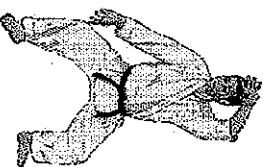
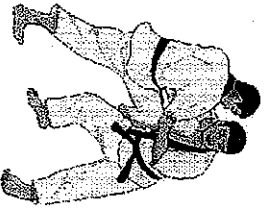


10 x 10 Martial Arts Matrix

10	Blind Cres Kick	Ushiro-goshi	Kanku-dai	Waki-gatame	Group Evasion	3 Cardinal Virtues	Multiple Opponents	MC Weapons	Spiritual Connection	Ju
9	Fake to Back Fist	Hane-goshi	Hangetsu	Hiza-gatame	Tenchi-nage	5 State of Consciousness	Kicking from the Ground	Common Objects	Sphere of Awareness	Ku
8	Fake to Hook Kick	Sumi-gaeshi	Gosoku Yodan	Juji-gatame	Kokyu-nage	7 Power Centers	Count Dante	Sword Attacks	Misogi	Hachi
7	Grab to Neck Chop	Tomoe-nagi	Basai-dai	Pin Escapes	Shiho-nage	9 Part Torroid	More Ouchi	Jo Swinging	Mu-shin	Shichi <small>七</small>
6	Fake to Spin B Kick	Deashi-barai	Tekki Shodan	Knee push to roll over	Kote-gaeshi	11 Rules for Being Human	Thai Kick	Bo Kata Shodan	Ki-me	Roku
5	Back Fist to Punch	Osoto-gari	Heian Yodan	Roll to Okuri-erijime	Shoulder Pin	10 Images Snake	3 B's Hardened	Club Defense Front	Sword to Let Live	Go
4	Front to Round Kick	Harai-goshi	Heian Godan	Kate-juji-shime	Wrist Pin	8 Position Medicine Wheel	Kick trap Back drop	Knife Defense Front	Ki	Shi
3	Round to Front Kick	O-goshi	Heian Sandan	Tate-shiho-gatame	Sankyō	6 Sided Star of Balance	Knee Elbow Head but	Knife Defense Rear	Ju Dynamic Sphere	San
2	Fake up Side Kick	Tai-otoshi	Heian Nidan	Yoko-shiho-gatame	Nikyō	4 Sufi Principles	Knee Sweep	Gun Defense Front	Kun Jita Kyoei	Ni Mazas
1	Knee tap Front Punch	Seoi-nagi	Heian Shodan	Throw to Kasa-gatame	Ikkyō	2 Questions of the Heart	Close in Sweep	Gun Defense Rear	Seiryōkyō Zenyō	Ichī Pattern Interrupt

Free Fighting Techniques 1 Judo Throws 2 Karate Katas 3 Grappling Techniques 4 Aikido Techniques 5 Circle of Life Katas 6 Special Techniques 7 Weapons Techniques 8 Budo Principles 9 Advanced Arts 10



Tim Piering - Instructor
 International Karate Association
 6:00 AM Class