

Module 3  
 MARCH 2012:

**Attribute: Commitment:**

**No goals, no glory.**

Homework Assignments:

BLOCK 3

CHARACTER DEVELOPMENT

- Good Self Control wk1 – Mind over Emotion
- Good Self Control wk2 – Body over Emotion
- Good Self Control wk3 – Balance over Emotion
- Good Self Control wk4 – Words over Emotion

STREET SAFE/SCHOOL SAFE

- 5 Rules of Personal Safety wk1 -Use Your Mind
- 5 Rules of Personal Safety wk2 -Use Your Words
- 5 Rules of Personal Safety wk3 -Use Your legs
- 5 Rules of Personal Safety wk4 -Ask for Help

**Fundamentals:**

Psychology of Winning					Self Defense
	Block #4:				
Ch. 1-3	Slide Step	Pivot step	Zig Zag	Net Block	Round House Punch
	Explosive Step	Half Step	Clock Drill	Joe Lewis Net Block	Headlock
Ch. 4-6	Lunge Step	Shuffle	Fake	Spin Elbow	
	Probe Step	Aiki 8	Faint	Ax Kick	

**Beginning thru Advanced:**

<b>Form Weapon</b>	Bassai Dai	Bo (PH-Sho)	Bassai Dai	Bo (PH-Dai)	Bassai Dai	Bo
<b>Self D</b>	Basic Trapping		Trapping (entry to takedown)		Trapping (entry to Finish)	
<b>Books</b>	The 17 Indisputable Laws of Teamwork Ch. 9-12		The 21 Irrefutable Laws of Leadership Ch. 13-17			