

Martial Arts Odyssey: From Self-Defense to Self-Control

We did not cover everything on this timeline, but everything we covered is here. If you have questions: jethro@bartelings.net

Time Frame: 1:00 pm - 3:30 pm

1:05	Welcome & Introductions <ul style="list-style-type: none"> • Who I am & Why I started Martial Arts • The goals of this session
1:10	Bow In <ul style="list-style-type: none"> • Why?
1:11	Warm-up <ul style="list-style-type: none"> • The evolution of TMAC • TKD vs. MMA vs. Self-Defense
1:20 5 min	Stance <ul style="list-style-type: none"> • Body Language • Defensive/Diffusive Stance vs. Offensive • Open vs. Closed Hands • The Question • → CHOICES ← What I see kids doing at Tec
1:25 10 min	Hand Strikes <ul style="list-style-type: none"> • To understand how to defend, we need to understand the attack • Jab (1) & Cross (2) • “Hello” (1) & “Goodbye” (2) • When it comes time to strike, we want it to be a quick conversation • Open Handed model • Move with it
1:35 10 min	Defense: Parrying <ul style="list-style-type: none"> • Close-Close → Partners • V-Stepping • Open-Close • → Will come back to this...
1:45 15 min	Movement <ul style="list-style-type: none"> • Where is the best place to learn self-defense? Track Team • “Why swim to deeper waters when the shore is right behind

	<p>you?"</p> <ul style="list-style-type: none"> • Walk away... Run away • → POST-Altercation chats with kids ← <ul style="list-style-type: none"> → "What could this look like if you were on the street?" → What is the teachable opportunity here? • 4 Directions in Stance • AWARENESS • → Triangle Step Drill • → + Parries • PATIENCE
2:00 15 min	<p>Counters</p> <ul style="list-style-type: none"> • Our goal is to first RESOLVE or ESCAPE • But sometimes our back is "pushed against the wall" and the only option for possible safety is Offense • Close-Close • Disrupt: Vision, Breathing, Balance • → Entry Strikes CONSEQUENCES • → Hook leg sweep; extending GRACE
2:15 10 min	<p>Bullying</p> <ul style="list-style-type: none"> • Parents • MY STORY • Now that you have 'power' → SELF-CONTROL
2:25 5 min	<p>Open Minded</p> <ul style="list-style-type: none"> • Bruce Lee & Dan Inosanto • Guru Dan story
2:30	<p>Kicking</p> <ul style="list-style-type: none"> • In Lines • Targets
2:45	<p>Arnis/Kali/Eskrima</p> <ul style="list-style-type: none"> • History • Cultural Appreciation • Bow in
2:50	<p>First 5 Strikes → Partners</p> <ul style="list-style-type: none"> • Strikes • Blocks • Ranges: Corto/Medio/Largo Mano

3:00	Checking Hand <ul style="list-style-type: none">• Demo:• → #1 come under with wrist strike to vine• → #1 Roof block > abanico > elbow Quick Release• → Progression• → #1,2 Check and snake• Locks & Disarms
3:15	Escapes <ul style="list-style-type: none">• Path of Least Resistance• Basic Wrist Escapes• Wrist Hold to Arm locks• Crunch Drop• Choke Release: The Gretzky
THANK YOU!	