

These are the “lessons”, or forms, that we review in class. Each lesson title includes the mnemonic that we use to remember the steps. The red and blue text indicates who does what. Red is the “aggressor”. Within the tables, each person’s individual motions are noted, using the colored text to correlate the individual motions with the mnemonic. These individual motions were reviewed with James to confirm their accuracy.

In addition, these lessons are extended, as developed by David and Lem. The extensions do not continue the colored text. The extensions are intended to smoothly increase the length of the lesson, for practice or demonstration. Lesson 6 extends by simply repeating. All others include a note clarifying.

LESSON 1: **Head**, **Head**, **Leg**, **Head**

Hanging Guard	Hanging Guard
Head (Cut 7)	Block (St George)
Block (St George)	Head (Cut 7)
Leg (Cut 5)	Step Back
Block (St George)	Head (Cut 7)
Head (Cut 7)	Block (St George)
Step Back	Leg (Cut 5)
NOTE: Repeats as “Head, Head, Leg”	

LESSON 2: **Head**, **Head**, **Leg**, **Head**, **Leg**, **Head**

Hanging Guard	Hanging Guard
Head (Cut 7)	Block (St George)
Block (St George)	Head (Cut 7)
Leg (Cut 5)	Step Back
Block (St George)	Head (Cut 7)
Leg (Cut 5)	Step Back
Block (St George)	Head (Cut 7)
Head (Cut 7)	Block (St George)
Step Back	Leg (Cut 5)
Head (Cut 7)	Block (St George)
Step Back	Leg (Cut 5)
NOTE: Repeats as “Head, Head, Leg, Head, Leg”	

LESSON 3: **Head**, **Head**, **Leg**, **Head**, **Leg**, **Head**, **Flank**

Hanging Guard	Hanging Guard
Head (Cut 7)	Block (St George)
Block (St George)	Head (Cut 7)
Leg (Cut 5)	Step Back
Block (St George)	Head (Cut 7)
Leg (Cut 5)	Step Back
Block (St George)	Head (Cut 7)
Flank (Cut 6 to the torso)	Block (Outside Guard)
Block (St George)	Head (Cut 7)
Head (Cut 7)	Block (St George)
Step Back	Leg (Cut 5)
Head (Cut 7)	Block (St George)
Step Back	Leg (Cut 5)
Head (Cut 7)	Block (St George)
Block (Outside Guard)	Flank (Cut 6 to the torso)
NOTE: Repeats by moving from Outside Guard to Head Cut	

LESSON 4: **Head, Head, Leg, Leg, Head, Head**

Hanging Guard	Hanging Guard
Head (Cut 7)	Block (St George)
Block (St George)	Head (Cut 7)
Leg (Cut 5)	Step Back
Step Back	Leg (Cut 5)
Head (Cut 7)	Block (St George)
Block (St George)	Head (Cut 7)
Leg (Cut 5)	Step Back
Step Back	Leg (Cut 5)
NOTE: Repeats as "Head, Head, Leg, Leg	

LESSON 5: **Invite, Face, Thigh, Head, Head**

Hanging Guard	Hanging Guard
Invite	Hanging Guard
Inside Guard	Face (Cut 1)
Thigh (Cut 4)	Step Back
St. George	Head (Cut 7)
Head (Cut 7)	St. George
Hanging Guard	Disengage to Invite
Face (Cut 1)	Inside Guard
Step Back	Thigh (Cut 4)
Head (Cut 7)	St. George
St. George	Head (Cut 7)
NOTE: Repeats by "Disengage to Invite, Face, Thigh, Head, Head	

LESSON 6: (Inside Guard) **Feint Face – Cut Wrist**, (Outside Guard) **Feint Arm – Cut Flank**

Inside Guard	Inside Guard
Feint Face (Feint 2) – Cut Wrist (Cut 3)	Half Circle Guard
Outside Guard	Outside Guard
Feint Arm (Feint 1) – Cut Flank (Cut 6)	Outside Half Hanger
Inside Guard	Inside Guard
Half Circle Guard	Feint Face (Feint 2) – Cut Wrist (Cut 3)
Outside Guard	Outside Guard
Outside Half Hanger	Feint Arm (Feint 1) – Cut Flank (Cut 6)

LESSON 7: **Head, Head, Arm, Head, Head, Arm, Head, Head, Flank, Head, Head, Flank**

Hanging Guard	Hanging Guard
Head (Cut 7)	St. George
St. George	Head (Cut 7)
Arm (Cut 2)	Outside Guard
St. George	Head (Cut 7)
Head (Cut 7)	St. George
Outside Guard	Arm (Cut 2)
Head (Cut 7)	St. George
St. George	Head (Cut 7)
Flank (Cut 6 to the torso)	Outside Half Hanger
St. George	Head (Cut 7)
Head (Cut 7)	St. George
Outside Half Hanger	Flank (Cut 6 to the torso)
NOTE: Repeats by moving from Outside Half Hanger to Head Cut	

LESSON 8: (Outside Guard) Feint Face – Cut Arm, Head, Head, Head

Outside Guard	Outside Guard
Feint Face (Feint 1) – Cut Arm (Cut 2)	Inside - Outside Guard
St. George	Head (Cut 7)
Head (Cut 7)	St. George
St. George	Head (Cut 7)
Clear to Outside Guard	Outside Guard
Inside - Outside Guard	Feint Face (Feint 1) – Cut Arm (Cut 2)
Head (Cut 7)	St. George
St. George	Head (Cut 7)
Head (Cut 7)	St. George
NOTE: Repeats by Clear to Outside Guard from St. George	

LESSON 9: (Outside Guard) Feint Face – Cut Arm, Head, Wrist, Head, Head, Head

Outside Guard	Outside Guard
Feint Face (Feint 1) – Cut Arm (Cut 2)	Inside - Outside Guard
St. George	Head (Cut 7)
Wrist (Cut 3)	Half Circle Guard
St. George	Head (Cut 7)
Head (Cut 7)	St. George
St. George	Head (Cut 7)
Inside - Outside Guard	Feint Face (Feint 1) – Cut Arm (Cut 2)
Head (Cut 7)	St. George
Half Circle Guard	Wrist (Cut 3)
Head (Cut 7)	St. George
St. George	Head (Cut 7)
Head (Cut 7)	St. George
NOTE: Repeats by moving from the last Head cut immediately to Feint Face – Cut Arm	

LESSON 10: Head, Face, Shoulder, Stomach, Chest, Head, Face, Shoulder, Stomach, Chest

Hanging Guard	Hanging Guard
Head (Cut 7)	St. George
Inside Guard	Face (Cut 1)
Shoulder (Cut 2)	Outside Guard
Inside Half Hanger	Stomach (Cut 5)
Chest (Cut 1)	Inside Guard
St. George	Head (Cut 7)
Face (Cut 1)	Inside Guard
Outside Guard	Shoulder (Cut 2)
Stomach (Cut 5)	Inside Half Hanger
Inside Guard	Chest (Cut 1)
NOTE: Repeats by moving from Inside Guard to Head Cut	