

Focus, your mind on I am  
When I am myself goes  
Refuse all thoughts except  
Just keep in mind the simple  
I Simply followed my teacher's

The sense I am is always  
Separate consistently and  
It is very much like digging  
I am is ever a fresh  
Struggle to find out what

Just be content with what  
My teacher told me to hold  
Dive deeply into the sense  
Before the Mind I am  
What do you love now

A Quiet mind is all you  
When you demand nothing  
There is no such thing as  
Your first task is to see  
The only thing a Guru can

Freedom from all desire  
Christianity is one way  
Having realized that you  
Time is endless though  
To me nothing ever

Look at yourself steadily  
You need not get at it  
Nothing is done by me  
Whatever you think about  
In the end you will know

First of all abandon all self  
For some time the mental  
Having seen that you are  
With some realization  
You will recognize that

Keep in mind your goal  
Keep the I am in the focus  
Having realized that I am  
Another thing I noticed  
All that lives works for the

If the dream appears to be  
Spontaneously became a way  
The world is but the surface  
The world is there because I  
As long as you believe

- 9. Put it all together
- 8. Base and Clinch  
Hu Bud & Blend
- 7. Hu Bud to Stop,  
Duck, arm reach
- 6. Four Disposals  
Sweep, push chest,  
push arm, back leg
- 5. Squat, Low hit,  
rising head butt
- 4. Arm wrench, groin  
Slap, face backfist
- 3. Head to shoulder,  
Grab neck & Blend
- 2. Slap, Left Right Left  
Kick & run
- 1. Slap, Left Right Left  
Slap & run

- ✓ Rear Hook Take-down
- ✓ Uki stands a) pull legs b) tomenagi
- ✓ Push back arm bars from bottom a & b
- ✓ Bench press to arm bar
- ✓ Push on knee trap hand push face
- ✓ Choke from bottom with arm trap
- ✓ Kick out escape
- 8. Forty Dollars
- 7. Head Lock  
Neck strike
- 6. Head Points
- 5. Phone book  
Neck push down
- 4. Teeth Break
- 3. Nose break
- 2. Short Punch
- 1. Choke to Arm  
Cross over

- ✓ Arm Grab, Sit to Suma Gaeshi
- ✓ Attacks Arm Choke Wrist
- ✓ Mount Escape trap leg & roll
- ✓ Stand up scissors escape
- ✓ Mount Escape trap leg & arm & roll
- ✓ Stand up to push knee escape
- 6. Suck in R Back  
Then follow
- 5. L Hangs Out  
L Jab L Jab
- 4. L Keep Out  
Follow right
- 3. Jab Counter  
to L Jab
- 2. R to Stomach  
L Hook to Face
- 1. L Jab Face  
to L Hook

- 6. Seichin
- 5. Kanshu
- 4. Kanshiwa
- 3. Gosoku w back kick  
L Sweep L Side Kick  
Block back fist punch  
Kicking Mule  
ROK Punch  
Prancing Horse  
Proctor hi claw down  
Proctor Osoto Gari  
Rhino
- 2. Penetrating Gosoku  
Penetrating Side Kick  
Hi low hi Hi hi low  
1 to 2 to 5  
10 to 3 to 7  
8 to 999  
1 to 4 to 6  
Free charge
- 1. FreeSpar 1 to 2  
Gosoku charge  
Slap PPP Slap  
L Round to 2  
R Gosoku charge  
Slap PPP kick  
Popup low mid high  
Popup low mid high  
Knee elbow head throw

**Comstock**

- Barhito

- Webre

- Vasiliev Close

- Boxing

- Adv Judo

**M I X E D C O M M A N D K U M T E**

- Free spar Kata