

Yonkyu – Blue Belt “Leopard”^(4th kyu)

A blue belt represents the sky and signifies continued growth. You as a student moves upward in your development, just as a plant reaches up into the blue sky as it grows.

SEE*=SEE – EVALUTE – EXECUTE IN A FIGHT OR SELF DEFENSE SITUATION- REFUSE TO LOSE. BEING SAFE WILL GET YOU HURT. SHOUT-BEFORE-DURNING-AFTER ATTACK. NO KNIFE FIGHTS-ONLY MURDER & HOMICIDE

All Previous Memorization:

All Previous Stances, Elbows, Blocks, Open Hand Strikes, Closed Hand Strikes and Kicks:

Waza # 1 - 17: (*Drop a Bear*)

Step back right leg 5 o'clock, left outward forearm block, left palm heel to face, grab hair, right elbow to face, grab, right short round kick to groin, right calf sweep, R-Leg stomp to head.

Waza # 1 - 18: (*SHOULDER PRESS*)

Step back (R) leg 5 o'clock / check (L) hand / (R) punch to body, slide up (R) leg to (L) / (L) heel of palm to head / trap (R) arm, (R) shoulder press, (R) knee to back of neck, gooseneck opponents (R) hand.

Self-Defense # 1 - 9: (*GUILLOTINE*)

You are in a front standing guillotine; the opponent has positioned their right forearm under your throat. Place your right hand on the opponent's left hip and use your elbow to pry their arm away from their body. This provide you room and time to make an escape. -FAN

McCall's Musashi Secret: *The Musashi Helmet* (proven offense & defense attacks)

Sparring Technique #1 – 9: (*SUPERFOOT*) (understand Musashi's fighting range of attack-Far-middle-close combat)

Slide up hook kick / sidekick, jab, lunge punch.

Ground Technique # 1 – 6: (*AMERICANA/PAINT BRUSH/BENT ARM BAR*)

Used when you are in a mount or cross mount position on your opponent. Trap the opponent's wrist with your opposite side hand. Place your elbow by opponent's head on same side as the trapped arm. Put your other hand under his elbow and grab your own wrist. Lift opponent's elbow off ground 1-2". Pull Opponent's wrist at 180 degrees "Paint Stroke".

Clinch # 1 & 2: (*COLLAR AND ELBOW*) - This is a neutral clinch

Place lead leg same side hand on opponent's neck at the collar. Place rear leg same side hand on the opponent's elbow (In the crook of the opponent's elbow). The opponent s will have you griped the same way. This creates a neutral clinch. You can slightly improve your position by placing your hand on the opponent's biceps rather than at the elbow and pushing the opponent's arm inward.

Kata: SEE INSTRUCTOR

