to kill a fly. Power is through speed and the transmission of the energy developed from forward stepping. The jab needs to extend fully and lands simultaneously with your lead foot. The jab loads the cross.

If you are delivering blows with your fists make sure that you have lined the wrist up so that the first two knuckles of your hand act as the striking surface and bone alignment act as a natural shock absorber. If you are using the palm heel, make

sure the hand is cocked all the way back so that the base of the palm (the part aligned with your wrist) strikes the target.

2. Cross "2"

The cross comes off the jab, pivot the rear foot so that the knee rolls medially. The cross power is generated by the pivot of the rear leg on the ball of the foot, without leaning. Let your shoulder roll up and tuck your chin, so that your ear is hidden by your shoulder. The jab-cross combination should flow naturally back and forth with the pivoting of the body. The cross is like a pitcher throwing a ball, a lot of torque but still the ball flies straight. The hips are used to whip the hand out and back.

3. Knee "Knee"

For the lead knee use a short switch step rolling the hips over and the through the leg, from here rising to the ball of the foot, as the hips thrust through. This will force the shoulders back rather than arching backward. The knee is aimed medially, making the leg and foot go laterally. The knee leg should be tucked tightly to the thigh, sharpening the wedge like shape. The kneeing leg comes back placing you in the opposite stance, from which you can work, or you can resume your previous set-up. Arms turn like a steering wheel, the knee side forearm guards the face, with the antecubital fossa in front of your jaw, shielding the face. Avoid rotating the body to do this. Chest opens up (i.e. uncurl).

- 6:20 - 6:50 pm Breakfalls

Breakfalls are techniques used to reduce the impact damage from falling. These are necessary in order to train throws and take-downs safely. Breakfalls can be (a) rolls where we try to redirect the momentum by making our bodies as round as possible or (b) dispersion breakfalls where we try to land equally with all parts of our body, spreading out the force of gravity over as much of our body surface area as possible. Several breakfalls are introduced in Goshin Jitsu:

1. Rear
2. Side
3. Front
4. Forward Roll
5. Backward Roll

Tonight we will introduce three breakfall techniques: side, front, and forward roll:

1. Side fall practice I

Lay on one latissimus dorsi muscle, with the same side arm extended at a 45° from your body. The leg on this side (the lower leg) thigh is parallel with the floor and leg is flexed and also parallel with the mat. The other leg is bent, with the ball of the foot on the mat, lifting the hips. Now push off with this foot, switch sides and legs slapping the mat on the opposite side. Exhale when you land.

2. Front fall from knees

From your knees, jump so your hips end up where your knees were. Land on your forearms (palms down) and the balls of your feet. Your arms should form a triangle and your legs should be spread. Turn your head so that your nose doesn't bounce off the ground. Exhale when you land.

3. Forward roll from knees

Get in a kneeling position, with one knee forward and the other perpendicular. Lead with the same hand and knee forward.

At all times think like a ball and roll silently. Curve your arm, reaching with your hand to the mat (palm up), roll down your hand, wrist, elbow and shoulder. Keep rolling over your shoulder to your opposite hip, keeping your direction of travel the same as the direction you were originally pointing before the roll.

- 6:50 - 7:00 pm Cool-Down
- Announcements: You have two weeks to try the club. The last day to sign-up will be two weeks from today. You must complete all waivers and pay dues to participate.

September 6, 2017

- 7:00 - 7:20 pm Warm-Up
- 7:20 - 7:30 pm Review Striking: Stance and Movement
3 × 3 min of shadowboxing with 30 second breaks
- 7:30 - 8:00 pm Review Jab, Cross, and Knee
3 × 3 min of pad work with 1 minute breaks, both sides
Much of striking follows a *contralateral striking paradigm* which means that the next strike usually comes from the opposite side. This is not a hard and fast rule rather a result of anatomy and biomechanics loading the contralateral or opposite side when striking.

1. (a) Single jab²⁹
- (b) Double jab³⁰

²⁹ "1" = single jab

³⁰ "Double" = double jab, this is an example of an exception to the contralateral striking paradigm

- (c) Jab-cross³¹
 - (d) Jab-knee³²
 - 2. (a) Cross³³
 - (b) Cross-knee³⁴
 - (c) Knee-cross³⁵
 - (d) Jab-double cross³⁶
 - 3. (a) Jab-cross-knee³⁷
 - (b) Jab-knee-cross³⁸
 - (c) Cross-knee-cross³⁹
 - (d) Knee-cross-knee⁴⁰
- 8:00 - 8:15 pm Review Breakfalls
 1. Side fall practice I 10 reps e/ side
 2. Front fall from knees 10 reps
 3. Forward roll from knees 2× →
 - 8:15 - 8:35 pm Breakfalls
 1. Rear breakfall practice I
Place your upper back on the mat, place the balls of both feet on the floor, knees bent, lift your hips off the mat, tuck your chin (keeping your head off the mat). Slap the mat on both sides simultaneously while exhaling, your arms should be at a 45° angle from your sides.
 2. Rear breakfall partner drill
Have your partner lie on the floor, sit on them and fall backward, landing on your upper back, slapping the mat while exhaling, keep your chin tucked. As you feel ready have your partner go to a low and then a high hands and knees position.
 - 8:35 - 8:45 pm Cool-Down
 - Announcements: You have two weeks to try the club. The last day to sign-up will be a week from Sunday. You must complete all waivers and pay dues to participate after that.
 - Announcements: No class Saturday.

³¹ "1-2" = jab-cross³² "1-knee" = jab-knee³³ "2" = cross³⁴ "2-knee" = cross-knee³⁵ "Knee-2" = knee-cross³⁶ "1-2-cross" = jab-cross-cross³⁷ "1-2-knee" = jab-cross-knee³⁸ "1-knee-2" = jab-knee-cross, this is another example of an exception to the contralateral striking paradigm since you will throw both the knee and the cross with your "rear" side³⁹ "2-knee-2" = cross-knee-cross⁴⁰ "Knee-2-knee" = knee-cross-knee

September 9, 2017

- No Practice

September 10, 2017

- 5:00 - 5:20 pm Warm-Up
- 5:20 - 6:20 pm Wrestling

1. Side fall practice II

Stand with feet shoulder width apart and bend your knees. Swing the same side arm and leg across your body three times, on the third swing lay down on the mat, slapping with the swinging arm 45° from the body. Try to place your hips where your centerline was rather than falling like a tree. To stand place your slapping hand on the floor, support yourself on this hand and your opposite leg, place your free (bottom) foot into the rear corner of the fighting stance box, and stand.

- 6:20 - 6:50 pm Roundhouse Kick

Move into range, it will be necessary to switch step to throw the lead leg kick, then roll through the base leg 45° to create an angle. The ball of the foot lands as the weight shifts toward this leg, this allows the transfer of weight without being off balance. Rise up on the toes, extending the body when you kick. The knee comes straight up as the base leg straightens, and is aimed at your target, then the leg turns over, like a bullwhip, power is generated by speed. The lower leg may strike with the knee flexed or extended depending on the range. Remember as you kick that your body elongates, your shoulders rotate in a plane parallel with the floor and your hips, the lead hand whips downward. The knee comes straight back, your leg should be bent when it hits the floor. The base foot pivots on the ball of the foot, and as it rotates back rolls to the floor. This allows the kicking foot to be placed, loaded for movement or striking, rather than falling to the floor. Normally, if you miss, do not spin through, rather place your kicking foot on the far side, as if you switched directions. Take a step forward and then pivot around your lead foot to return facing your opponent. Spinning is used to develop proper kicking attributes but is not optimal in fighting⁴¹.

1. 3 min shadow “kicking”

2. 3 min of catching kicks, both sides

One side will throw kicks for the entire round. Your partner will indicate which leg they are kicking with, step in the direction of the kick, wrapping your arm over their kicking leg at the knee. Pull their hips perpendicular to you and allow them to stretch into the kick. Use your free hand to steady them by grasping their hand or shoulder.

⁴¹ For most people, some high-level fighters are very adept with spinning techniques and use them with great accuracy

3. 3 min of kicking pads, both sides

One side will throw kicks for the entire round. Hold the pads together vertically, approximately 45° off centerline and 45° with the floor. Hold 5 kicks on each side. Pat the leg as it hits the target to decrease stress on joints, e.g. elbows, shoulders, and vertebral.

- 6:50 - 7:00 pm Cool-Down
- Announcements: You have two weeks to try the club. The last day to sign-up will be a week from today. You must complete all waivers and pay dues to participate after that.

September 13, 2017

- 7:00 - 7:20 pm Warm-Up
- 7:20 - 7:50 pm Wrestling Review
 1. Side fall practice II 10 reps e/ side
 2. Front fall from knees 10 reps
 3. Forward roll from knees 2× →
 4. Rear breakfall partner drill 10 reps
- 7:50 - 8:35 pm Jab, Cross, and Kick Movement Drills
7 × 1 min of pad work with 30 second breaks, both sides
 1. Step-jab
 2. Halfstep-step jab
 3. Halfstep jab⁴²
 4. Step jab, jab (do a "nonmoving step" to generate power of the second jab)
 5. Step jab, jab-cross
 6. Step jab, step jab-cross
 7. Step jab, retreat jab-cross, left-1-2 90° turn

2 × 3 min of pad work with 1 minute breaks, both sides

 1. Close distance-jab. Lead foot lateral step and slap, pivot to the same lead, perpendicular to your original position (**Figure 2(a)**), rear kick⁴³. Open distance.
 2. Close with the jab. Rear foot 90° turn and slap, pivot to your opposite lead (**Figure 2(b)**), rear kick⁴⁴. Open distance.
- 8:35 - 8:45 pm Cool-Down

⁴² "Half-1" = Half-step jab

⁴³ It helps to say "Jab-one-two". Really.

⁴⁴ Ditto.

- Announcements: You have two weeks to try the club. The last day to sign-up will be Sunday. You must complete all waivers and pay dues to participate after that.
- Announcements: Sparring is optional, open only to students with more than a year's experience to start. It starts Saturday, you must have all dues paid and paperwork completed before starting.

September 16, 2017

- 2:00 - 2:20 pm Warm-Up
- 2:20 - 3:50 pm Sparring (advanced students only)
- 3:50 - 4:00 pm Cool-Down

September 17, 2017

- 5:00 - 5:20 pm Warm-Up
- 5:20 - 6:10 pm Wrestling: Setting Up the High Single Leg

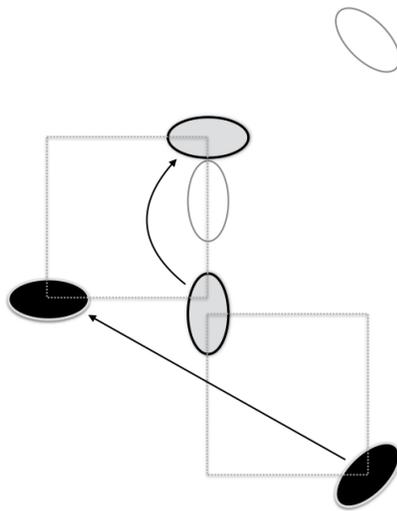


Figure 3: From mirrored stances, set up the single leg by stepping behind their lead leg

From your wrestling stance, lead hand protecting your lead leg (the most likely one to be attacked) and rear hand to make contact with your opponent (feel their movement). Use the “wristwatch grip”: grab the medial side of the ipsilateral wrist just proximal to the hand. If their lead foot is a mirror image to you, proceed

directly to the single (**Figure 3**). If your leads are opposite, use your rear hand to pull them in a 90° pivot by dropping your rear leg back and keeping your same lead (**Figure 4**) then proceed to the single as above (**Figure 3**). Use your wristwatch grip to twist it anteriorly so their thumb is pointed to the rear. This opens the “door” for you to fit your shoulder inside as you step with your lead leg behind their lead leg (creating shelf behind their lead thigh), with your head on their chest listening to their heart, eyes up. Push with your head and pick their leg up, slide your arms in a guillotine grip at the ankle. Lift up to bend their knee, drawing them closer. Use your far leg to hook their base leg with the bottom of your foot.

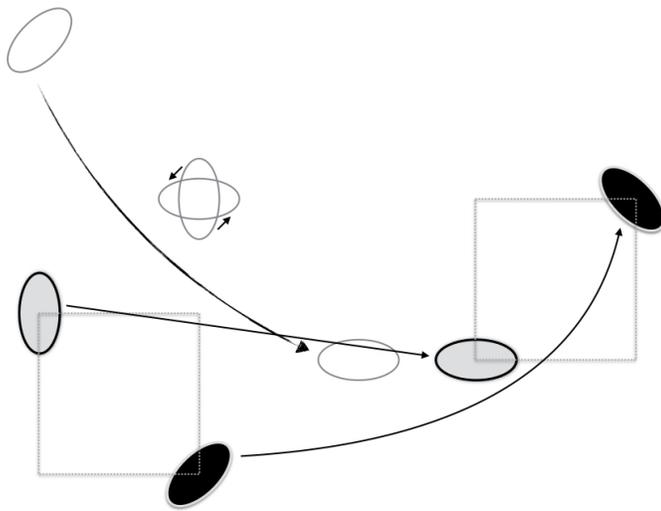


Figure 4: If you want to do a single leg and you are in opposite leads, you will need to do a drop pivot step for them to switch leads so that they are mirror with you

- 6:10 - 6:50 pm Jab, Cross, and Rear Kick Footwork Sequences
4 × 3 min of pad work with 1 minute breaks, both sides
1. Close distance-jab. Lead foot lateral step and slap, pivot to the same lead, perpendicular to your original position (**Figure 2(a)**), rear kick. Open distance.
 2. Close with the jab. Rear foot 90° turn and slap, pivot to your opposite lead (**Figure 2(b)**), rear kick. Open distance.
 3. Short range rear kick: Step jab then lateral stepping, toes pointed away from the bag while simultaneously throwing the kick (**Figure 5(a)**). Not so much a hop and kick as a slide and kick. The shoulders turn through, making the leg whip the bag,

and then pivot back using the step to offset yourself (**Figure 5(b)**).

4. Medium range rear kick: Step jab, partner takes a step back, then taking a 45° step to deliver the kick (**Figure 6**).

- 6:50 - 7:00 pm Cool-Down
- Announcements: Last day to sign-up is today. You must complete all waivers and pay dues to participate after that.

September 20, 2017

- 7:00 - 7:20 pm Warm-Up
 - 7:20 - 7:50 pm Wrestling Review
 - 7:50 - 8:35 pm Short and Medium Range Lead and Rear Kicks
4 × 3 min of pad work with 1 minute breaks, both sides
1. Short range rear kick: Step jab then lateral stepping, toes pointed away from the bag while simultaneously throwing the kick (**Figure 5(a)**). Not so much a hop and kick as a slide and kick. The shoulders turn through, making the leg whip the bag, and then pivot back using the step to offset yourself (**Figure 5(b)**).
 2. Medium range rear kick: Step jab, partner takes a step back, then taking a 45° step to deliver the kick (**Figure 6**).
 3. Short range lead kick: Cross, one needs to cross without over twisting. Then the rear foot springs laterally with the toes perpendicular to their previous position, allowing the body to twist, rotating the hips to deliver the rear kick (**Figure 7(a)**). Recover by rolling the base leg foot from ball to heel (**Figure 7(b)**).
 4. Medium range lead kick: Cross, partner takes a step back, followed by a 45° step and foot rotation to deliver the kick to the bag (**Figure 8(a)**). Recovery is to the opposite lead by rolling the base leg foot from ball to heel (**Figure 8(b)**).
- 8:35 - 8:45 pm Cool-Down
 - Announcements: Sparring Saturday, open only to students with more than a year's experience.
 - Announcements: A week from Saturday will be the first Ian Ransburg *muay thai* seminar. Cost is \$30.

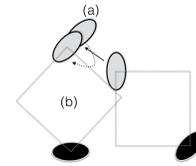


Figure 5: Short range rear kick: The feet slide to (a) while delivering the kick and then transition to (b) after recovering your stance

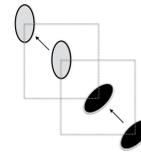


Figure 6: Medium range rear kick

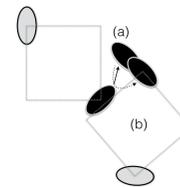


Figure 7: Short range lead kick: The feet slide to (a) while delivering the kick and then transition to (b) after recovering opposite stance

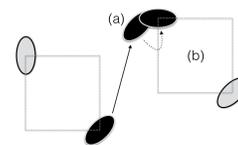


Figure 8: Medium range lead kick: Step to (a) while delivering the kick and then (b) recover to the opposite stance

September 23, 2017

- 2:00 - 2:20 pm Warm-Up
- 2:20 - 3:50 pm Sparring (advanced students only)
- 3:50 - 4:00 pm Cool-Down
- Announcements: Next Saturday will be the first Ian Ransburg *muay thai* seminar. Cost is \$30.

September 24, 2017

- 5:00 - 5:20 pm Warm-Up
- 5:20 - 6:10 pm Wrestling: High Single and Knee Tap
Notes on the high single:
 - Head up listening to the chest, legs square - think dead lift or squat with a slight lean.
 - The initial grip on the leg: lateral arm goes underneath the leg and is palm down, the medial hand is palm up.
 - To bring the leg up, drop your far leg back and the medial hand grabs the heel. Bring the leg up and guillotine it. To make him light on his base leg you want to guillotine at the ankle where the sock line would be, and lift. You can also punch up at the cubital fossa.
 - Pass to the side mount by putting them in a fetal position.

If they whizzer you by overlooking and grabbing the inside of their thigh, bringing their leg to the outside, switch to the knee tap. Underhook and punch up as you step around the near leg, loading them on their far leg. As you pressure forward tap the lateral side of the far leg with your free hand. The punch literally acts a wedge to tilt them onto one leg which you briefly block to let them fall.

- 6:10 - 6:50 pm Striking Review
3 × 3 min of pad work with 1 minute breaks, both sides
 1. Jab-Cross Review
 - (a) Step-jab
 - (b) Halfstep-step jab
 - (c) Halfstep jab
 - (d) Step jab, jab (do a "nonmoving step" to generate power of the second jab)

- (e) Step jab, jab-cross
- (f) Step jab, step jab-cross
- (g) Step jab, retreat jab-cross, left-1-2 90° turn

2. Knee Review

- (a) Jab, rear knee
- (b) Jab-cross, lead knee
- (c) Lead knee, cross
- (d) Same lead pivot, rear knee
- (e) Same lead pivot, lead knee, cross
- (f) Opposite lead pivot, rear knee
- (g) Opposite lead pivot, lead knee, cross

3. Kick Review

- (a) Rear kick pivot, same lead
- (b) Rear kick pivot, opposite lead
- (c) Short range rear kick
- (d) Medium range rear kick
- (e) Short range lead kick
- (f) Medium range lead kick

4. Tabata Conditioning Round⁴⁵

- (a) 20 seconds pitterpat
- (b) 10 seconds rest
- (c) 20 seconds left kicks
- (d) 10 seconds rest
- (e) 20 seconds right kicks
- (f) 10 seconds rest
- (g) 20 seconds pitterpat
- (h) 10 seconds rest
- (i) 20 seconds left kicks
- (j) 10 seconds rest
- (k) 20 seconds right kicks
- (l) 10 seconds rest
- (m) 20 seconds knees

⁴⁵ I Tabata, K Irisawa, M Kouzaki, K Nishimura, F Ogita, and M Miyachi. Metabolic profile of high intensity intermittent exercises. *Med Sci Sports Exerc*, 29(3):390-395, 1997

- 6:50 - 7:00 pm Cool-Down
- Announcements: Saturday will be the first Ian Ransburg *muay thai* seminar. Cost is \$30.

September 27, 2017

- 7:00 - 7:20 pm Warm-Up
- 7:20 - 7:35 pm Breakfalls
 1. Walking side fall 1× →
 2. Walking front fall 1× →
 3. Walking back fall 1× →
 4. Walking forward roll 1× →
- 7:35 - 8:05 pm Wrestling Review
- 8:05 - 8:35 Striking: Hook “3”

The hook comes directly from the long range guard, delivered by rotation, keeping head forward, an upward angle is acceptable for the body, while the horizontal fist for the head hook. Keeping the feet within the same square lessens over rotation. Snap the hip rotation, driving the hook a few inches by arm, but a few feet by this rotation. The 90° frame of the hook remains intact, it is the quick synchronous, rotation of the hips and shoulders, that delivers power through speed.

3 × 3 min of pad work with 1 minute breaks, both sides

 1. Basic Hook
 - (a) Hook
 - (b) Jab-hook
 - (c) Body hook-head hook
 2. Jab-cross-hook, shuffle back (rear leg moves first), flow step in the lead direction around your partner pushing/checking with the lead hand twice and then without changing tempo or range, throwing the rear kick.
 3. Jab-cross-hook, switch step to the opposite lead, flow step in the new lead (former rear) direction around your partner. Again push/check with the new lead hand twice and then, also without change in tempo or range throw the rear kick.
- 8:35 - 8:45 pm Cool-Down
- Announcements: Saturday will be the first Ian Ransburg *muay thai* seminar. Cost is \$30.

September 30, 2017

- 2:00 - 4:00 pm Ian Ransburg Dragon Leg Muay Thai Seminar

October 1, 2017

- 5:00 - 5:20 pm Warm-Up
- 5:20 - 5:35 pm Breakfalls
 1. Walking side fall 1× →
 2. Walking front fall 1× →
 3. Walking back fall 1× →
 4. Walking forward roll 1× →
- 5:35 - 6:20 pm Wrestling
- 6:20 - 6:50 pm Ian Ransburg Dragon Leg Muay Thai Seminar Review
- 6:50 - 7:00 pm Cool-Down

October 4, 2017

- 7:00 - 7:20 pm Warm-Up
- 7:20 - 7:35 Breakfalls
 1. Backward roll: Kneel with one leg up and the other shin on the floor parallel with your back. Extend both hand to this side, tuck your chin and look down your hand. Sit and roll backward, return to your stance.
- 7:35 - 8:05 pm Striking: Defense - From the Cover to the Spontaneous Protection Enabling Accelerated Response (S.P.E.A.R.)⁴⁶

Flinching may be the most effective way of avoiding being struck. For combat sports striking defense we use the “cover” literally placing the glove on the forehead and the upper arm against the rib cage, sinking the body slightly to have the arm covering the head and as much of the body as possible. A lead cover is called a “high cover” and a rear cover is called a “side cover”.

3 × 3 min of pad work with 1 minute breaks, both sides

 1. Cover Return (Protective S.P.E.A.R.)

The cover is instantaneous and transient, you cannot hide behind your arms for long, so following a cover you must either strike or grab your opponent to clinch. There are two thought processes behind striking after a cover, (a) throw the same side because it’s open once you get past their striking extremity or (b) throw the opposite side because it will “fit” between their guard.

⁴⁶ T Blauer. *Personal Defense Readiness: Professional Instructor Development*. Blauer Tactical Systems, 2003. URL blauerspear.com

- (a) High Cover 2⁴⁷
- (b) High Cover 3⁴⁸
- (c) Side Cover 3⁴⁹
- (d) Side Cover 2⁵⁰

2. Cover Clinch (Protective S.P.E.A.R.)

A second option is to clinch off the cover, because your opponent is that close. In this case, use the free hand to reach on the opposite side of their neck, with your hand turning over thumb down. Pull to the knee nearest their centerline. Now with the cover side arm, under or overhook your partner's arm and pivot off 90° with correct lead to lead or rear to opposite lead step, throw a rear knee. Take another 90° pivot step, in the same direction, to throw your partner away from you.

- (a) High Cover Knee
- (b) Side Cover Knee

3. Tactical S.P.E.A.R.

In the self-defense realm where you do not have the protection of the glove and your opponent is least likely to attack with good form, the way to "get into the fight" or access your art for self-defense is the tactical S.P.E.A.R. Here the arms extend at about shoulder height with the elbows bent about 45° and the slightly lateral with the fingers nearly touching forming a literal "spear". The head should be eyes on target but dropped into the space between the arms. Your goal is to forcibly place one forearm into the chest and lateral neck of your partner⁵¹. After each attack, your partner should hold for one to three strikes. The most typical "street" attacks are:

- (a) Hay Maker
- (b) Tackle
- (c) Grab (One Handed)
- (d) Grab (Two Handed)

• 8:05 - 8:35 pm Striking: Defense - Slipping

The slip is a more lateral motion and slouch than boxing to avoid getting kicked or kneed. It is important to keep looking at your opponent. Recover to your original posture, slipping back and then to the angle off the cross.

5 × 2 min of pad work with 1 minute breaks, both sides

1. Elbow: As you slip, step deeper bringing your inside elbow up, fist pointed at the floor, and rotate the shoulder to provide power. In practice, target the flat part of your proximal forearm to their chest. In a fight, consider the axilla or chin (depending on your rules).

⁴⁷ Holder throws a wide cross to your partner's lead side, who does a high cover followed by a cross.

⁴⁸ As above but following with a hook rather than a cross.

⁴⁹ Holder throws a wide hook to your partner's rear leg side, who does a side cover followed by a hook.

⁵⁰ As above but following with a cross rather than a hook.

⁵¹ T Blauer. *Personal Defense Readiness: Professional Instructor Development*. Blauer Tactical Systems, 2003. URL blauerspear.com

2. Hook: Whip a hook to the chin, using the second knuckle (index finger) thumb down as if you were stabbing at a 45° angle into their neck. It is like throwing an inverted back hand but hit with your knuckle. Throw the hook to the belly pad for safety, followed by cross-hook-cross.
 3. Lead kick: As you slip, slap/check their jabbing arm at the elbow, spinning them away from you. Now from there deliver the lead kick to the ribs, no step, simply use the spring rotation of the check. It is even more important to keep your rear heel elevated to allow the pivot.
 4. Hop rear kick: Again use the slap/check, if they step away use a small hop to deliver the kick to the leg with your rear leg. It is important to note that if they are in motion deliver the kick to just above the knee while if they are stationary to hit the mid-thigh.
 5. Side clinch: Enter as if throwing the elbow, but roll the hand up to (a) either grab the neck and push on the trapped arm or (b) clinch the hands together. Step back and knee, then pivot out to knee again.
 6. Body clinch: Lower your level and clinch at the waist, place your leg behind their near leg, bump it and throw them over this leg.
- 8:35 - 8:45 pm Cool-Down

October 7, 2017

- No Practice

October 8, 2017

- 5:00 - 5:20 pm Warm-Up
- 5:20 - 5:35 pm Breakfalls
 1. Walking side fall 1× →
 2. Walking front fall 1× →
 3. Walking back fall 1× →
 4. Walking forward roll 1× →
 5. Walking backward roll 1× →
- 5:35 - 6:50 pm Wrestling: Pummel
 1. Basic pummel

2. Pummel to double under
 3. Pummel with resistance
 4. Double under takedown, sucking arms in, using chest and head force to ground - must takedown at an angle, not straight back
 5. Double under takedown, hook foot behind his calf, use that to move to opponents side, squat down, arch, pop hips
 6. Defending the double under (arm twist) - force both fists into his ribs to create pain/space, trap/pinch one arm to your body, fake swim/pummel with other arm/hand, drop step, *ippon* to floor
- 6:50 - 7:00 pm Cool-Down

October 11, 2017

- 7:00 - 7:20 pm Warm-Up
- 7:20 - 7:50 pm Wrestling Review
- 7:50 - 8:15 pm Review Striking Defense: From the Cover to the SPEAR
5 × 3 min of glove work with 1 minute breaks, both sides simultaneously
 1. Cover Return
 2. Cover Clinch
 3. Cover Return or Clinch
 4. Tactical S.P.E.A.R.
 5. Tactical S.P.E.A.R.
- 8:15 - 8:35 pm Review Striking: Defense - Slipping
5 × 3 min of glove work with 1 minute breaks, both sides simultaneously
 1. Elbow
 2. Hook
 3. Lead kick
 4. Hop rear kick
 5. Side clinch knee
 6. Body clinch throw
- 8:35 - 8:45 pm Cool-Down
- Announcements: No practice Saturday

October 14, 2017

- No Practice

October 15, 2017

- 5:00 - 5:20 pm Warm-Up
- 5:20 - 5:35 pm Breakfalls
 1. Walking side fall 1× →
 2. Walking front fall 1× →
 3. Walking back fall 1× →
 4. Walking forward roll 1× →
 5. Walking backward roll 1× →
- 5:35 - 6:20 pm Wrestling

- 6:20 - 6:50 pm Defense Against Attacks From The Front

The attacks from the front obviously include striking which we have recently learned to defend using superior offense and movement but also covering, slipping, and the S.P.E.A.R. Another typical front attack is the tackle and wrestling shoot which we have learned to sprawl on, but for which the tactical S.P.E.A.R. can also be effective. In cases where the attacker or *uke* isn't picked up on the way in and actually makes contact and obtains an apparently superior position it still behooves you, in most cases, to use the tactical S.P.E.A.R.

Another technique that has a fair amount of utility for attacks from the front is the "bow-and-arrow". Bring one hand to your striking guard position and extend the other to *uke's* ipsilateral shoulder or chin. This can be a push or, if you need to inflict maximum damage, a strike. It is often safer to throw open hand rather than closed hand without gloves on. It is helpful to step into a fighting stance while you do this lending your hips and feet to the action.

- Two Hand Push
 1. Tactical S.P.E.A.R.
 2. Bow-and-arrow
- Two Hand Lapel Grab
 1. Tactical S.P.E.A.R.
 2. Bow-and-arrow
 3. Hook the sternal notch with 1 or 2 fingers, pull down
- One Hand Lapel Grab and Punch

1. Tactical S.P.E.A.R.
2. Bow-and-arrow to chin (push or strike)
- Two Hand Choke
 1. Tactical S.P.E.A.R.
 2. Bow-and-arrow
 3. Hook the sternal notch with 1 or 2 fingers, pull down
- One Hand Choke and Punch
 1. Tactical S.P.E.A.R.
 2. Bow-and-arrow to chin (push or strike)
- Front Wall / Corner Pin
 1. Tactical S.P.E.A.R.
 2. Bow-and-arrow
- Wrestling Shot
 1. Sprawl
 2. Tactical S.P.E.A.R.
- Tackle
 1. Sprawl
 2. Tactical S.P.E.A.R.
- Bear Hug from Front
 1. Arms Free
 - (a) Reinforced S.P.E.A.R.: Place forearm against neck and drive the palm heel into the contralateral arm to create leverage and space.
 - (b) Box the ears, gouge the eyes, head butt etc.
 2. Arms Trapped
 - (a) Underhook and clasp hands behind their back, at about shoulder blade level, drop one foot back to deliver knee, then skip step to the other side. Consider the head butt. If they try to pick you up, overhook their leg with your leg.
- Wrist Grabs
 1. Tactical S.P.E.A.R.
 2. "Knife"⁵²: Cut the grip open by flicking your hand in the direction of their thumb and index finger.
 3. "Switchblade"⁵³: (cross grab only) Roll your hand to the lateral side of their wrist, this can be made more effective by clapping your free hand on top of their grabbing hand.

⁵² Since the nomenclature "bow-and-arrow" and "S.P.E.A.R." arose independently but are thematically similar, I'm calling this the knife.

⁵³ Ditto.

Drill with 1-3 strikes following each escape.

- 6:50 - 7:00 pm Cool-Down

October 18, 2017

- 7:00 - 7:20 pm Warm-Up
- 7:20 - 7:50 pm Wrestling Review
- 7:50 - 8:10 pm Striking Review 2 × 2 min with an additional 3 conditioning round of pad work with 1 minute breaks, both sides

1. Ascending upper extremity striking⁵⁴
2. Ascending upper and lower extremity striking⁵⁵
3. *Tabata* Conditioning Round⁵⁶
 - (a) 20 seconds pitterpat
 - (b) 10 seconds rest
 - (c) 20 seconds left kicks
 - (d) 10 seconds rest
 - (e) 20 seconds right kicks
 - (f) 10 seconds rest
 - (g) 20 seconds pitterpat
 - (h) 10 seconds rest
 - (i) 20 seconds left kicks
 - (j) 10 seconds rest
 - (k) 20 seconds right kicks
 - (l) 10 seconds rest
 - (m) 20 seconds knees

⁵⁴ e.g. one technique, two techniques, three techniques etc. Use both offense and defense, when either *uke* or *tori* make a mistake start over.

⁵⁵ As above but adding kicks and knees

⁵⁶ I Tabata, K Irisawa, M Kouzaki, K Nishimura, F Ogita, and M Miyachi. Metabolic profile of high intensity intermittent exercises. *Med Sci Sports Exerc*, 29(3):390–395, 1997

- 8:10 - 8:35 pm Review Defense Against Attacks From The Front⁵⁷
- 8:35 - 8:45 pm Cool-Down
- Announcements: Sparring Saturday, now open to all students.

⁵⁷ The Attacks From The Front include:

- Two Hand Push
- Two Hand Lapel Grab
- One Hand Lapel Grab and Punch
- Two Hand Choke
- One Hand Choke and Punch
- Front Wall / Corner Pin
- Wrestling Shot
- Tackle
- Bear Hug from Front (arms free or trapped)
- Wrist Grabs

October 21, 2017

- 2:00 - 2:20 pm Warm-Up
- 2:20 - 3:50 pm Sparring
- 3:50 - 4:00 pm Cool-Down

October 22, 2017

- 5:00 - 5:20 pm Warm-Up
- 5:20 - 5:35 pm Breakfalls
 1. Walking side fall 1× →

2. Walking front fall 1× →
 3. Walking back fall 1× →
 4. Walking forward roll 1× →
 5. Walking backward roll 1× →
- 5:35 - 6:20 pm Wrestling
 - 6:20 - 6:50 pm Defense Against Attacks From The Side And Rear Attacks from the Side
 - Bear Hug from Side
 1. Arms Free: Turn toward them so that you are in the bear hug from front.
 - (a) Reinforced S.P.E.A.R.
 - (b) Box the ears, gouge the eyes, head butt etc.
 2. Arms Trapped: Turn toward them so that you are in the bear hug from front.
 - (a) Underhook and clasp hands behind their back, at about shoulder blade level, drop one foot back to deliver knee, then skip step to the other side. Consider the head butt. If they try to pick you up, overhook their leg with your leg.
 - Side Headlock
 1. Grab the forearm around your neck with the hand that is most lateral, reach your other hand up placing it either under the nose or grab their hair, push/pull backward.
 2. Grab the forearm around your neck with the hand that is most lateral, reach your other hand up placing it either under the nose or grab their hair, push/pull backward. Let go of the hand around your neck and use it to pick up their near leg.
 3. Grab the forearm around your neck with the hand that is most lateral, take your one index knuckle of your medial hand and drive it into their flank from the far side.
 - Arm Across Shoulders / Arm Grab
 1. Tactical S.P.E.A.R.
 2. Bow-and-arrow
 3. “Knife” or “switchblade”

Attacks from the Rear

- Bear Hug from Rear
 1. Arms Free

(a) Stomp their foot, fire elbows rearward to their head, and consider the rear head butt. Use momentum from one of your elbow strikes to palm heel one of the hands of their grip to open it, turn and face them.

2. Arms Trapped

(a) Stomp their foot, consider backward head butt, underhook and clasp their hands with one of yours, fire the other arm forward to load the elbow. Throw elbow, repeat if necessary. Step laterally in the direction of the arm you are clasping their's with, and use the opposite hand to reach back and push off your partner's hip, stepping 45^{circ} to the rear. If they attempt to pick you up, overhook their leg with yours, hooking with your foot at their knee.

– Mugger's Attack⁵⁸

1. Grab the arm around your neck with the ipsilateral hand, stomp their foot, fire your trapped hand posteriorly and then drive it forward to fire another elbow. Repeat if necessary. Step laterally in the direction of the arm around your neck, and use the opposite hand to reach back and push off your partner's hip, stepping 45^{circ} to the rear.

⁵⁸ One arm around the neck, the other grasping the ipsilateral arm.

– Full Nelson⁵⁹

1. Place both hands on your forehead to decrease control and anterior neck pressure. Once stabilized use one of your hands to reach back to gouge an eye, rip an ear, grab a finger, or punch. Drive both arms inferiorly to break their grip. Pivot step and face them.

⁵⁹ From behind, both arms underhook and then hands are clasped behind your partner's head.

– Rear Wall / Corner Pin

1. Do a front breakfall to prevent running into the wall, raise one arm superiorly as if to wave to a friend while simultaneously turning 180° in this direction, bring your centerline offline with your partner's.

Drill with 1-3 strikes following each escape.

- 6:50 - 7:00 pm Cool-Down

October 25, 2017

- 7:00 - 7:20 pm Warm-Up
- 7:20 - 7:50 pm Wrestling Review
- 7:50 - 8:10 pm Striking Review 2 × 2 min with an additional 3 conditioning round of pad work with 1 minute breaks, both sides

1. Ascending upper extremity striking with the pivot step⁶⁰
2. Ascending upper and lower extremity striking with the pivot step⁶¹
3. *Tabata* Conditioning Round
 - (a) 20 seconds pitterpat
 - (b) 10 seconds rest
 - (c) 20 seconds left kicks
 - (d) 10 seconds rest
 - (e) 20 seconds right kicks
 - (f) 10 seconds rest
 - (g) 20 seconds pitterpat
 - (h) 10 seconds rest
 - (i) 20 seconds left kicks
 - (j) 10 seconds rest
 - (k) 20 seconds right kicks
 - (l) 10 seconds rest
 - (m) 20 seconds knees
- 8:10 - 8:35 pm Review Defense Against Attacks From The Side And Rear⁶²
- 8:35 - 8:45 pm Cool-Down

October 28, 2017

- No Practice

October 29, 2017

- 5:00 - 5:20 pm Warm-Up
- 5:20 - 5:35 pm Breakfalls
 1. Walking side fall 1× →
 2. Walking front fall 1× →
 3. Walking back fall 1× →
 4. Walking forward roll 1× →
 5. Walking backward roll 1× →
- 5:35 - 6:20 pm Wrestling
- 6:20 - 6:50 pm Striking: *Tiip*
Offensive *tiip*: Bring the rear foot to the lead foot. It should be flatfooted and the leg straight in a "locked" position. Bring the

⁶¹ As above but adding kicks and knees

⁶⁰ e.g. one technique, two techniques, three techniques etc. This time after each set of techniques you must do a same side or opposite side 90 degree pivot step. Use both offense and defense, when either *uke* or *tori* make a mistake start over.

⁶² These are:

- Attacks from the Side
 - * Bear Hug from Side (arms free or trapped)
 - * Side Headlock
 - * Arm Across Shoulders / Arm Grab
- Attacks from the Rear
 - * Bear Hug from Rear
 - * Mugger's Attack: One arm around the neck, the other grasping the ipsilateral arm
 - * Full Nelson: From behind, both arms underhook and then hands are clasped behind your partner's head
 - * Rear Wall / Corner Pin

knee up, leg bent and as the leg extends thrust with the hip. The offensive lead *tiip*, bring your rear leg to the lead, foot rotating externally, throw the kick as described above. The rear *tiip* is thrown by rising onto the ball of the lead foot and driving the rear foot through and extending from the hips. Keep chin tucked and the head remains over the base foot. Recover forward one step with the same lead, or step back into the opposite lead. If the bag is swing start the step at its apex away from me. You can extend the arm on this side to push away an opponent after a missed *tiip*. Defensive *tiip*: Drive your knee up to umbilicus height, while opening the chest (i.e. unrolling from the the based hunched posture), then jab with the foot by thrusting with the hips. The defensive lead *tiip* shifts your weight over the rear leg, base foot rotated externally to keep it straight. The knee rises up between the umbilicus and inferior chest before the kick extends using the hips. This is a defensive jab, thrown just as your opponent shifts onto their lead foot off their rear to advance forward. One can either place the lead leg in a new stance having advanced a step (if they were thrust backward) or step back, switching to the opposite lead. It is important to remember to straighten/lock the base leg. The defensive *tiip* needs to be timed, try to catch your opponent as they step onto their lead foot, shifting the weight off their rear foot.

Side *tiip*: Thrown at a hip span further away, the kick starts like a regular *tiip*, with the knee rising straight in front, but rotate your hips sideways to throw the kick like a ball of the foot side kick toward the end. Defensively, throw this *tiip* as if you are throwing a Thai kick, but the leg comes out straight, turn your hips to allow the leg to extend further, foot at 45° from the ground. Your weight stays over your foot. For the offensive version, the leg comes up and you spring forward to deliver the kick.

1. *Tiip-Side Tiip*: Throw a *tiip* but recover to a straight legged *nekoashi-dachi* (cat stance) then bring the knee high, and rotate on the base leg to throw the side *tiip*. Arm extended on this side for defense.
2. *Tiip-Fake Tiip-Jab*: Throw the *tiip*. Step rear foot to front and lift the front knee as if to kick, instead of extending, throw the jab-cross/cross hook.
3. *Jab-Fake Jab-Tiip*: Step and throw the jab. Step back and again step forward faking the jab, now roll your weight onto your rear leg as it straightens. Lift your lead knee, leg bent and thrust forward at the hips. Recover backward or forward.
4. *Tiip-Rear High Tiip*: Throw a *tiip* as above and recover to the

step forward. Roll onto the lead leg, drive your rear knee high and thrust from the hips as the leg extends, open the chest.

- 6:50 - 7:00 pm Cool-Down

November 1, 2017

- 7:00 - 7:20 pm Warm-Up
- 7:20 - 7:50 pm Wrestling Review
- 7:50 - 8:10 pm Striking Review 2 × 2 min with an additional 3 conditioning round of pad work with 1 minute breaks, both sides

1. Ascending upper extremity striking with the *tiip*⁶³

2. Review the *tiip* combinations from last practice:

- Tiip-Side Tiip*
- Tiip-Fake Tiip-Jab*
- Jab-Fake Jab-Tiip*
- Tiip-Rear High Tiip*

3. *Tabata* Conditioning Round⁶⁴

- 20 seconds pitterpat
- 10 seconds rest
- 20 seconds left kicks
- 10 seconds rest
- 20 seconds right kicks
- 10 seconds rest
- 20 seconds pitterpat
- 10 seconds rest
- 20 seconds left kicks
- 10 seconds rest
- 20 seconds right kicks
- 10 seconds rest
- 20 seconds knees

- 8:10 - 8:35 Review Defense Against Attacks From The Front, Side, And Rear⁶⁵
- 8:35 - 8:45 pm Cool-Down

November 4, 2017

- 2:00 - 2:20 pm Warm-Up
- 2:20 - 3:50 pm Sparring
- 3:50 - 4:00 pm Cool-Down

⁶³ e.g. one technique, two techniques, three techniques etc. This time after each set of techniques you must do an offensive or defensive *tiip*. Use both offense and defense, when either *uke* or *tori* make a mistake start over.

⁶⁴ I Tabata, K Irisawa, M Kouzaki, K Nishimura, F Ogita, and M Miyachi. Metabolic profile of high intensity intermittent exercises. *Med Sci Sports Exerc*, 29(3):390-395, 1997

⁶⁵ These are:

- Attacks from the Front
 - * Two Handed Push
 - * Two Hand Lapel Grab
 - * One Hand Lapel Grab and Punch
 - * Two Hand Choke
 - * One Hand Choke and Punch
 - * Front Wall / Corner Pin
 - * Wrestling Shot
 - * Tackle
 - * Bear Hug from Front (arms free or trapped)
 - * Wrist Grabs
- Attacks from the Side
 - * Bear Hug from Side (arms free or trapped)
 - * Side Headlock
 - * Arm Across Shoulders / Arm Grab
- Attacks from the Rear
 - * Bear Hug from Rear
 - * Mugger's Attack
 - * Full Nelson
 - * Rear Wall / Corner Pin

November 5, 2017

- 5:00 - 5:20 pm Warm-Up
- 5:20 - 5:35 pm Breakfalls
 1. Walking side fall 1× →
 2. Walking front fall 1× →
 3. Walking back fall 1× →
 4. Walking forward roll 1× →
 5. Walking backward roll 1× →
- 5:35 - 6:20 pm Wrestling
- 6:20 - 6:50 pm Defense Against Attacks On The Ground
 - Push Down: Your partner pushes you, do a breakfall, and remain on the floor.
 1. Lay on one side, prop yourself on the hand nearest the ground, place your free hand up to guard yourself. The top leg can be used to kick up at your opponent or is used to elevate the hip to throw a side *tiip* to the knee or shin with the leg closest to the ground. If your opponent circles, switch sides. When they back off stand by either getting to “combat base”: place the foot of the leg furthest from the mat, then use the hand on the mat to bring your other foot to the opposite corner of the box of your fighting stance and stand.
 2. Alternatively when you stand, throw a roundhouse kick toward their head and use this to “cartwheel” to a standing position. If you miss you recover like a missed roundhouse kick.
 - Mount with Arms Unpinned: You are supine and your partner is sitting on you.
 1. Bridge-and-roll: Hip bump them forward and trap one of their arms against your chest by underhooking at the elbow and pulling to your centerline. Trap the foot on the same side by placing your foot on the lateral side of their calf. Now bridge over your shoulder at a 45° angle on the trapped side. You should end up in their guard. Throw strikes to the head, sides, abdomen, and groin which should cause them to open the guard and allow you to stand.
 2. Shrimp: Turn on one side, push their knee down with your hands and pull your leg free by pulling your knee to your axilla. Switch sides use a forearm in the neck to keep their

weight off you while pushing on the opposite knee. Pull your leg free and place them in the guard, you will have your legs with ankles crossed wrapped around your partner's mid-section. Now slide one knee across their body from hip to opposite shoulder, use this to create enough to space to bring your other foot to their ipsilateral hip. Use this to remove the "knee shield" and allow yourself to *tiip* to the chest and face alternating with your other foot. When your opponent gives you space, stand-up as above for the Push Down.

- Mount with Arms Pinned: You are supine and your partner is sitting on you and holding your wrists to the mat.
 1. Pull one hand inferiorly and push the other superiorly along the mat, bridge over your shoulder at a 45° angle on the side where the hand is low. If they simply turn over you will end up in the guard, strike as above and stand.
 2. If they let go to stabilize or "base", go back to the Mount with Arms Unpinned above.
- Rear Mount with Arms Unpinned: You are prone and your partner is sitting on you.
 1. From a the flat position, climb to your elbows and knees also called "four points". Keep your elbows inside your knees and protect your neck and face with your hands. If you have to bump forward gently to provoke your partner to base. Grab this arm and pull at a 45° angle over your shoulder as you buck your hips toward the ceiling. They should get off of your either by falling flat in front of you or standing. If they fall, strike with your closest weapon to the closest target (CWCT)⁶⁶, if they stand go to Push Down above.
- Rear Mount with Arms Pinned: You are prone and your partner is sitting on you and holding your wrists to the mat.
 1. Drive one hand inferiorly and the other superiorly, now climb to four points, buck over the shoulder where you have created space, i.e. the low hand. If they fall in front of you, use CWCT to strike them.
 2. If they base to prevent falling, go to Rear Mount with Arms Unpinned.
- Side Mount: You are supine and your partner is prone, perpendicular to you. Their superior arm is under your neck and their shoulder is in your face. Their inferior hand is either underhooking your far arm or on the mat at your hip. They are either on their toes, keeping their weight on you and their toes, or kneeling, keeping their knees tight to your body at the hip and shoulder.

⁶⁶ T Blauer. *Personal Defense Readiness: Professional Instructor Development*. Blauer Tactical Systems, 2003. URL blauerspear.com

1. Keep the forearm nearest your partner in their superior hip and keep the far arm in their inferior axilla, hand on their back. Use your arms to push away as you shrimp your hips away from your partner. Bring your leg inside and pull them to the guard. Now use the knee shield to bring your other foot to their ipsilateral hip. Use this to remove the knee shield and allow yourself to *tiip* to the chest and face alternating with your other foot. When your opponent gives you space, stand-up as above for the Push Down.
 2. Keep the forearm nearest your partner in their superior hip and keep the far arm in their inferior axilla, hand on their back. Use your arms to push away as you shrimp your hips away from your partner. Turn to four points and move so that you are perpendicular to your opponents legs, double leg, and stand.
- *Kesa Gatame* (Side Headlock): You are supine and your partner is sitting in a “hurdler” position their extended leg nearest you and pointing superiorly. Their near arm is wrapped around your neck and secured by their far hand.
1. Create a frame by placing your far arm across their neck, parallel with ground, reinforced by the near arm with forearm perpendicular to the mat. Create space with your frame while walking your feet so that you and your partner line up. This should allow you to topple them to their back. If they continue to hang on drive the frame into their neck as you raise your head to the ceiling, when they release, throw strikes, then stand and step away.
 2. Create a frame by placing your far arm across their neck, parallel with ground, reinforced by the near arm with forearm perpendicular to the mat. Create space with your frame and throw your far leg over their head, hook your ankle with the popliteal fossa of your opposite leg and use this leverage to pry your partner off you. Roll up to your knees, throw strikes, stand and step away.
- 6:50 - 7:00 pm Cool-Down
- November 8, 2017*
- 7:00 - 7:20 pm Warm-Up
 - 7:20 - 7:50 pm Wrestling Review
 - 7:50 - 8:35 pm Review Attacks On The Ground⁶⁷
- ⁶⁷ Which include the following:
- Push Down
 - Mount with Arms Unpinned
 - Mount with Arms Pinned
 - Rear Mount with Arms Unpinned
 - Rear Mount with Arms Pinned
 - Side Mount
 - *Kesa Gatame* (Side Headlock)

- 8:35 - 8:45 pm Cool-Down
- Announcements: No practice Saturday.

November 11, 2017

- No Practice

November 12, 2017

- 5:00 - 5:20 pm Warm-Up
- 5:20 - 5:35 pm Breakfalls
 1. Walking side fall 1× →
 2. Walking front fall 1× →
 3. Walking back fall 1× →
 4. Walking forward roll 1× →
 5. Walking backward roll 1× →
- 5:35 - 6:20 pm Wrestling
- 6:20 - 6:35 pm Kick Defense
 1. Blocking: Roll the rear foot heel to the mat as this leg extends, bring the lead leg up about 20° off midline to meet the lead elbow (which will fit outside the knee). Toes pointing at the floor. We also did this alternating kicks to the body and the head.
 2. Catching: To catch the kick, step laterally with the kick, the arm on the side that is getting kicked reaches high and laterally as the other hand cross midline to protect the face. Wrap the kick tightly by sucking the arm up.
 3. Catch to Leg Sweep: Once you have the leg caught, you can sweep the base leg. If they are leaning it is simple just to kick the leg out low between the calf and the foot. If they are standing up, then use your free hand to push as you sweep the leg.
- 6:35 - 6:50 pm Knee Counters
 1. When you clinch for knees with your partner, grab behind the neck with your lead hand (which your partner will mirror) and grab their cubital fossa with your rear hand. Place your forehead on their shoulder (not ear-to-ear!).
 2. Knee for Knee: Throw the rear knee, they counter with their rear knee, throw the lead knee, they counter with their lead knee, rinse and repeat.

3. Snap Down to Body (or Head) Knee: Throw the rear knee, they counter, throw the lead knee, drop step the lead knee back, snapping their head down, throw a straight knee to the (body) or head.
 4. Knee to Dump: This is a Thai-style *sukui-nage*. Throw the rear knee, they counter, throw the lead knee, step this leg behind their leg almost creating a seat for them with your thigh. Keep control of the neck from behind, and place your front hand on their far hip (to prevent them turning back into you. Rise on your toes and bend the knee of the leg between their legs as you look over your shoulder to throw them.
- 6:50 - 7:00 pm Cool-Down
 - Announcements: Fall Break starts next Saturday, practice will resume two weeks from today.
 - Announcements: Saturday December 2 will be the last Ian Ransburg *muay thai* seminar of 2017. Cost is \$30.

November 15, 2017

- 7:00 - 7:20 pm Warm-Up
- 7:20 - 7:50 pm Wrestling Review
- 7:50 - 8:35 pm Review Defense Against Attacks From The Front, Side, Rear and On The Ground⁶⁸
- 8:35 - 8:45 pm Cool-Down
- Announcements: Fall Break starts Saturday, practice will resume the following Sunday.
- Announcements: Saturday December 2 will be the last Ian Ransburg *muay thai* seminar of 2017. Cost is \$30.

November 18, 2017

- No Practice

November 19, 2017

- No Practice

November 22, 2017

- No Practice

⁶⁸ These are:

- Attacks from the Front
 - * Two Hand Push
 - * Two Hand Lapel Grab
 - * One Hand Lapel Grab and Punch
 - * Two Hand Choke
 - * One Hand Choke and Punch
 - * Front Wall / Corner Pin
 - * Wrestling Shot
 - * Tackle
 - * Bear Hug from Front (arms free or trapped)
 - * Wrist Grabs
- Attacks from the Side
 - * Bear Hug from Side (arms free or trapped)
 - * Side Headlock
 - * Arm Across Shoulders / Arm Grab
- Attacks from the Rear
 - * Bear Hug from Rear
 - * Mugger's Attack
 - * Full Nelson
 - * Rear Wall / Corner Pin
- Attacks On The Ground
 - * Push Down
 - * Mount with Arms Unpinned
 - * Mount with Arms Pinned
 - * Rear Mount with Arms Unpinned
 - * Rear Mount with Arms Pinned
 - * Side Mount
 - * *Kesa Gatame* (Side Headlock)

November 25, 2017

- No Practice

November 26, 2017

- 5:00 - 5:20 pm Warm-Up
- 5:20 - 5:35 pm Breakfalls
 1. Walking side fall 1× →
 2. Walking front fall 1× →
 3. Walking back fall 1× →
 4. Walking forward roll 1× →
 5. Walking backward roll 1× →
- 5:35 - 6:20 pm Wrestling
- 6:20 - 6:50 pm Jab Offense & Defense Review
3 × 6 min of partner work with 1 minute breaks
 1. Jab: Rock step to rear foot, then lead foot, back to the rear. As you rock forward step (both feet) and jab.
 2. Jab-Rear Knee: As with the jab above, after the jab rock to the rear foot and then as you rock forward, rise on the toes of the front foot, straighten the lead (base) leg, and deliver the rear knee. Point the knee to the midline, with the foot lateral. Return to your original stance.
 3. Jab-Rear Knee-Rear Kick: As with the jab-rear knee above, rock to the rear foot, as you rock to the lead foot, straighten the lead leg, bring the knee of the rear leg up, pointing at your target, then flick the foot for the kick. Bring it through 180° to the same stance.
 4. Rearward Slip Cross: Catch-step back, catch-step back, rearward slip either just with your upper body or by stepping only the rear foot back. Return to upright (and return to regular stance) throw the cross.
 5. Hook Catch to Elbow: Catch-step back, catch-step back, catch and pull the jab laterally, throw the elbow in an upward diagonal with the lead. If they are punching hard, you will be able to pull them into the elbow. If they are flicking the jab, you will have to step forward with the lead foot to land the elbow.

6. Catch to Lead Kick: Catch-step back, catch-step back, catch and simultaneously switch step to throw the lead kick to the abdomen. As they drop their hand to protect their side, deliver the head kick (sometimes waiting 1-2 rounds to do this).

- 6:50 - 7:00 pm Cool-Down
- Announcements: Saturday will be the last Ian Ransburg *muay thai* seminar of 2017. Cost is \$30.

November 29, 2017

- 7:00 - 7:20 pm Warm-Up
- 7:20 - 7:50 pm Wrestling Review
- 7:50 - 8:20 pm Striking: Elbow
Horizontal Elbow: Whip the elbow across the body, as if the hand were to scratch your shoulder.
Uppercut Elbow: Bring the elbow up, as if the hand were to rapidly style your hair. Do not punch yourself in the face.
Downward Elbow: Bring the elbow in a downward diagonal as if you were trying to punch the opposite pectoral muscle.
3 × 3 min of pad work with 1 minute breaks, both sides
- 1. Catch lead horizontal elbow: Use your rear hand to catch and hook their jab, curling the wrist to grip their glove at their wrist. Rotate the shoulders, pulling their jab hand and throw the lead elbow, bring the hand to the opposite side of your head, acting as a defensive shield should the elbow miss.
- 2. Catch (jab) catch (cross) lead horizontal elbow: Catch the jab with your rear hand, catch the cross with your rear hand, simultaneously step 45° on the ball of the foot and rotate on your lead foot, letting their momentum pull them by while you throw your lead elbow. The elbow is horizontal if your opponent is your height, downward diagonal if shorter, and upward diagonal if taller.
- 3. Jab upper cut elbow, lead and rear. For the lead throw the jab, step the lead foot to mid-line and throw the lead uppercut elbow. The rear combo again enters with the jab, then step laterally to bring your rear elbow midline. Throw the elbow upward, catching with the tip.
- 8:20 - 8:35 pm Review Defense Against Attacks From The Front, Side, Rear and On The Ground⁶⁹
- 8:35 - 8:45 pm Cool-Down

⁶⁹ These are:

- Attacks from the Front
 - * Two Hand Push
 - * Two Hand Lapel Grab
 - * One Hand Lapel Grab and Punch
 - * Two Hand Choke
 - * One Hand Choke and Punch
 - * Front Wall / Corner Pin
 - * Wrestling Shot
 - * Tackle
 - * Bear Hug from Front (arms free or trapped)
 - * Wrist Grabs
- Attacks from the Side
 - * Bear Hug from Side (arms free or trapped)
 - * Side Headlock
 - * Arm Across Shoulders / Arm Grab
- Attacks from the Rear
 - * Bear Hug from Rear
 - * Mugger's Attack
 - * Full Nelson
 - * Rear Wall / Corner Pin
- Attacks On The Ground
 - * Push Down
 - * Mount with Arms Unpinned
 - * Mount with Arms Pinned
 - * Rear Mount with Arms Unpinned
 - * Rear Mount with Arms Pinned
 - * Side Mount
 - * *Kesa Gatame* (Side Headlock)

- Announcements: Saturday will be the last Ian Ransburg *muay thai* seminar of 2017. Cost is \$30.

December 2, 2017

- 2:00 - 4:00 pm Ian Ransburg Dragon Leg Muay Thai Seminar

December 3, 2017

- 5:00 - 5:20 pm Warm-Up
- 5:20 - 5:35 pm Breakfalls
 1. Walking side fall 1× →
 2. Walking front fall 1× →
 3. Walking back fall 1× →
 4. Walking forward roll 1× →
 5. Walking backward roll 1× →
- 5:35 - 6:20 pm Wrestling
- 6:20 - 6:50 pm Ian Ransburg Dragon Leg Muay Thai Seminar Review
- 6:50 - 7:00 pm Cool-Down

December 6, 2017

- 7:00 - 7:20 pm Warm-Up
- 7:20 - 7:50 pm Wrestling Review
- 7:50 - 8:35 pm Ian Ransburg Dragon Leg Muay Thai Seminar Review
- 8:35 - 8:45 pm Cool-Down

December 9, 2017

- 2:00 - 2:20 pm Warm-Up
- 2:20 - 3:50 pm Sparring
- 3:50 - 4:00 pm Cool-Down

December 10, 2017

- 5:00 - 5:20 pm Warm-Up
- 5:20 - 6:50 pm Certification Review
- 6:50 - 7:00 pm Cool-Down

December 13, 2017

- 7:00 - 7:20 pm Warm-Up
- 7:20 - 8:35 pm Certification Testing
- 8:35 - 8:45 pm Cool-Down

Bibliography

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