****

**The BoloKon 25**

**25 rules of Sparring of the Bolokan system of self-defense**.

These rules were created to give you a mental concept from which to approach your study of Martial Arts, Sparring and Self Defense. Committing these rules represent the essence of my philosophy of fighting.  You must first commit them to memory and then concentrate on truly understanding their application. This is done by intensely observing and processing, with the rules as your filter, what you see, hear and experience; both inside the Dojang as well as "anywhere “outside the Dojang where there is combat.  Failure to approach your Study in this manner renders the rules virtually useless to you the rules must become part of your essence mastery of the first five rules should develop you into a solid fighter. Mastery of rules six through twelve should develop you into an exceptional fighter. Mastery of rules thirteen through twenty five shall transcend you're fighting beyond the physical it shall become magical.

In time you should come to appreciate that these rules also have applicability in nonphysical life situations.

Always remember

TRUE SELF-DEFENSE APPLIES TO YOUR MIND YOUR BODY AND YOUR SPIRIT.

**WHITE BELT**

Rule # 1

Block and counter is the essence of Martial Arts.

Rule # 2

Defense never rests.

Rule # 3

Always establish the front hand.

**YELLOW BELT**

Rule # 4

There are three speeds fast very fast and unstoppable.

Rule # 5

Control the distance and the Tempo of the fight.

Rule # 6

Attack the same area two weaken, attack different areas to confuse.

**ORANGE BELT**

Rule # 7

There are four zones of attack: Dead Zone, Punching Zone, Kicking Zone and Comfort Zone: Get to the Dead Zone.

Rule # 8

Attack the area, which is unprotected.

Rule # 9

Counter Pressure with Relaxation.

**GREEN BELT**

Rule # 10

Change stances to provide a different look.

Rule #11

The engagement should end with the opponent on the ground.

Rule # 12

We are multiple technique fighters.

**BLUE BELT**

Rule # 13

There are fifteen basic angles; Tango, Veer Left, Veer right, Waggle Left, Waggle Right, Zone Left Zone Right, Hinge Left, Hinge Right, Scoop Left, Scoop Right, Swaggle Left, Swaggle Right, Echo, Down.

Rule #14

There are Nine front hand counters: Hammer-fist (vertical), Rising Punch, Backfist, Roundhouse punch, hammer-fist (Horizontal), Ridge Hand, Knife-hand, Palm Heel Strike, Scissor Punch.

Rule # 15

A fake is a false impression of physical intent.

**PURPLE BELT**

Rule # 16

Breakdown, Breakdown, Breakdown; Mind, body, and spirit.

Rule # 17

Get into the zone: and stay there.

Rule # 18

It's always better to give then to receive.

**BROWN BELT**

Rule # 19

We can run but we sure can't hide.

Rule # 20

Get your work done.

Rule # 21

Recognize, realize, and reapply.

**RED BELT**

Rule # 22

Pay attention to detail.

Rule # 23

Hands: Head Down: Legs: Toes up.

**HALF BLACK BELT**

Rule # 24

Focus up on, Contact

Rule # 25

Love to rumble, rough and tumble.