

This manual belongs to: _____

SHEPHERD-WARRIOR MARTIAL ARTS



Chi-Tu Do Student Handbook

For students in the Warriors Program

Updated July 2023

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Dear Student,

Thank you for choosing Shepherd-Warrior Martial Arts. It is an honor and a privilege for us to be your chosen martial arts school. I believe that God has brought us together for a purpose. We look forward to working with you and helping you achieve your goals. It is our desire that you have a positive and uplifting experience every time you come to class. If there is anything that we can do better in this regard, please let us know. Your feedback and comments are very important to us.

As you probably know by now, Chi-Tu Do is a martial art taught from a Christian perspective and with a Christian philosophy. So, in practicing this martial art properly, it must be understood that the art is tempered by our faith in Christ. We are not teaching this art so you can be the ultimate fighting machine. The practice and use of the martial arts should always be filtered, first, through Jesus' commands to love God with all that we are and all that we have, and to love people (and lay down one's life for his/her friends). Second, it should also be filtered through Christian principle of the "Golden Rule," that you would not do to someone else (even an attacker) what you would not want to have done unto you. God is just, but He is also merciful.

We teach this art so that you can learn how to appropriate its principles so that you can become a better person, a better citizen and a better Christian; one that would be a benefit to your family, friends, and to the community.

In His service,

A handwritten signature in black ink, appearing to read 'D Forleo', with a stylized flourish at the end.

Dennis Forleo
7th Degree Black Belt
Owner/Senior Master Instructor

Opening Thoughts

Before making the commitment to a martial arts education, we feel it is important that you understand the responsibilities involved, both ours as well as yours. You will find it helpful to familiarize yourself with the information in this manual. We believe that if you thoroughly understand the requirements, you will be able to more effectively work towards accomplishing the goals you have set for yourself as well as meeting the required standards. At Shepherd-Warrior Martial Arts, we believe that communication is the key. If we work hard to maintain good communication, then we will have a great, long-lasting relationship. If at any time during your training you have questions or comments, we encourage you to express them to us without hesitation. We are open to your feedback and need to know how to best serve your needs.

Our Vision:

We are Shepherd-Warriors.
We exist to love and care for
our families and our students;
to serve and protect them,
to lead and guide them,
to lay down our lives for them,
to teach them the heart
and train them in the way
of the Shepherd-Warrior.

Our Values:

Love
Integrity
Unity
Growth
Quality
Accountability

Introduction to Chi-Tu Do



Chi-Tu Do Philosophy

Chi-Tu Do means “the way of the Anointed One” or “the Christian martial way.” It is founded on the principles of the Bible, God’s inspired word and our instructional guide for life. Among the many character traits of God, we see in Exodus 15:3 that “The Lord is a warrior, YHWH is His name.” Throughout the Bible we can read of the exploits of men trained in martial arts. The book of Judges (Ch. 13-16) records the life of Samson, a mighty man of God who killed 1,000 Philistines with the jawbone of a donkey and brought down a temple with his bare hands.

1 Chronicles 10 and 11 describe King David’s mighty men of valor and their exploits. Jashobeam and Abishai each killed 300 men in one battle with only a spear (v. 11, 20). Benaiah, using only a staff, fought a seven and a half foot tall Egyptian armed with a spear (v. 23). David himself claimed to be trained by God. He sings praise in Psalm 144:1 when he says, “Blessed be YHWH, my rock, who teaches my hands to war and my fingers to fight.” In the New Testament, we see even Jesus told his disciples, “he that hath no sword, let him sell his garment and buy one.” (Luke 22:36) God has made it clear that there is nothing wrong with self-defense and being prepared. From the Christian perspective, it is a person’s duty to defend himself or his loved ones from unprovoked attack.

The word “martial” means warlike or relating to war. This is where we get the word military. In Chi-Tu Do, we embrace many of the same principles our military does in training men and women. Values such as **discipline, self-control, integrity, honor, respect, courage, enthusiasm, and confidence** are the backbone of this system. Although these values can be taught in a secular environment, we believe that they can be more deeply and fully taught from a Biblical perspective. We believe these are also profoundly Biblical values and that their evidence in our lives is an outward sign of our faith in Jesus Christ.

Jesus Christ is the focus of Chi-Tu Do. The Bible tells us to train up our children in the way they should go (Prov 22:6) and to bring them up in the training and admonition of the Lord (Eph 6:4). We believe that training in Christian values is good for adults as well as children. We train our bodies as the temple of the Holy Ghost (1 Cor 6:19), our minds as the mind of Christ (1 Cor 2:16) and our spirit to be able to stand against spiritual warfare we encounter (2 Cor 10:3-6). Chi-Tu Do training is more than learning movements and techniques; it is about glorifying God with everything we are and learning to be more like Him.

The essence of our values can be summed up in the **Chi-Tu Do Warriors Code**:

To live a life of honor, embracing my duty to God, family, and my fellow man; upholding justice and mercy with courage and humility.

History & Lineage of Chi-Tu Do

Grandmaster Cunnings (8th Degree) – Brian Cunnings began training in Kwon Bup in Fresno, California in 1972. Taken from the traditional classes and put in the full contact kickboxing team, he competed in many PKA and full contact matches where Da’Shifu Al Moore Jr. took an interest in his training. Shortly thereafter he began training with Moore in Shoú Shú (pronounced Show Shoe) Kung Fu and attained a Black Belt in that style. In the early 1980s, as a pastor on a trip to Korea, he met fellow-minister and evangelist, Grandmaster Edward B. Sell and began cross-training in the Chung Do Kwan style of Taekwondo. Mr. Cunnings opened a Taekwondo school in Oakhurst, California in 1985 as a 3rd Degree Black Belt. His school was also housed at his church for several years throughout the 80s & 90s. In the early 1990s he successfully tested for 6th Degree Black Belt in that style. In the late 1980s, while still training in Taekwondo, then Master Cunnings met and began working with Soke Clement Riedner in both the Shiho Karano Ju Jitsu and Ba Men Chuan Fa martial art systems. He has since attained a 5th Dan in Ju Jitsu and a 6th Dan in Ba Men Chuan Fa. Also in the 80s, he met and began training with Grandmaster Ramiro U. Estalilla Jr. in the Estalilla Kabaroan system of the Filipino Weapons Arts (Eskrima). Apo Cunnings has reached the Associate Grandmaster (8th Degree) level in that system. He also worked as a Deputy Sheriff for many years and was the Head Defensive Tactics Instructor for his local County Sheriff’s Dept. He has also received extensive training in tactical firearms and is an instructor for law enforcement.



In the middle of the 1990s, after achieving his Master’s Degree (and beyond) in each of the individual styles, he decided to incorporate his knowledge of these 4 styles into one integrated system. This was the birth of Chi-Tu Do. The style is formally recognized by both Soke Riedner and GM Estalilla as a valid martial arts system. In 2000, Master Cunnings was promoted to the rank of 7th Degree Black belt and recognized as an Associate Grandmaster in Kabaroan Eskrima. In August of 2011, he was recognized as an 8th Degree Black Belt by Soke Riedner and now uses the title of Grandmaster. He also goes by the term “Apo” which simply means Uncle. Apo is retired and lives in Clovis, California. He has 2 sons, Bonner & Brent, and numerous grandchildren. He is also an author, writing *God is a Warrior; I am a Warrior* in 2013. You can view and purchase the book on the Amazon.com website. *Apo believes that Psalm 144:1 & 2 is the foundation and heart of the CTD system.*



Kung Fu



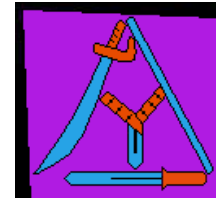
Taekwondo



Ju Jitsu



Eskrima



Senior Master Dennis Forleo – Beginning in 1985, when he was just 9 years old, Dennis Forleo sought out training in the martial arts to combat school bullying. Naturally, when he realized that his church’s pastor, Brian Cunnings, was going to be opening a Taekwondo school, he wanted to enroll. He reached a Junior Black Belt level in February of 1987, on his 11th birthday. He continued to train in Taekwondo and successfully tested for 4th Degree Black Belt (Associate Master) in Chung Do Kwan in May of 2000. He also began to learn some of the other styles (Shiho Karano Ju Jitsu and Kabaroan Eskrima) during the late 1990s as Apo Cunnings was launching the newly formed Chi-Tu Do system. He moved to Billings, Montana in June of 2000 and began teaching his friends in his basement. He also began learning Brazilian Jiu Jitsu just before he left California and continued to train in Billings. He holds a Blue Belt in that style. Master Forleo opened Billings Chi-Tu Do in July of 2003 and changed the name to Shepherd-Warrior Martial Arts in 2015. Since his move to Billings, he has trained directly with GM Estalilla and Soke Riedner numerous times and been tested for and promoted to 6th Dan in Shiho Karano Ju Jitsu, is an Advanced Apprentice Instructor of Tai Chi in the Ba Men system. In 2013 he was promoted to Associate Grandmaster (8th Degree) in Kabaroan Eskrima by GM Estalilla. In October 2022, he successfully tested for 3rd Degree Black Belt in Krav Maga. In 2017, he was promoted to 7th Degree Black Belt in Chi-Tu Do by GM Cunnings and uses the title of Senior Master.

Regarding each “parent” style:

Taekwondo – a Korean martial art which specializes in kicking and striking whose modern versions developed throughout the 1940s, 50s & 60s by various Korean Generals. “Tae” means to strike with the foot; “Kwon” means to strike with the hand; and “Do” means the way, method, or path. So, loosely translated, Taekwondo means the way of kicking and striking. Chung Do Kwan, meaning Great Blue Wave, is one of the 9 originally recognized styles of the World Taekwondo Federation at its beginning in 1973. For more information and a timeline about the development of the U.S. Chung Do Kwan Association and the history regarding the late Edward B. Sell or his wife GM Brenda, go to, www.uscdka.com/about-uscdka.

Ba Men Chuan Fa (Kung Fu) – a Chinese martial art meaning “8 Gates Fist Way” given to Soke Riedner by Dr. Andrew P. Tamper for the continued development of the Chinese connection between other martial arts techniques and Tai Chi. The martial applications of Ba Men Chuan Fa revolve around the application of the 8 gates to a combative situation. The primary goals of Ba Men are not to see how many forms the student can learn, but rather how the student can apply the principles of breath and Chi flow to his arts as well as personal health. For more information regarding the development of Ba Men Chuan Fa and the history of Soke Riedner, go to <http://www.christianblackbeltassoc.org/BaMen.htm>.

Shiho Karano Ju Jitsu – meaning “Circle of Readiness” or “4 Way Defense,” this art, developed by Soke Riedner, was born out of his early training in Hakkoryu Ju Jitsu in Japan in the 1960s but modified to reflect Soke’s Christian belief system. The style is organized around 4 basic categories, or directions – Basic Principles & Techniques (stance, footwork, blocking, striking, escaping), Throwing, Wrist Bends and Black Belt Principles (fine points). This art includes principles of Judo and Aiki-Jitsu as well as influences from Chin-Na. While the Shiho Karano system uses the traditional Japanese terminology for its techniques, in Chi-Tu Do we use more of the Aikido terminology for these same techniques. You can go to <http://www.christianblackbeltassoc.org/styles.htm> for info about Soke Riedner and Shiho Karano Ryu.

Estalilla Kabaroan Eskrima – with its roots in the Philippines, Kabaroan, which means “Art of the Barons,” has been taught to us by GM Ramiro U. Estalilla Jr., DMA. Kabaroan uses a cross-section of the Filipino arts to teach techniques and concepts using single, double and compound weaponry. Founded in 1921, Estalilla Kabaroan (known for its use of larger, heavier weapons, as opposed to the smaller, shorter sticks of Kali or Arnis) utilizes exercises/forms/katas, sinawali patterns and disarming techniques. The art is taught within the context of Philippine history and culture with a mind toward Humanizing (not animalizing) the art, Civilizing (not barbarizing) the artist and Refining the system. Estalilla is a Christian minister and emphasizes the Golden Rule when training. He has taught at Fresno City College since 1982.

Code of Conduct

We take great pride in our school and the quality of student we produce. We have designed these guidelines to help you get the most out of your training. You are expected to maintain the following standards of conduct in class:

Respect & Courtesy:

Showing respect and courtesy to others is our standard of behavior whether on or off the training floor. The more you give, the more you get. While training, you should always show respect and courtesy to all other students and instructors. While at home, you are expected to be respectful and courteous to your family as well. During class, your patience will be tested; don't lose it. Always maintain self-control, discipline and respect.

Appearance:

Be dressed in appropriate attire to practice. Personal hygiene is a must. Fingernails and toenails must be kept short and clean. Remember the "4 C's":

- 1.) Clean Body – Good personal hygiene.
- 2.) Clean Mind – Think no evil thoughts.
- 3.) Clean Heart – Keep your intentions pure.
- 4.) Clean Spirit – Be sincere in your actions.

Attendance & Practice at Home:

- 1.) Within your first year, we expect you to make at least 80% of your classes.
- 2.) Our goal is to get you to execute with speed and power without having to think about it. That won't happen without your focused effort and practice at home.

Mindset:

Take your training seriously. Have fun but give 100% effort in everything you do. When you are in class, be in an appropriate mindset to practice. Remember the reason(s) you are here.

The following behaviors will result in disciplinary action:

- 1.) Use of foul or abusive language in class.
- 2.) The use of tobacco or alcoholic beverages products prior to, or during class.
- 3.) The use, transport, or possession of any illegal drug or substance in or out of class.
- 4.) Any kind of intimidation, abuse or harassment of any individual in or out of class.
- 5.) Physical damage or theft of personal belongings in the training area.
- 6.) Other conduct which the instructor may deem inappropriate (see the X rule below)

Discipline may come in the form of one or more of the following:

- 1.) Verbal warning – student will be reminded that behavior is not acceptable.
- 2.) Physical punishment – extra pushups, sit-ups, squat kicks, etc.
- 3.) Temporary removal from class – the instructor may have them sit out for a time or have them go home for the night.
- 4.) Suspension from class – student must leave and will not be allowed to return without instructor approval.
- 5.) Permanent removal from class – student must leave and will not be welcome to continue training.

The X rule:

X in mathematics is the symbol for the unknown. The X rule states that if a situation arises that is not mentioned in the rules, the instructor, at his/her sole discretion, will have the right to determine if the situation will be tolerated and the consequences for the situation.

Student Etiquette

Personal Appearance:

The Chi-Tu Do student should be clean and neat at all times. The uniform should be clean and neat, patches neatly sewn on, belt hung evenly, hands and feet clean, finger and toenails always neatly trimmed and clean. Men's facial hair (mustache/beard/etc.) is to be kept neat and trimmed. Long hair is to be securely pulled back away from the eyes. No watches or other jewelry will be worn during practice (with the exceptions of a wedding ring and/or a medical ID). At the beginning of class, the instructor may perform an inspection of the students to insure cleanliness and safety.

Training Area Appearance:

The training area should always be neat and clean. This means that upon arriving for class if there is set up or clean up to be done, each student should automatically assume it upon himself or herself to get it done. Your help here demonstrates leadership and pride in your school

General Protocol:

- Christian Martial Artists should never forget that they primarily represent their Lord, Jesus Christ, then their family and their school and instructor.
- Each Christian Martial Artist should exhibit self-control both inside and outside of their training area.
- Always, and in all things "Do all to the glory of Jesus Christ." Yield your heart unto Him and be disciplined to a strong personal devotional life of reading your Bible and seeking to genuinely walk with God.

Training Area Protocol:

- Each student should always salute in respect to the training area upon entering and leaving the training floor.
 - Shoes should be removed before stepping onto the training floor. There are bins to temporarily store shoes at the front of the studio. There are several reasons for this:
 - i. To keep the mats cleaner.
 - ii. To prevent injuries while practicing Chi-Tu Do.
 - iii. To create better body balance and improve coordination.
- **NOTE**** Special training shoes (shoes that are not worn elsewhere) may be worn with instructor approval.
- Prior to the beginning of class, students are expected to warm up on their own or practice their material quietly. No loud talking or horseplay is allowed in the training area. Our school is a place where respect and self-control are always observed.
 - Each student's attitude should be one of respect and enthusiastic and attentive willingness to learn. When it comes to lining up, doing what is told by an instructor, participating in class actions, etc., students should always RUN.

- When lining up by rank, the line-up should be the highest ranked students beginning on the instructor's left forming to the instructor's right.
- When any upper ranked (4th Degree and up) Black Belt enters the class while in session, the first student or instructor who sees them should call the class to attention and lead them to salute in respect, then continue with the class. The senior instructor present should turn the class over to a junior instructor and personally greet the guest, before returning to teaching the class.
- When arriving after a class has already begun, the student should wait at the edge of the training area until acknowledged by the instructor and instructed to enter the class formation for training. No student should assume he or she may enter without permission.
- When any instructor communicates with a student, the student should stand at attention and answer with "Yes Sir", or "No Sir" (or Ma'am), never with "yeah," "nah," or "uh huh," etc. When being addressed by anyone with a higher ranked belt, stand at attention and answer with a sharp "Sir" (or Ma'am).
- When addressing any instructor in the studio always use their last name and Mr., Miss., Mrs., Master, Grandmaster, Soke, Dr., etc.
- During class, it is respectful to address all participating students as "Sir" or "Ma'am" when speaking, or when spoken to, regardless of their rank.
- To ask a question of the instructor, the student should first raise their hand and await recognition by the instructor. Then, after addressing the instructor in the appropriate manner (saluting and saying Sir or Ma'am), the student should ask their question. After receiving a response, the student should then thank the instructor and salute.
- Students should be in proper uniform when on the training floor. On Monday and Tuesday classes, you should wear your "A" uniform, which consists of your uniform jacket, pants and your belt. Other days of the week, you may wear the "B" uniform, which is an SWMA T-shirt, your uniform pants and belt. Female students are required to wear a T-shirt underneath the uniform jacket. It is requested that the T-shirt be the same color as either your belt or your jacket or an approved club T-shirt. Students should be in their "A" uniform at all events in which they are testing for either a stripe or new belt.
- A student may wear their uniform to and from class. Always leave your belt on when in uniform. You should not wear your uniform anywhere else other than in class or in transit to or from class, unless you are practicing or are a part of a demonstration. It is not a Halloween costume or plaything.
- If you must retie your belt or adjust your uniform during class, never face your instructor. Instead, turn around and face in the opposite direction to retie your belt or adjust your uniform.
- Students may not lean on the walls or touch the mirrors unless directed to do so by the instructor. Students who touch the mirrors may be required to clean them.
- Do not enter or leave the floor during training/class without permission from the instructor.
- There will be no chewing of gum on the training floor.

- Never wash your belt.
- Bring any problems that could interfere with your learning to the attention of your instructor.
- If you are injured *in any way* during class, notify the instructor immediately.
- When the instructor is teaching a class, show respect by not talking when he or she is demonstrating or explaining something.
- While seated on the floor, students should keep proper posture. There are three acceptable positions to sit: kneeling, cross-legged, or cross-legged with arms wrapped around knees.
- Do all exercises to the best of your ability. Students are expected to train hard both at the studio and at home and to be disciplined and cultivate a strong moral character.
- If you will not be attending a class, please notify the instructor prior to missing the class.
- If a student engages in sparring, it will be done under the supervision of an instructor to ensure safety. Safety gear *must* be worn to spar. Required safety gear includes a helmet and mouthpiece, gloves, boots and a groin protector (for men). Shin pads are optional, but highly recommended. Safety gear is always available for purchase in the pro shop.
- Visitors are always welcome, if they abide by our rules. You are responsible for your guests and their behavior.
- Always show courtesy and respect to all those present in the studio. Proper respect will be shown to all ranks.

Outside the Training Area Protocol:

- Fighting is not self-defense, and self-defense is not fighting. The physical skills we teach in class are not to be used unless you are in a life-threatening situation. Someone trying to hurt your feelings or make fun of you is not threatening your life. There are other, better alternatives for dealing with bullies.
- If you are in a bullying situation, please come talk to your instructors. We have all been in the same position before and can give you some tips on how to deal with it effectively. We also periodically teach a class called Stop Bullies FAST that will give you the tools to deal with bullying and teach you how to get them to leave you alone.
- Using your Chi-Tu Do skills is always prohibited unless it is in a true self-defense situation. First to strike in life threatening situation is one thing, however, to begin a fight or to engage in behavior that leads to a fight is entirely another. Anyone who engages in this sort of misconduct or anyone who misuses their knowledge, who shows a lack of self-control, who shows a lack of respect towards an instructor, their fellow students, or the school, may be terminated from Shepherd-Warrior Martial Arts without refund.

CHI-TU DO STUDENT UNIFORM CODE

The following standards are hereby adopted by Shepherd-Warrior Martial Arts as the Uniform Code for all Chi-Tu Do students. Since the word *uniform* means – consistent, standardized, identical in appearance, it would make sense that students wearing their training uniform should look...well, uniform. The jacket and pants should be kept neat, clean and wrinkle free when worn in class. The following are examples of the uniform we use and the placement of the patches that you can earn by completing your character sheets or by memorizing things.

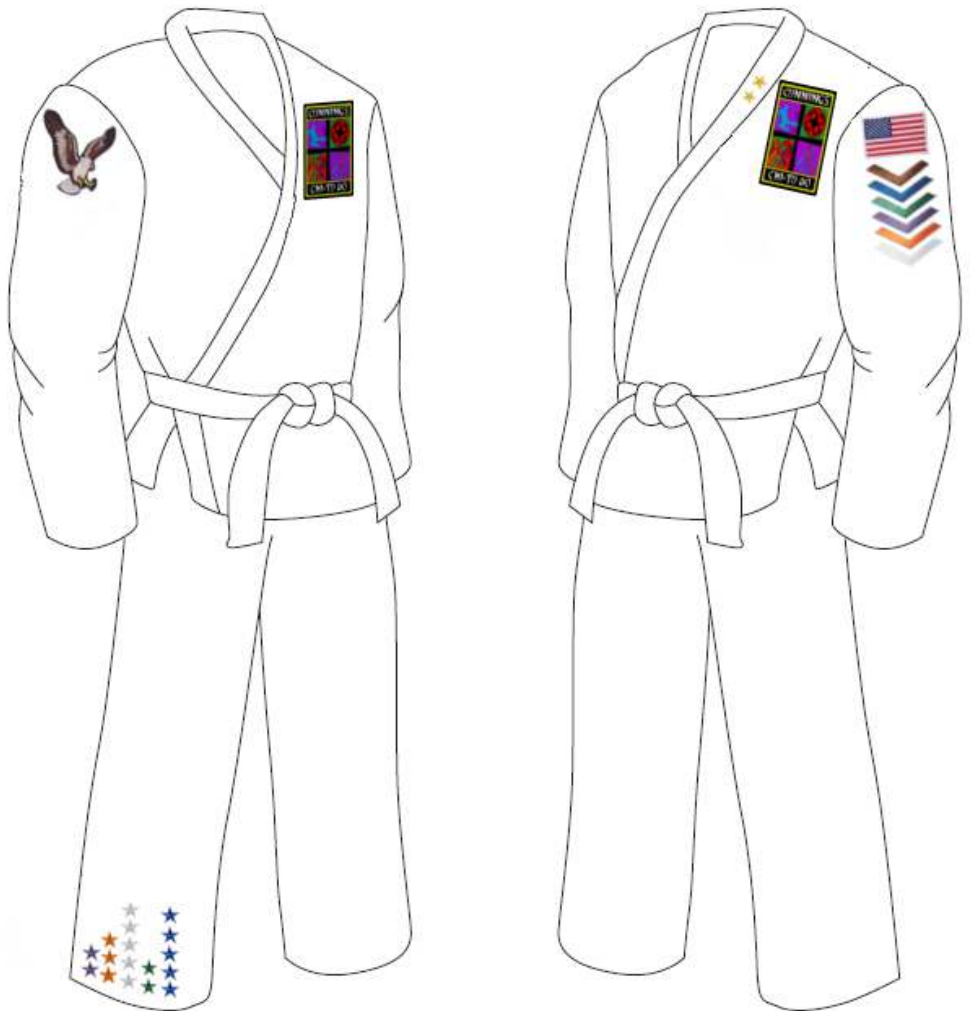
The Training Uniform consists of 3 parts:

- A. *The Jacket*
- B. *The Belt*
- C. *The Pants*

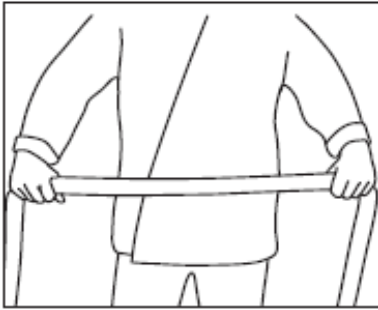
The Chi-Tu Do Student Uniform

NOTES:

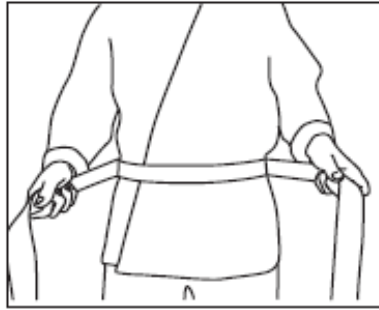
- You may get your name embroidered on your uniform if you wish.
- Students wear black pants and a black jacket with their belt.
- The jacket sleeves may be cut and hemmed to $\frac{1}{2}$ or $\frac{3}{4}$ sleeves or kept at full length at your preference.
- Note the uniformity of the placement of the patches. Yours should be applied in similar fashion. Later sections of this Handbook will tell you how you can earn each of these patches.
- Challenge Stars are placed on the right leg, below the knee.



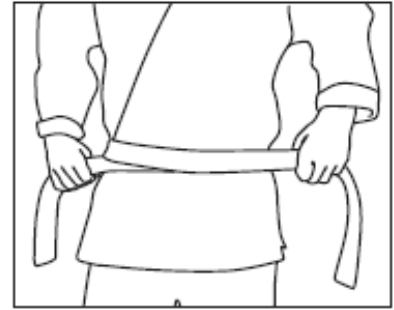
How to Tie Your Belt:



Place the middle of the belt flat against the stomach and wrap the belt around the back.



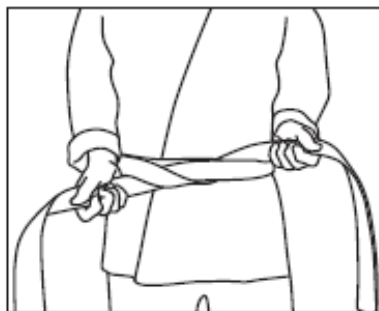
The belt goes around the back and crosses.



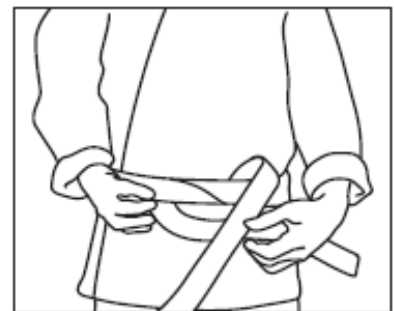
Both ends are brought around to the front, crossing again.



The belt on top tucks under both layers and points upward, the other end points downward.



Pull both ends out to the sides.



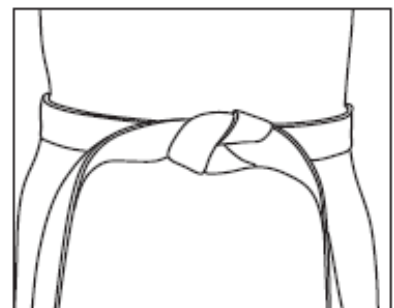
Place the belt pointing up over the top of the belt pointing down, leaving a hole.



Bring the top end of the belt up and through the hole that is formed by the belt on the bottom.



Take the end of the belt up through the hole. Pull both ends out to the sides.



The knot is square and goes around both pieces of belt. Both ends are the same length.

Billings Chi-Tu Do Belt Levels and Curriculum

Billings Chi-Tu Do

Description of Belt System and Explanation of Curriculum

As in most martial art schools, we utilize a belt system, with its various colors and stripes, to help organize classes and provide feedback and motivation for our students. The colors of the belts and number of stripes are indicative of both a student's time in training and skill level. Throughout your training, you will progress through 6 different belt colors before becoming eligible to test for Black Belt. Each level color also has stripes (up to five per belt) to designate how many 5-week cycle tests the student has passed. The progression of belt levels and colors is as follows:

White to Yellow Belt

Yellow to Orange Belt

Orange to Purple Belt

Purple to Green Belt

Green to Blue Belt

Blue to Brown Belt

Brown to Provisional Black Belt

Provisional Black Belt to 1st Degree Black Belt

1st Degree to 2nd Degree Black Belt

2nd Degree to 3rd Degree Black Belt

3rd Degree to 4th Degree Black Belt (Associate Master)

4th Degree to 5th Degree Black Belt (Master)

5th Degree to 6th Degree Black Belt (Sr. Master)

Colored Belts are taught using a rotating curriculum. White Belts should take three 5-week cycles to be able to test for Yellow Belt and join the larger group class. Each colored belt should take an average student five 5-week cycles to progress through. Stripe/belt tests happen at the end of each 5-week cycle. Testing happens in class and if students pass, they will receive their next colored stripe (or belt, if they have their Brown stripe and have all the requirements completed). If a student fails a test, they will remain in their current belt/stripe until the next testing, where they can try again. We do allow for occasional make-up testing if a student misses their test for an approved reason (sickness, vacation, etc.).

What follows is an outline of requirements (beyond the martial skills) for each rank.

Billings Chi-Tu Do White Belt Curriculum

The following is the curriculum for consideration for promotion to the rank of Yellow Belt:

Class Requirements:

- 1.) Knowledge and understanding of the basic Customs, Courtesies and Class rules.
 - a. Page 9-11 of this manual
- 2.) Sign and return the Chi-Tu Do Student Pledge & Etiquette Confirmation.
 - a. These are the *last 2 pages* of this manual
- 3.) Has attended a **minimum** of 24 classes.

Physical Requirements:

- 1.) Completion of a baseline Physical Fitness Assessment (Fantastic 50)

Spiritual Requirements:

- 1.) Completion of the first 2 Character Trait Sheets for White Belts (Respect & Focus)
 - a. Turn in the completed worksheet
 - b. Recite the Memory verse at the bottom to your Instructor

Martial Art Rank Requirements:

The 4 Basic Positions

Attention Stance
Parade Rest
Chimbee Stance
Ready Stance
- with Slide & Burst

Blocks

Outside Defense
Inside Defense – using Parry
& Wipe Down

Striking Set 1 - Palm Strike, Reverse Palm Strike, Palm Strike, Reverse Horizontal Elbow, Pivot
Rising Front Kick, Knee in the Fight, 2 Clinching Knee Strikes & Foot Stomp

Self-Defense Techniques

Side Headlock Defense
Front Choke Defense
Wrist Grab Escapes

Eskrima

Basic Exercise Forms
- Thrush & Slash
- Figure 8s
- Diagonals
The Octagon of Defense
5 Strikes Kata

Ground Movement Set 1

Back Breakfall, Movement on the Ground (flat on back), Stomp Kick, BJJ Get up

Ground Movement Set 2

Side Breakfall, Side Movement, Rocking Kick, BJJ Get up

Basic Grappling Flow

Trap, Buck & Roll Escape, Pass Guard to Side Control, Knee-over transition to Mount

Billings Chi-Tu Do

Colored Belt Requirements beyond the Martial Skills

The following are the rank requirements for Orange Belt:

Class Requirements:

- 1.) Has attended a *minimum* of 40 classes since Yellow Belt
- 2.) Has earned the 5 colored stripes (Orange, Purple, Green, Blue & Brown)
- 3.) Has attended the Stop Bullies FAST course

Physical Requirements:

- 2.) Has shown improvement to their Physical Fitness Assessment (Fantastic 50)

Spiritual Requirements:

- 2.) Completion each of the 7 Character Trait Sheets for Yellow Belts
 - a. Turned in the completed character worksheet (Do one per cycle)
 - b. Recited the Memory verse at the bottom to your Instructor

The following are the rank requirements for Purple Belt:

Class Requirements:

- 1.) Has attended a *minimum* of 40 classes since earning their Orange Belt
- 2.) Has earned the 5 colored stripes (Yellow, Purple, Green, Blue & Brown)

Physical Requirements:

- 1.) Overall continued improvement in Physical Fitness Assessment scores

Mental Requirements:

- 1.) Read the book *Bulletproof: The Making of an Invincible Mind* by Chuck Holton and write an essay on what you learned (minimum of 1 page)

Spiritual Requirements:

- 1.) Completion of the 9 Character Trait Sheets for Orange Belts
- 2.) Recite The 10 Commandments (Ex 20:1-17 or Deut 5:6-21) from memory

The following are the rank requirements for Green Belt:

Class Requirements:

- 1.) Has attended a *minimum* of 40 classes since earning their Purple Belt.
- 2.) Has earned the 5 colored stripes (Yellow, Orange, Green, Blue & Brown)

Physical Requirements:

- 1.) Overall continued improvement in Physical Fitness Assessment scores

Mental Requirements:

- 1.) Read the book *Fighting Science: The Laws of Physics for Martial Artists* by Martina Sprague and write an essay on what you learned (minimum of 1 page)

Spiritual Requirements:

- 1.) Completion of the 9 Character Trait Sheets for Purple Belts
- 2.) Recite The Beatitudes (Matthew 5:3-11) from memory to an instructor

Billings Chi-Tu Do
Colored Belt Requirements beyond the Martial Skills
(continued)

The following are the rank requirements for Blue Belt:

Class Requirements:

- 1.) Has attended a *minimum* of 40 classes since earning their Green Belt
- 2.) Has earned the 5 colored stripes (Yellow, Orange, Purple, Blue & Brown)

Physical Requirements:

- 1.) Overall continued improvement in Physical Fitness Assessment scores

Mental Requirements:

- 1.) Read the book *Verbal Judo: The Gentle Art of Persuasion* by George Thompson and write an essay on what you learned (minimum of 1 page)
- 2.) Recite The Bill of Rights (The 1st 10 Amendments to the U.S. Constitution)

Emotional Requirements:

- 1.) Spend a day “blind”

Spiritual Requirements:

- 1.) Completion of the 9 Character Trait Sheets for Green Belts

The following are the rank requirements for Brown Belt:

Class Requirements:

- 1.) Has attended a *minimum* of 40 classes since earning their Blue Belt
- 2.) Has earned the 5 colored stripes (Yellow, Orange, Purple, Green & Brown)

Physical Requirements:

- 1.) Overall continued improvement in Physical Fitness Assessment scores

Mental Requirements:

- 1.) Read the book *Sharpening the Warrior’s Edge: The Psychology & Science of Training* by Bruce Siddle and write an essay on what you learned (minimum of 1 page)

Emotional Requirements:

- 1.) Spend a day “mute”

Spiritual Requirements:

- 1.) Completion of the 9 Character Trait Sheets for Blue Belts

Billings Chi-Tu Do

Black Belt Requirements beyond the Martial Skills

The following are the rank requirements for Black Belt (Provisional):

Class Requirements:

- 1.) Has attended a *minimum* of 40 classes since earning their Brown Belt
- 2.) Has earned the 5 colored stripes (Yellow, Orange, Purple, Green & Blue)

Physical Requirements:

- 1.) Overall continued improvement in Physical Fitness Assessment scores

Mental Requirements:

- 1.) Read the book *Deadly Karate Blows: The Medical Implications* by Brian Adams and write an essay on what you learned (minimum of 1 page)

Emotional Requirements:

- 1.) Spend a day in a wheelchair (Yes, it's supposed to be inconvenient)
- 2.) Spend one major holiday serving the less fortunate
- 3.) Supply three letters of reference from Christian brother/sister or Pastor as to character

Spiritual Requirements:

- 1.) Completion of the 9 Character Trait Sheets for Brown Belts
- 2.) Recite Psalm 91 (from the Amplified Bible translation) at your Black Belt test

A "provisional" black belt is a plain black belt with no embroidery. The 1st Degree belt is designated by having the student's name embroidered in gold letters on one end with Chi-Tu Do on the other.

The following are the rank requirements for 1st Degree Black Belt:

Class Requirements:

- 1.) Has attended a *minimum* of 50 classes since earning their Provisional Black Belt
- 2.) Has earned the 6 colored stripes (Yellow, Orange, Purple, Green, Blue & Brown)

Physical Requirements:

- 1.) Overall continued improvement in Physical Fitness Assessment scores

Mental Requirements:

- 1.) Read the book *God is a Warrior, I am a Warrior* by Brian Cummings
- 2.) Read the book *Kabaroan Eskrima* by GM Ramiro Estalilla
- 3.) Read the book *Ju-Jitsu: A Basic Text* by Soke Clement Riedner

Teaching Requirements:

- 1.) Has accumulated at least 24 hours of teaching time teaching White Belts and is "responsible" for at least one student's progression from White to Yellow belt.

Character

Building

SWMA – Chi-Tu Do Program

Character Trait Requirements

It is extremely important for us to make sure that we, not only teach great martial arts and self-defense skills, but that we also help each of our students learn more within their walk with God. In this regard, we feel that helping our students build their character to be more Christ-like is much more important than teaching them to punch and kick. Think about it...if a person consistently demonstrates things like respect, self-control, compassion, courtesy, etc., wouldn't you think that the likelihood of having to use physical self-defense skills would be lower?

Each month in the Warrior and Adults classes, there will be a worksheet that will cover the Character Trait of the month. The questions on the worksheet are designed to make you think about the trait and how to apply it to your life. You should take a little time each month to answer the questions on the worksheet. You will also need to memorize the verse at the bottom of the worksheet and recite it to your instructor when you turn in your completed worksheet. ***Worksheets and verses are due prior to the end of each 5-week cycle.***

Each worksheet is numbered and color-coded. Do the color sheets that match your current belt color. So, new students should start with White #1, which is Respect (see next page). The following cycle, they would do White #2, which is Focus. Once they earn their Yellow Belt, then they would start the next set of sheets with Yellow #1 (Obedience). They would continue in this manner until all those are completed. Once a student passes their test into Orange belt, then they would begin working on the Orange belt sheets, beginning with #1, and so on.

The following are the Character Trait Worksheets required for each level:

White Belts	Yellow Belts	Orange Belts	Purple Belts
Respect	Obedience	Humility	Commitment
Focus	Self-Control	Joyfulness	Determination
	Attentiveness	Courage	Consistency
	Teachability	Patience	Boldness
	Self-Discipline	Courtesy	Thoroughness
	Punctuality	Truthfulness	Kindness
	Orderliness	Dependability	Tolerance
		Loyalty	Discretion
		Responsibility	Trustworthiness
Green Belts	Blue Belts	Brown Belts	
Availability	Compassion	Cautiousness	
Enthusiasm	Sincerity	Gratefulness	
Friendship	Listening	Thriftiness	
Hospitality	Discernment	Forgiveness	
Flexibility	Sensitivity	Integrity	
Creativity	Resourcefulness	Honor	
Accountability	Generosity	Virtue	
Persuasiveness	Tenacity	Wisdom	
Initiative	Confidence	Charisma	

Example

CHARACTER Counts **RESPECT**

RESPECT MEANS TREATING PEOPLE THE WAY YOU WANT TO BE TREATED.

Write down three ways that you showed respect by being gracious to someone else, even if they didn't deserve it; first, at the studio, then, at school or work, and finally, at home:

At the studio: _____

At school or work: _____

At home: _____

Why is respect one of the first and most important traits in martial arts?

Should you give respect to someone who hasn't earned it yet? Why, or why not?

List five things in your life that deserve your respect:

1. _____
2. _____
3. _____
4. _____
5. _____

1
WHITE BELT
WORKSHEET

"Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself." - Philippians 2:3

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The number identifies the order in which to do them.

The color on the sheet should match your **current** belt color.

Answer the questions to the best of your ability. If you are school aged, you may get help from your parents to answer them.

Verse to memorize and recite to your instructor each month.

Supplemental Information

The Ten Commandments

1. You shall worship no other god than me.
2. You shall not make yourselves any idols...for I am a jealous God.
3. You shall not misuse the name of the Lord your God.
4. Remember the Sabbath by keeping it holy.
5. Honor your father and mother.
6. You must not murder.
7. You must not commit adultery.
8. You must not steal.
9. You must not lie.
10. You must not be envious of what belongs to your neighbor.

The Beatitudes

- Blessed are the poor in spirit,
for theirs is the kingdom of heaven.
- Blessed are those who mourn,
for they will be comforted.
- Blessed are the meek,
for they shall inherit the earth.
- Blessed are those who hunger and thirst for righteousness,
for they will be filled.
- Blessed are the merciful,
for they will be shown mercy.
- Blessed are the pure in heart,
for they will see God.
- Blessed are the peacemakers,
for they will be called sons of God.
- Blessed are those who are persecuted because of righteousness,
for theirs is the kingdom of heaven.
- Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me.
Rejoice and be glad, because great is your reward in heaven...

Amendments to the

U.S. Constitution

The Bill of Rights

- Article 1.** Our right to freedom of religion, freedom of speech, and our right to assemble and petition the government.
- Article 2.** Our right to keep and bear arms.
- Article 3.** Protection from forced housing of soldiers.
- Article 4.** Protection from unreasonable searches and seizures.
- Article 5.** Protection from double jeopardy and from being a witness against ourselves. Our right to due process of law.
- Article 6.** Our right to a speedy, public and fair trial.
- Article 7.** Our right to a trial by jury.
- Article 8.** Protection from excessive bail, and cruel and unusual punishment.
- Article 9.** The Constitution may not be interpreted to deny our other rights.
- Article 10.** Powers not given to the United States are reserved to the individual states or to the people.

Award Patches for Memorization

Eagle Patch

Memorize the Ten Commandments and the Beatitudes

U.S. Flag Patch

Memorize the Amendments to the U.S. Constitution

Chi-Tu Do Defense Principles

Power Principle: Maximum Shifting of Body Weight

Rebound Principle: Blocking Hand Makes First Strike

Speed Principle: Block and Strike at the Same Time

Intercepting Fist: The Block is the Strike

EACH PRINCIPLE IS PERFORMED IN THE FOLLOWING STYLES:

1. Hard – with closed fist techniques
2. Suto – with open hand techniques
3. Soft – using cobra/crane, etc.
4. Elbow – using as both block and strike

How it's done:

The pair of students will face off and salute one another. One student is designated the “attacker” while the other is the “defender.” Practice of the Principles simulates a sudden attack from someone on the street; therefore, it is important that the attacker should vary both his timing and intensity of attack so as to not develop a predictable pattern or timing.

The defender should always practice blocking the wrist of the attacker's arm and striking to *specific* targets on the face or body (point of the chin, corner of the jaw, nose, base of the skull (cerebellum), solar plexus (xiphoid process), and the “floating” ribs). Never strike to just the “face” or the “head.” Advanced students may also block and strike at nerves and nerve centers.

Each time, practice hitting the target precisely; don't practice missing.

On the following page is *Power Principle* explained step by step in the *Hard Style*. Each defense may be modified by either style or principle (or both) as needed.

INSIDE BLOCK DEFENSES

- 1. ATTACKER STEPS IN WITH RIGHT FACE PUNCH**
 - a. Left step 45 degrees to your left; Left hard inward block
 - i. You are now **OUTSIDE** of the attacker's punch
 - b. Right (reverse) punch to corner of the jaw

- 2. ATTACKER STEPS IN WITH LEFT FACE PUNCH**
 - a. Right step 45 degrees to your right; Right hard inward block
 - i. You are **OUTSIDE** of the attacker's punch
 - b. Left (reverse) punch to corner of the jaw

- 3. ATTACKER STEPS IN WITH RIGHT FACE PUNCH**
 - a. Right step 45 degrees to your right; Right hard inward block
 - i. You are **INSIDE** of the attacker's punch
 - b. Left (reverse) punch to chin

- 4. ATTACKER STEPS IN WITH LEFT FACE PUNCH**
 - a. Left step 45 degrees to your left; Left hard inward block
 - i. You are **INSIDE** of the attacker's punch
 - b. Right (reverse) punch to chin

OUTSIDE BLOCK DEFENSES

- 1. ATTACKER STEPS IN WITH RIGHT FACE PUNCH**
 - a. Left step 45 degrees to your left; Right hard outward block
 - i. You are now **OUTSIDE** of the attacker's punch
 - b. Left (reverse) punch to corner of the jaw

- 2. ATTACKER STEPS IN WITH LEFT FACE PUNCH**
 - a. Right step 45 degrees to your right; Left hard outward block
 - i. You are **OUTSIDE** of the attacker's punch
 - b. Right (reverse) punch to corner of the jaw

- 3. ATTACKER STEPS IN WITH RIGHT FACE PUNCH**
 - a. Right step 45 degrees to your right; Left hard outward block
 - i. You are **INSIDE** of the attacker's punch
 - b. Right (reverse) punch to chin or corner of the jaw

- 4. ATTACKER STEPS IN WITH LEFT FACE PUNCH**
 - a. Left step 45 degrees to your left; Right hard outward block
 - i. You are **INSIDE** of the attacker's punch
 - b. Left (reverse) punch to chin or corner of the jaw

Chi Tu Do – Level 1 Kata

The emphasis for Level 1 kata is on displaying powerful blocks and strikes. The shifting hips should be evident.

Attention, Honor Position, Salute, Chimbee Stance

1st Bar (toward F) – Hard Style

Step forward *Left Long Forward Stance*; **Hard Inside Block** (L) with body shift
Shift back **Reverse Punch** (R)
Step forward into *Right Long Forward Stance*; **Hard Inside Block** (R) with shift
Shift back **Reverse Punch** (L)
Step back to *Left Long Forward Stance*; **Hard Outside Block** (R) toward right oblique
Shift to left oblique; **Reverse Punch** (L)
Step back to *Right Long Forward Stance*; **Hard Outside Block** (L) toward left oblique
Shift to left oblique; **Reverse Punch** (R)
Right foot steps toward R; turn and face L and slide back to *Left Cat Stance*

2nd Bar (toward L) – Suto Style

Slide forward to *Left Long Forward Stance*; **Inside Suto Block** (L) with body shift
Shift back **Reverse Inside Suto Strike** (R)
Step forward into *Right Long Forward Stance*; **Inside Suto Block** (R) with shift
Shift back **Reverse Inside Suto Strike** (L)
Step back to *Left Long Forward Stance*; **Outside Suto Block** (R) toward right oblique
Shift to right oblique; **Reverse Inside Suto Strike** (L)
Step back to *Right Long Forward Stance*; **Outside Suto Block** (L) toward left oblique
Shift to left oblique; **Reverse Inside Suto Strike** (R)
Right foot steps toward L; turn and face R and slide back to *Left Cat Stance*

3rd Bar (toward R) – Soft Style

Slide forward to *Left Long Forward Stance*; **Inside Cobra Block** (L) with body shift
Shift back **Reverse Cobra Strike** (R)
Step forward into *Right Long Forward Stance*; **Inside Cobra Block** (R) with shift
Shift back **Reverse Cobra Strike** (L)
Step back to *Left Long Forward Stance*; **Outside Crane Block** (R) toward right oblique
Shift to right oblique; **Reverse Cobra Strike** (L)
Step back to *Right Long Forward Stance*; **Outside Cobra Block** (L) toward left oblique
Shift to left oblique; **Reverse Cobra Strike** (R)
Left foot slides toward L; turn and face F into *Left Cat Stance*

4th Bar (toward F) – Elbow Style

Slide forward to *Left Long Forward Stance*; **Inside Elbow Block** (L) with body shift
Shift back **Reverse Elbow Strike** (R)
Step forward into *Right Long Forward Stance*; **Inside Elbow Block** (R) with body shift
Shift back **Reverse Elbow Strike** (L)
Step back to *Left Long Forward Stance*; **Outside Elbow Block** (R) toward right oblique
Shift to right oblique; **Reverse Elbow Strike** (L)
Step back to *Right Long Forward Stance*; **Outside Elbow Block** (L) toward left oblique
Shift to left oblique; **Reverse Elbow Strike** (R)
Slide Back to Chimbee Stance
Honor Position, Salute

Chi Tu Do – Level 2 Kata

In Level 2 Kata, the block should be performed at the same time as the stepping foot touches the ground.

Attention, Honor Position, Salute, Chimbee Stance

1st Bar (toward F) – Hard Style

Step forward *Left Long Forward Stance*; **Hard Inside Block** (L) with body shift
Shift back **Reverse Punch** (R)
Pivot Front Kick (R); step down into *Right Long Forward Stance*; **Hard Inside Block** (R) with shift
Shift back **Reverse Punch** (L)
Step back to *Left Long Forward Stance*; **Hard Outside Block** (R) toward the right oblique
Shift to left oblique; **Reverse Punch** (L)
Step back to *Right Long Forward Stance*; **Hard Outside Block** (L) toward the left oblique
Shift to left oblique; **Reverse Punch** (R)
Right foot steps toward R; turn and face L and slide back to *Left Cat Stance*

2nd Bar (toward L) – Suto Style

Slide forward to *Left Long Forward Stance*; **Inside Suto Block** (L) with body shift
Shift back **Reverse Inside Suto Strike** (R)
Pivot Round Kick (R); step down into *Right Long Forward Stance*; **Inside Suto Block** (R) with shift
Shift back **Reverse Inside Suto Strike** (L)
Step back to *Left Long Forward Stance*; **Outside Suto Block** (R) toward the right oblique
Shift to right oblique; **Reverse Inside Suto Strike** (L)
Step back to *Right Long Forward Stance*; **Outside Suto Block** (L) toward the left oblique
Shift to left oblique; **Reverse Inside Suto Strike** (R)
Right foot steps toward L; turn and face R and slide back to *Left Cat Stance*

3rd Bar (toward R) – Soft Style

Slide forward to *Left Long Forward Stance*; **Inside Cobra Block** (L) with body shift
Shift back **Reverse Cobra Strike** (R)
Pivot Side Kick (R); step down into *Right Long Forward Stance*; **Inside Cobra Block** (R) with shift
Shift back **Reverse Cobra Strike** (L)
Step back to *Left Long Forward Stance*; **Outside Crane Block** (R) toward the right oblique
Shift to right oblique; **Reverse Cobra Strike** (L)
Step back to *Right Long Forward Stance*; **Outside Cobra Block** (L) toward the left oblique
Shift to left oblique; **Reverse Cobra Strike** (R)
Left foot slides toward L; turn and face F into *Left Cat Stance*

4th Bar (toward F) – Elbow Style

Slide forward to *Left Long Forward Stance*; **Inside Elbow Block** (L) with body shift
Shift back **Reverse Elbow Strike** (R)
Knee Lift (R); step down into *Right Long Forward Stance*; **Inside Elbow Block** (R) with shift
Shift back **Reverse Elbow Strike** (L)
Step back to *Left Long Forward Stance*; **Outside Elbow Block** (R) toward the right oblique
Shift to right oblique; **Reverse Elbow Strike** (L)
Step back to *Right Long Forward Stance*; **Outside Elbow Block** (L) toward the left oblique
Shift to left oblique; **Reverse Elbow Strike** (R)
Slide Back to Chimbee Stance
Honor Position, Salute

8 Gates of Ba Qua

The 8 Gates of Ba Qua is one of the most ancient and fundamental form of Tai Chi exercises. It is the foundation of the 'Ba Men Chuan Fa' system of Tai Chi.

Starting position:

1. Stand in a Natural Stance with your arms at your sides and your knees slightly bent.
2. Rotate your hips slightly forward to line up the spine correctly.
3. Stand upright with your shoulders pulled back.
4. Relax your body...not completely, but in a resting mode.

The 8 Gates are initially in this order:

- 1. Ward**
- 2. Press**
- 3. Roll**
- 4. Push**
- 5. Pull**
- 6. Shoulder**
- 7. Split**
- 8. Elbow**

Practice them in this order at first. As you practice the 8 Gates, be sure to:

1. Breathe correctly, coordinated with the movements.
 - a. INHALE – when the movement is coming towards you.
 - b. EXHALE – when the movement is going away from you.
2. Do not stop and start movements; keep it flowing in a continuous motion.
3. Remember to:
 - a. Breathe in the nose and out the mouth with a smooth flow.
 - b. Keep the correct body posture.
 - c. ROOT – stay settled into the ground.
 - d. Stay relaxed.

The 8 Gates of Ba Qua is practiced once with the techniques performed with the right side back, then as you perform the Elbow, you step forward and perform it all again with the left side back. Step back with the right foot on the left side Elbow to return to the start position. You may turn 90° to the right and repeat the process on both sides again. When you do this 4 times, you will have returned to the start position, which ends the form.

Each movement has multiple applications as well as variations that will give the advanced practitioner of this form the ability to mix and merge both hard and soft fist techniques (striking as well as joint locking) within the movements. What is most important is to understand the fundamentals of each movement and how to apply it in various situations. That is why coming to class is so important.

Chi Tu Do – Kabaroon Kata

5 Strikes

Begin from ready stance with left leg back and the stick in your right hand so that your right arm relaxed and at your right side. The tip of the stick should almost touch the ground. On strike 4 and 5, make sure to use the backup hand to cover.

- 1.) **Thrust** – Shift weight to front leg as you lunge point of stick at opponent’s solar plexus. Draw stick back across body to left hip as you shift weight to back leg.
- 2.) **Under Left** – Shift weight to front leg as you strike at upward 45° angle to knee. Draw stick back across body to left ear as you shift weight to back leg.
- 3.) **Over Left** – Shift weight to front leg as you strike at downward 45° angle to collar bone. Follow through and step forward with left leg.
- 4.) **Under Right** – Shift weight to front leg as you strike at upward 45° angle to knee. Draw stick back to right ear as you shift weight to back leg.
- 5.) **Over Right** – Shift weight to front leg as you strike at downward 45° angle to collar bone. Follow through as you step back with left leg.

5 Strikes - With a Partner

Partner 1 (P1) attacks first and partner 2 (P2) defends. Partners begin facing each other, salute and step back with left foot into ready stance (see above). P1 attacks with the Thrust technique as P2 defends with a block (parry). Then both partners perform strikes 2-5 simultaneously. Since P1 attacked, P1 steps forward with strike 4 as P2 steps backward with right foot. After strike 5, P2 becomes the attacker and steps forward with right foot with the Thrust technique. P1 parries and defends strikes 2-5, stepping backward with right foot on strike 4 while P2 steps forward. This should bring both P1 and P2 back to starting position. Repeat.

This partner drill is first performed back and forth, in a linear format, but after some practice, the students are expected to move around from side to side with one another. This simulates skirmishing around, practicing attacks and defenses using various footwork patterns. More advanced students should also be practicing both meeting and merging techniques. Merging is done by the defender, not the attacker. The attacker needs to “feed” the normal strikes so the defender can merge appropriately.

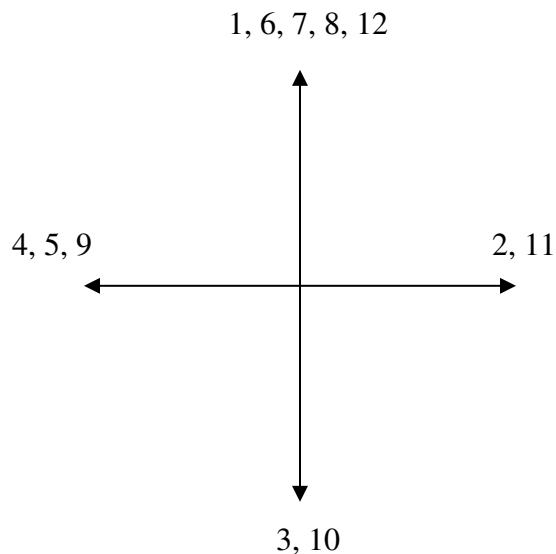
Chi Tu Do – Kabaroon Kata

The Basic 12 Strikes Kata - Linear

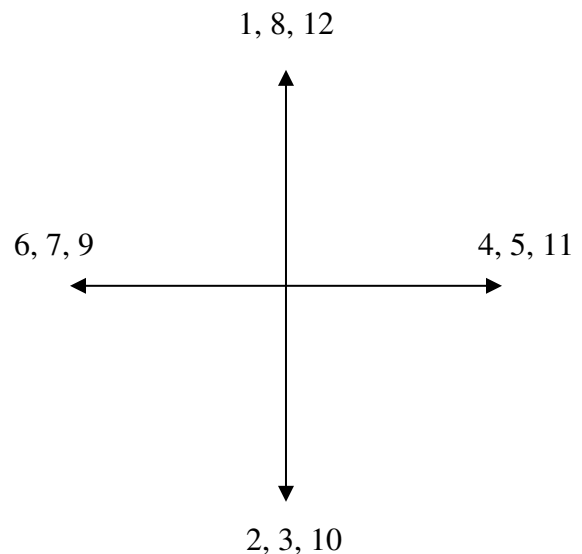
Begin from ready stance with left leg back and the stick in your right hand so that your right arm relaxed and at your right side. The tip of the stick should almost touch the ground.

- 1.) **Thrust**
- 2.) **Under Left Chop**
- 3.) **Over Left Slash**
- 4.) **(Step Left) Under Right Chop**
- 5.) **Over Right Slash**
- 6.) **(Step Back) Vertical Left Chop**
- 7.) **(Palm Push) Horizontal Left Gore**
- 8.) **(Step Left) Horizontal Right Gore**
- 9.) **Under Right Gore**
- 10.) **Over Right Gore**
- 11.) **(Step Right) Over Right Butt**
- 12.) **(Step Left) Over Left Butt**

Basic 12 - 4 Directional – Form A



Basic 12 - 4 Directional – Form B



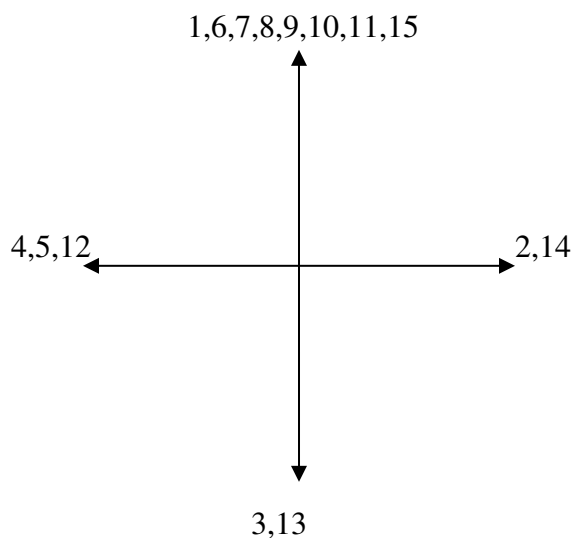
Chi Tu Do – Kabaroon Kata

The Abridged 15 - Linear

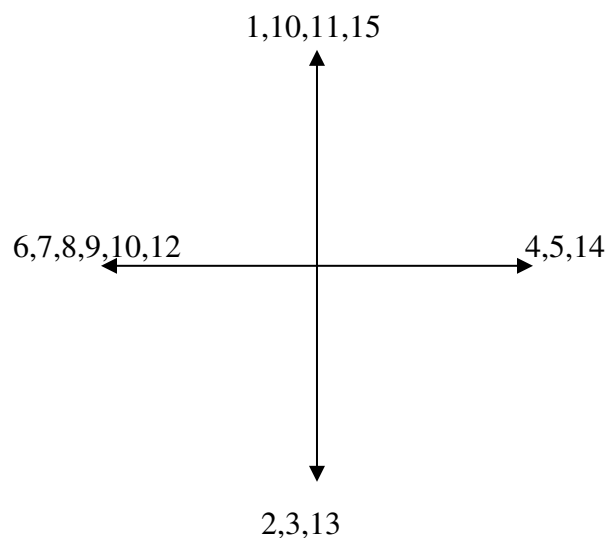
This form is “Abridged” because it is shortened from the Alpha 26 (which you’ll learn later). Begin from ready stance with left leg back and the stick in your right hand so that your right arm relaxed and at your right side. The tip of the stick should almost touch the ground.

- 1.) **Thrust**
- 2.) **Under Left Chop**
- 3.) **Over Left Slash**
- 4.) **(Step Forward Left) Under Right Chop**
- 5.) **Over Right Slash**
- 6.) **(Step Back Left) Vertical Left Slash**
- 7.) **Radical Right Chop**
- 8.) **Horizontal Left Slash**
- 9.) **Horizontal Right Slash**
- 10.) **(Palm Push) Horizontal Left Gore**
- 11.) **(Step Forward Left) Horizontal Right Gore**
- 12.) **Under Right Gore**
- 13.) **Over Right Gore**
- 14.) **(Step Forward Right) Over Right Butt**
- 15.) **(Step Forward Left) Over Left Butt**

15 Strikes 4 Directional – Form A



15 Strikes 4 Directional – Form B



Chi Tu Do – Kabaroon Kata

Bombolian Kata (11, 13, 15, 17)

The term Bombolian, in Eskrima, means that the techniques executed are performed with two hands on the weapon. The strikes used in this form are the Butt, the Gore and the Slam. This form can be done either from a stationary natural stance, or it may also be performed with steps.

Begin with the basic 11...

- 1.) Over right butt
 - 2.) Over left butt
 - 3.) Horizontal right butt
 - 4.) Vertical left butt
 - 5.) Radical right butt
 - 6.) Horizontal left butt
 - 7.) Vertical right butt
 - 8.) Radical left butt
 - 9.) Under right butt
 - 10.) Under left butt
 - 11.) Slam
- } This series of 3 strikes is called a triplet. This would be a right triplet.
- } Another triplet. This one is called a left triplet.

To make this 13, you add a gore before strike 1 and strike 2. It would read as follows:

- 1.) Over right gore
- 2.) Over right butt
- 3.) Over left gore
- 4.) Over left butt
- 5.) Continue as written...

To make it 15, do the above for 13 and then add a gore at the start of each triplet as follows:

- 1-4.) See above for first 4 of 13
- 5.) Horizontal right gore
- 6-8.) Right triplet (hor-right butt, verti-left butt, radi-right butt)
- 9.) Horizontal left gore
- 10-12.) Left triplet (hor-left butt, verti-right butt, radi-left butt)
- 13.) Continue as written...

To make it 17, follow the instructions for the 15 and then add a gore before the under right/left butt:

- 1-12) See above for first 12 of 15
- 13.) Under right gore
- 14.) Under right butt
- 15.) Under left gore
- 16.) Under left butt
- 17.) Slam

Chi Tu Do – Kabaroon Kata

Alpha 26

This form is the “Alpha-bet” of Kabaroon Eskrima. It demonstrates each of the 6 types of strikes along the 8 lines of strike. The form begins as the others, with the left leg back and the stick in your right hand so that your right arm relaxed and at your right side. The tip of the stick should almost touch the ground.

- 1.) **Thrust**
- 2.) **Under Left Chop**
- 3.) **Over Left Slash**
- 4.) *(Step Forward Left)* **Under Right Chop**
- 5.) **Over Right Slash**
- 6.) *(Step Back Left)* **Vertical Left Slash**
- 7.) **Radical Right Chop**
- 8.) **Horizontal Left Slash**
- 9.) **Horizontal Right Slash** *(draw back to palm push)*
- 10.) **Horizontal Left Gore**
- 11.) *(Step Forward Left)* **Horizontal Right Gore**
- 12.) **Under Right Gore**
- 13.) **Over Right Gore**
- 14.) *(Step Forward Right)* **Over Right Butt**
- 15.) **Under Left Gore**
- 16.) **Over Left Gore**
- 17.) *(Step Forward Left)* **Over Left Butt**
- 18.) **Horizontal Right Butt **
- 19.) **Vertical Left Butt** This series of 3 strikes is called a triplet. This is a Right Triplet.
- 20.) **Radical Right Butt /**
- 21.) *(Step Forward Right)* **Horizontal Left Butt **
- 22.) **Vertical Right Butt** Another triplet. This is a Left Triplet.
- 23.) **Radical Left Butt /**
- 24.) *(Step Forward Left)* **Under Right Butt**
- 25.) *(Step Forward Right)* **Under Left Butt**
- 26.) *(Step Forward Left)* **Slam**

Sign & Return

Shepherd-Warrior Martial Arts
Chi-Tu Do Student Pledge

I intend to develop myself in a positive manner, and to avoid anything that would harm my mental growth or my physical health.

Ephesians 6:10-11 "Finally, my brethren, be strong in the Lord and in the power of His might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil."

I intend to develop self-discipline and self-control, in order to bring out the best in myself and in others.

Romans 12:2 "And do not be conformed to this world, but be transformed by the renewing of your mind, that you may be able to prove what is that good and acceptable and perfect will of God."

I intend to use what I learn in class constructively and defensively, to help myself and my fellow man, and never to be abusive or offensive.

Colossians 3:17 "And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the father through Him."

I will relentlessly endeavor to be my best!

Philippians 3:14 "I press toward the goal for the prize of the upward call of God in Christ Jesus."

Student Signature

Parent Signature (if applicable)

Instructor Signature

Shepherd-Warrior Martial Arts Student Etiquette Confirmation Form

By writing your initials on the lines below, you are agreeing to the following:

_____ I have read and understand the Code of Conduct and Student Etiquette (pg. 8-11) of this manual. I agree to abide by these rules and expectations throughout my training. I understand that I am expected to know this material if asked and may be tested on it at any time.

_____ During my first year of training, I will make every effort to attend at least 80% of all my classes and will make a commitment to practicing at home for at least 5-10 minutes per day.

_____ I also understand that I can help keep the school healthy by referring new members, posting reviews and telling my friends, both on and offline, about the school.

Student Signature

Date

Parents Signature (if applicable)