

# **VIDEO PROGRAMS AT YOUR PACE**

**ENTIRE LISTING OF ADULT AND TEEN  
MARTIAL ARTS & FITNESS  
WITH LIFE GOAL CURRICULUM,  
BEGINNER TO ADVANCED**

**NOTE: YOU MUST PURCHASE BEGINNER OR ADVANCED  
SECTION SEPARATELY, AND PLEASE START WITH BEGINNER  
LEVEL SO YOU GET THE MOST OUT OF THIS!**

## **BEGINNER ADULT AND TEEN MARTIAL ARTS & FITNESS WITH LIFE GOAL CURRICULUM (white to purple belt level)**

\*The content listing for each video class gives general topics covered but is not inclusive – our crazy instructor sometimes likes to throw extra stuff unscripted, making the classes very entertaining

\*Classes are open to all styles including some grappling but majority standup (you need both)

\*Use 1 video per day for a class (there are pause sets in-between classes and for upper-level advanced series you may receive instructions like to run 10-30 kilometers before class even starts so you experience what our local in-person students experience before needing to start before a hard class of training or sparring so you are already fatigued)

\*Aim for 2-3 videos per week allowing for an entire session over the year to be 3-4 months but for individuals that want a class every day (the more the better!) we traditionally recommend repeating and rotating this video set with a new video each day, roughly every 6 weeks for 4 months, as a real martial arts school obviously has individuals practice repeated drills

\*We pride our videos on covering the most applicable self-defense drills, preserving some of the culture and tradition on various styles especially Kung Fu, while still being a non-traditional program and school of martial arts open to all styles and **cleverly combining the intellectual, spiritual aspects and life goal strategies into training we want for people in our world**

### VIDEO CLASS LISTING

0. Dynamic stretching starter video, incorporating music and how to use these videos

1. Martial: Intro to our philosophy; Cycle of a martial arts strike;

Modified high-guard iron stance; Stance drills; Open palm heel basics; Lose the belt

Physical: Squat variations

Mental: Martial Arts Tree of Life

Spiritual: Tidal breathing breathwork

2. Martial: Jab drills the clock; Stance switches; Footwork focus

Physical: Leap frogs; Grip strength drills (wooden to iron bar variation); Forearm training

Mental: Respecting yourself and others (take care of yourself like you would for your child)

Spiritual: Web of light – How Bruce Lee helped me bring clean water to Africa, or at least keep trying at it however small the success (and successful failures)

3. Martial: High-Low principles; Jabbing with stepping off the line; Extended castle stance

Physical: Bear crawl variations; Extending the ligament push-ups

Mental: Keeping faith and trust in balance with those around you

Spiritual: Giving over receiving isn't as simple as you thought (people give out of convenience which is entirely different)

4. Martial: Jab, rake, jab sequences and drills  
Physical: One leg box jumps; Four corner jump drills; Russian twist variations  
Mental: The power of changing perception  
Spiritual: Chi gung standing stance
5. Martial: Bob and weave strikes and drills; Jab to slipping elbows; Basic roundhouse elbow  
Physical: Push-ups wide, diamond and reverse, helicopter, knife-hand, vertical circles  
Mental: Non-violence; Protecting the innocent first by peace, second by force  
Spiritual: “Hugging the tree” structure static chi gung meditation pose
6. Martial: Jab - cross; “Wedge” striking; Tennis ball striking; Adapting to side strikes  
Physical: All other push-up variations (dive bomber, opposite sides, etc.)  
Mental: Practice non-violence (simulations with friends or family members); Controlling your autonomic nervous system and fight or flight responses  
Spiritual: Fire breathing
7. Martial: Jab-cross drills clocks; Elbow jab-crosses; Lead jab to lead elbow and hooks  
Physical: Horse Stance drills and “T” drills  
Mental: Creating your top-ten list for what you want in life  
Spiritual: Fighting for your brothers and sisters in your community and world is fighting for yourself (not totally selfless or selfish)
8. Martial: Jab-parry-jab; Headlock defense  
Physical: Inchworms, Wall holds, Bridges  
Mental: Sacrifice, creating your own top ten “must haves” but what pushing yourself to see what sacrifice may look like for them  
Spiritual: Knowing what to and not to fight for in life
9. Martial: Rake to cross, learning the rake; Jab to rake; Concept of push and pull; Knife-hand  
Physical: Duck walks and duck walk variations built into training  
Mental: Reflecting on missed opportunities in life – self-honesty is hard  
Spiritual: Sensory breathing – choose a part of your body and focus and see what happens
10. Martial: Elbow variations; When to use long-arm vs. elbow; Gage distance  
Physical: Superman ground variations, chairs, endurance homework  
Mental: Surrounding yourself with positive people or at least removing the influence of negative ones  
Spiritual: Timed breathing
11. Martial: Shoulder / Shirt grabs; Windmills; Lotus sweep kick balance drills  
Physical: Static holds with angles; Shoulder presses; Full-bicep curl range of motion  
Mental: Preparation; Enjoying the process of preparation; How preparation is never a waste  
Spiritual: Interacting with people; Judgement with CAM analysis (character, actions, motive)

12. Martial: Selected throws from judo (not going to ground); Body-tempering basics  
Physical: Capoeira cardio exercise games and drills  
Mental: Reflecting on pain and fear  
Spiritual: Spiritual growth from pain and fear
13. Martial: Intro to Tai Chi press; Circling concepts in functional fighting  
Physical: Tai Chi press drills and wall pushes  
Mental: Leadership, when to lead, when to follow  
Spiritual: Self-reflection, seeing yourself in the eyes of others
14. Martial: “Clock” drills for elbows; Palm-heel uppercuts  
Physical: Ground windmill pulls all directions; Helicopter pushup variations  
Mental: Actions vs. Intent, Identifying both, Breaking down Machiavelli  
Spiritual: Evaluation of your action vs. intent,
15. Martial: “Clock” drills for snap kicks, street application with side strikes from center line  
Physical: Switching jump kicks down the room, One minute push-ups; Push-up games  
Mental: Circle of concern vs. circle of influence  
Spiritual: Molding circle of influence towards your own spiritual development
16. Martial: Checking kicks offensively (never lose a chance to strike, proper use of outer shell)  
Physical: Pistol squats for beginners; L-sits for beginners  
Mental: Winning is losing is winning is losing  
Spiritual: Natural resources
17. Martial: Thrust kicks; Street application; How to take a punch; Ridge hand circle turns  
Physical: Cartwheels; Plyometrics upper body drills  
Mental: Compassion’s iron benefits  
Spiritual: Breathwork using intention
18. Martial: Hip checks; Jab to step-through read overhead elbow then front hook  
Physical: Handstand drills and Super burpees  
Mental: Conviction from compassion  
Spiritual: Moving with energy – the Tai Chi ruler
19. Martial: Footwork basics; Working 1:1  
Physical: Lifting heavy items, tree pulling, leg lung to palm heels  
Mental: Practicing foresight  
Spiritual: Moving with energy – the Tai Chi ruler with angles
20. Martial: Forearm strikes; Forearm entry  
Physical: Plyolunges; Flying split jumps; Superman palm heels  
Mental: Interviewing people, first impressions, subtle points to first impressions  
Spiritual: Moving with energy – Tai Chi ruler body circles

21. Martial: Strikes to standing; Brazilian Jiu Jitsu guard basics  
Physical: Shrimping variations  
Mental: Benchmarking from others  
Spiritual: Moving with Energy - Tai Chi ruler with coiling and spiraling wrists
22. Martial: Brazilian Jiu Jitsu guard, reversing the guard, scissor rolls  
Physical: More shrimping variations – adding weight also  
Mental: Advance your education  
Spiritual: Candle Meditation
23. Martial: Brazilian Jiu Jitsu Mount and Reversing the Mount  
Physical: BJJ drills part 1  
Mental: Financial safety nets  
Spiritual: Power of intent
24. Martial: Brazilian Jiu Jitsu Side mount and reversing the side mount  
Physical: BJJ drills part 2  
Mental: Life goals on a schedule – yearly to monthly to daily  
Spiritual: Seated Meditation - pinpoint method
25. Martial: Sidekicks  
Physical: Cardio bodyweight circuits with jump rope and crabwalks  
Mental: Breaking egos, “nothing nothing everything”  
Spiritual: using “nothing nothing everything” to change the world
26. Martial: Rear sidekicks  
Physical: Burpee cardio variations  
Mental: Write it out – journaling  
Spiritual: Seated Meditation - thinking of nothing
27. Martial: Oblique kicks (one of the safest to use in the street if you ever decide to kick)  
Physical: Wall drills, beginner to intermediate (i.e. wall march, plank-style wall pushups)  
Mental: Logical fallacies  
Spiritual: Checking karma – why you must take action
28. Martial: Preventing going to the ground – a grappler’s nightmare  
Physical: Hanging bar exercises  
Mental: More logical fallacies  
Spiritual: Seated Meditation - sensory breathing
29. Martial: Knife-hand to oblique kick; Defense from being lifted off ground  
Physical: Kneeled exercises and back planks  
Mental: Know your remedies  
Spiritual: Moving with energy – Tai Chi push

30. Martial: Countering the “running bull” charge attacks, Intro to palm  
Physical: Baby squat drills and T-Bar rotations for strengthening thoracic spine  
Mental: Principles of diet  
Spiritual: Moving with energy – Tai Chi push
31. Martial: One-two knees as offense or defense (regardless of what opponent does)  
Physical: Track ladder drills  
Mental: Transparency builds credibility in professional and personal life  
Spiritual: Moving with energy – Eight Brocade part 1
32. Martial: Body slams and reversing a body slam  
Physical: More push-up variations; Superman back arches with strikes; Vacuums  
Mental: Achieving a small life goal this month  
Spiritual: Moving with energy – Eight Brocade part 2
33. Martial: Circling in self-defense and Bagua concepts of turning the circle  
Physical: Cardio various plyometric bodyweight circuits; Single leg lunge strikes  
Mental: Confrontation – plan the next 2 things a confrontational person says or does  
(creating the illusion of control)  
Spiritual: Moving with energy – Eight Brocade part 3
34. Martial: Various Muay Thai knees  
Physical: Tiger leap basics and Neck Isometrics  
Mental: Forgive but never forget  
Spiritual: Moving with energy – Eight Brocade part 4
35. Martial: Muay Thai kicks  
Physical: Dowel rods, forearm training  
Mental: Building willpower – simple to advanced self-exercises  
Spiritual: Moving with energy – Eight Brocade part 5
36. Martial: Muay Thai clinch; Elbows in clinch  
Physical: Variations on dowel rods, more forearm training  
Mental: The rule of unintended consequences  
Spiritual: Moving with energy – Eight Brocade part 6
37. Martial: Kickboxing combos  
Physical: Reverse wall walks, drop push-ups  
Mental: Laziness is as bad as corruption  
Spiritual: Moving with energy – Eight Brocade part 7
38. Martial: Crescent kicks and reverse crescents – gaining flexibility  
Physical: Headstands; Frog stands; Crescent kick agility games and drills  
Mental: Efficiency does not supersede humanity  
Spiritual: Moving with energy – Eight Brocade part 8

39. Martial: Kicks strictly for flexibility – jump kicks, slap kicks, spinning roundhouse  
Physical: Grinding and grating wood and metal  
Mental: Meaning beats happiness  
Spiritual: Choose causes bigger than you (locally or globally)
40. Martial: Shadow box basics, fast and unchoreographed  
Physical: Long distance running the Tai Chi way, adding sprints, sidesteps and reverse  
Mental: No more uncertainty of self-worth, you control your subconscious  
Spiritual: Taking care of self, family, friends, community and maybe one day the world

## **ADVANCED ADULT & TEEN'S MARTIAL ARTS & FITNESS WITH CHARACTER CURRICULUM (purple to black belt level)**

\*Please complete the “Teen & Adult Beginner” section first – we teach a variety of styles we pull from in martial arts largely blended with Kung Fu principles and striking strategies, so it will be difficult for just from any one style or even mixed martial arts to complete this section without completing our Beginner’s section first!

\*The content listing for each video class gives general topics covered but is not inclusive – our lead instructor sometimes likes to throw extra stuff unscripted, making the classes very entertaining

\*Use 1 video per day for a class (there are pause sets in video for those wanting longer workouts)

\*Aim for 2-3 videos per week allowing for an entire session over the year to be 3-4 months but for individuals that want a class every day (the more the better!) we traditionally recommend repeating and rotating this video set with a new video each day, roughly every 6 weeks for 4 months, as an in-person martial arts school obviously has repeat classes and repeated drills

\*We pride our videos on covering the most applicable self-defense drills, preserving some of the culture and tradition on various styles especially Kung Fu, while still being a non-traditional program and school of martial arts open to all styles and **combining life-goal building, self-analysis and spiritual growth into every class**

0. Dynamic stretching starter video, incorporating music and how to use these videos

41. Martial: Advanced jab cross to rear roundhouse with double palms; Triple elbow strikes; Turning to those who step outside your cross turning cross to “rake hand”  
Physical: Push-ups in lifts; Spiders  
Mental: Have discipline – if you do it right, you’ll feel your work, action and intent improve without falling victim to ego  
Spiritual: Tidal Breathe your problems away – the “SAS” system of when you must meditate
42. Martial: Ridge Hand and variations  
Physical: Bridges and Upchucks  
Mental: Knowing constraints of how and when to tell the truth – fitness, truth and grace  
Spiritual: Tidal Breathe your problems away – the “SAS” system of when you must meditate
43. Martial: Grabs and arm locks and managing swinging items (bats, sticks, etc.)  
Physical: More bridges and balance drills  
Mental: Egocentric bias in dealing with the truth  
Spiritual: Big dreams vs. little dreams

44. Martial: Rear and front bearhugs  
Physical: Clapping plyometric push-up variations  
Mental: Representative bias in dealing with the truth  
Spiritual: Noticing spiritual patterns
45. Martial: Multiple attacker basics  
Physical: Ryan's Bodykiller Workout Cardio sequence, Long distance run reminders  
Mental: Availability bias in dealing with truth  
Spiritual: Tai Chi scoop
46. Martial: Countering jumping attacks  
Physical: Ground X-lifts and drills  
Mental: "Affect" or mood bias in dealing with truth  
Spiritual: Tai Chi scoop
47. Martial: Upward and downward elbows slipped in shadow boxing  
Physical: Long jump training (front, reverse, side)  
Mental: Why you should read history at least one hour a week  
Spiritual: Tai Chi "bodywash"
48. Martial: Striking from retreat; Jab-Cross to rear rake to palm heel uppercuts / upward elbows  
Physical: Strength training from kneeling position; Incorporating vacuum abs  
Mental: Whoever works with you (or for you) better have at least as good as morals as you  
Spiritual: Chi gung basics
49. Martial: Forearm strike variations and forearm conditioning with "twin locks"  
Physical: Torque training with lightweight  
Mental: Sacrifice vs. compromise  
Spiritual: Chi gung "Hugging the tree" more deeply discussed
50. Martial: Forearms strikes to "grip and rip" to tiger clawing eyes  
Physical: 4 corners jumping with variations; Superman burpees with iron finger variations  
Mental: Changing culture when needed, at a reasonable pace  
Spiritual: Tai Chi "repulse the monkey"
51. Martial: Learning double strikes, especially jabs, elbows and rear knees in repeats  
Physical: Hanging exercises with advanced variations  
Mental: Honor unsung heroes, become an unsung hero  
Spiritual: Tai Chi "kick sequence"
52. Martial: Countering strong elbow fighters (eyes beat elbows)  
Physical: Pulling exercises  
Mental: Active listening pearls  
Spiritual: Tai Chi "kick sequence"

53. Martial: Trust your “wedge” even walking into someone’s power strike;  
Dealing with fancy footwork; Weapons of destruction  
Physical: Pushing isometrics, vacuum ab wall holds;  
Mental: Humility  
Spiritual: Turning strikes into moving meditations
54. Martial: Jab cross to rear instep to kneebomb to elbow roundhouse using marriage of gravity  
Physical: Sprint arms, high knees and jumping push-ups  
Mental: When it matters, ask for forgiveness, never permission  
Spiritual: Turning strikes into moving meditations
55. Martial: Tiger claw “chase the face” drills, especially with multiple attackers; Check kicks  
Physical: Reactions moving back, returning forward, evasion drills; Side plank circles  
Mental: Body language, learning to spot lies  
Spiritual: Tai Chi “holding the ball”
56. Martial: Soft hand Tai Chi strike to rear knee or rear diag knee  
Physical: One arm push-ups and Bulgarian Split Squats (with or without weights)  
Mental: Maintaining faith vs. rationality  
Spiritual: Tai Chi “holding the ball” adding breath
57. Martial: ‘One two knees’ adding same leg rear diag knee (work to the outside)  
Physical: Plank extensions rolling heavy items; Fingertip cobra pushups  
Mental: Breaking materialism  
Spiritual: Tai Chi “holding the ball” then “repulse the monkey”
58. Martial: “Packing’ to build sinew strength (condition the tendons and ligaments)  
Physical: Wrist curl variations and various presses; One arm fingertip plank jacks  
Mental: Resilience  
Spiritual: Tai Chi “holding the ball” then “repulse the monkey” adding breath
59. Martial: Jab cross roundhouse and kick combos with principles of high-low applied  
Physical: Ab crunch with helicopter circles with seesaws;  
Balance crunch position playing pass with item switching hands to feet  
Mental: Identify your triggers  
Spiritual: Raise your children and family members like those you look up to
60. Martial: Front stop kick to rear roundhouse; Front stop kick to double rear power palm heel  
Physical: Sliders, Sliders while holding weights  
Mental: Choosing physical goals  
Spiritual: Lesson of preparedness for yourself
61. Martial: Front roundhouse palm heel to rear knee to front hand rake to rear palm heel to  
reflex lead hand tiger claw to face (push and pull motion)  
Physical: Mountain climbers, donkey kick variations  
Mental: Choosing psychological or educational mental goals  
Spiritual: Lesson of preparedness for taking care of others

62. Martial: Weapons – using pens in self-defense  
Physical: Weighted duck walks, Duck walk overheads  
Mental: We don't know the entire picture in life, we can only ever see part of the puzzle at best, learn to work with incomplete knowledge  
Spiritual: Choose and carry spiritual goals or at least start them
63. Martial: Front stop kick to rear knee bomb with gravity guard pull-down to double tiger claw  
Physical: Army crawl cardio variations  
Mental: "Steel man" your opponent's case before unpacking and breaking it down  
Spiritual: Choose a moving meditation that works for you to do everyday
64. Martial: Knife defense  
Physical: Jump rope variations (even with no jump rope!)  
Mental: Choose your battles, recognize cognitive dissonance or groupthink  
Spiritual: Taking time to take care of yourself is in a way taking care of others
65. Martial: Gun defense  
Physical: Jump rope variations (even with no jump rope!)  
Mental: Your physical training is your "learning time", mastering time management  
Spiritual: Dragon Swim
66. Martial: Jab and front knee double strike to rear knee to Tai Chi modified push to rear shin roundhouse  
Physical: Shrimp variations  
Mental: Success is only as important and valuable as what you had to give up  
Spiritual: Dragon Swim
67. Martial: Knife hand strikes, Knife hand drills and finger tempering drills driving fingers into pebbles or beans and using Dit Da Jow  
Physical: Tai Chi running with reverse breathing; Handstand pushups  
Mental: Logical fallacies part 1  
Spiritual: Divine light meditation – walking into metaphorical fire meditation
68. Martial: More knife-hand realistic strikes as setups, also self-tempering, carefully and safely, rod holds on forearms  
Physical: Russian twists and Pilate variations, adding grating to this for the advanced  
Mental: Logical fallacies part 2  
Spiritual: Wisdom is immortality
69. Martial: Palm heel chain punching with tiger claw repeat rakes  
Physical: Static holds with pistol squats, jumping with weights around arm  
Mental: Avoiding blind loyalty, no matter what one's pedigree  
Spiritual: Honor and respect basic human rights

70. Martial: Eliminating using the guard (or being in someone's guard) in ground fighting  
Physical: Isometrics for injury prevention, part 1  
Mental: To understand societal problems means first follow the money, second follow the ego  
Spiritual: Self-spiritual analysis – who have you wronged? A hero is his own karma
71. Martial: Defending against grappling; Against throws to ground  
Physical: Isometrics for injury prevention, part 2  
Mental: Do not outshine your superiors  
Spiritual: Don't be a doer or a teacher for spiritual processes, do both, and do them well
72. Martial: Jab to step-through elbow to front roundhouse knife-hand  
Physical: Elbow point holds in bridge table, one & two arm; Forearm chamber holds on bars  
Mental: When less is more, have some mystery to yourself  
Spiritual: Sharing wisdom with others
73. Martial: Instructor favorite – Finger feint to rear palm heel to front roundhouse then to rear finger roundhouse to front palm heel hook  
Physical: Spiderwalks on forearms, squat jump spins, chair holds, fingertip pushups, knife-hand inchworms  
Mental: When weak appear strong, when strong appear weak; when one by many and when many appear as one  
Spiritual: Hard to know the “good” outcome sometime (trust the path of the universe but still take logical action) but never cloud your advanced intuition (genocide is still genocide, no silver lining to it, it never should have happened)
74. Martial: Brazilian Jiu Jitsu, Defending from the mount variations in MMA vs. the street  
Physical: Wall plank holds, Fingertip push-ups variations, Horse Stance  
Mental: Play chess, not checkers, with difficult people life (do not react, sit 4 moves ahead of them)  
Spiritual: Dropping a stone into the water, become the stone, then the pond, then both
75. Martial: Defending from rear headlock and rear naked choke  
Physical: Iron palm training and drills, from hitting books, to bricks to rubbing sand  
Mental: Live life on a surfboard – there is no fixed balance point but you need to know how to balance anyways  
Spiritual: First of Tibetan Rites
76. Martial: Instructor favorite – Finger feint to rear palm heel to front roundhouse then to rear finger roundhouse to front palm heel hook now adding your front knee to rear rake to front palm strike  
Physical: Tiger claw pushups; Wrist pushups; Frog pushups; Elbow torque smashes  
Mental: Be the onion, not the apple in life  
Spiritual: Second of Tibetan Rites

77. Martial: Striking and defense drills blindfolded – trusting your movements and the “wedge”  
Physical: Cardio drills blindfolded pushup levels, go til failure  
Mental: The power of the placebo – we can’t imagine what our brains are capable of  
Spiritual: Third of Tibetan Rites
78. Martial: Jab cross roundhouse to rear ridge hand finishing with rear power knee  
Physical: L-sits to failure; Rubbing pebbles with three fingers hand strengthening  
Mental: Shaming others within your “tribe” when necessary if serious rules are broken  
Spiritual: Fourth of Tibetan Rites
79. Martial: Multiple opponents – give yourself video analysis  
Physical: Rear plyolunge to triple strikes to L sit jump to split jump to plank jumping elbows  
Mental: Finding purpose in big and small problems, or inspirational gaps to be the light for others, holding your place in the world  
Spiritual: Fifth of Tibetan Rites
80. Martial: Start fighting on a balance ball, learn to be hard and soft in quick reactions  
Physical: Grinding for grip strength, pulling out nails and plucking  
Mental: Don’t ever let the perfect ruin the good, ever  
Spiritual: Final Words, honoring past spirits and ancestors