Full Circle
Guidebook

By
Mark L. Fusco
Three Generations of Jiu-jitsu and Karate

Full Circle Academy Mission:

To empower adults, teens and children to be a positive force in this world by achieving the Black Belt ideals of respect, honor, compassion, tenacity, focus, and confidence through the martial arts.

Philosophy of the Academy

Bruce Lee was as much a philosopher as he was a martial artist. His thoughts can be found in books, movies, magazines, and even on T-shirts. What he advocated was finding your own truth about what works in combat; we advocate that you find the truth about yourself through combat.

Sparring, grappling, weapon fighting, and scenario drills all bring people to face their fears and shortcomings. It is an uncomfortable experience that can cause us to lie to ourselves – “I wasn’t ready,” or “he was just lucky,” or “I’m just not any good.”

Only by engaging in activities that stretch us, can we hope to reveal the truth about our strengths and weaknesses. Only by taking on tough endeavors can we change ourselves to be what we hope to be.

It is effortless to live life’s easy times. It is how we handle the tough times that makes the difference. Life will challenges us with obstacles, self-doubt, pain, and fear. You will face all of these often enough at the Academy to become secure at being uncomfortable. This ability translates directly to our everyday lives and gives us the strength to handle the difficult times without selling out on our values or letting those around us down.

Becoming comfortable with being uncomfortable takes practice! Showing up for classes, learning new skills, using them in matches, and taking tests are all part of this process. The
camaraderie that comes from sweating alongside others that are on the same quest will fuel you and create its own joy.

The Tri-fold Values of the Academy:

Our values are organized under three top-tier values – honor, compassion, and tenacity.

**Honor** – This is not the ego-centric, blustery concept of revenge where someone fights to “maintain the family’s honor.” Honor is an intrinsic gift we are born with that we can give away by lying, stealing, cheating, breaking our promises, and etc. No one can take our honor away, but our own weaknesses often cause us to chip away at it. Honor is the basis for all our relationships in life and must be maintained in order have strong and beautiful friendships and family ties.

**Characteristics of honor** –
- Respect
- Manners
- Saying what you mean and meaning what you say
- Truthfulness
- Strong work ethic
- Your word is your bond
- Moral courage

**Compassion** – Compassion is love and respect for your fellow human beings. It is the ability to place yourself in someone else’s shoes and treat them how you would want to be treated. Compassion is absolutely necessary for martial artists. You will gain great power through your training. Compassion helps you to use that power in the right ways and for the right reasons. It is the central value at the academy.

**Tenacity** – Tenacity is the strength to hold on during the tough times and see our commitments through until they are completed. It is the value that empowers our ability to act honorably and maintain our compassion. It is our way in the face of adversity. This type of perseverance touches the three planes of our existence – mental, physical, and spiritual. The training methods and curriculum at the academy are designed to develop and test all three of these level.

<table>
<thead>
<tr>
<th>The Five Virtues of Full Circle:</th>
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<tr>
<td>1. We are martial artists. We act honorably in our daily lives.</td>
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<td>2. We will always practice and study. Tenacity is our way.</td>
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<td>3. We will always keep the good and discard the bad.</td>
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<td>4. We believe that nothing is impossible.</td>
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<td>5. We will restrain our physical abilities through our compassion.</td>
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The concept of Jiu-jitsu:
“Jiu” or “Ju” is Japanese for suppleness (or flexibility) and “jitsu” means techniques or methods. “Jiu-jitsu” means techniques or methods based on suppleness/flexibility. For our kids – the bendable way.

An understanding of the meaning of suppleness may be best arrived at by considering these key words:

- Adaptable
- Balanced
- Resilient strength
- Subtle
- Relaxed
- Refined
- Tenacious

The concept of strength through suppleness is brilliantly displayed in nature. Water, for example, is adaptable to the container in which it is placed. While water may adapt itself to its present container, it does not give up its ability to support life on Earth. Thus, as we adapt to changing situations, we do not give up our values.

Water also provides lessons in tenacity. As water runs down from the highlands, it seeks the path of least resistance while always maintaining progress towards its goal of reaching the sea. In the process, it carves great valleys and gorges over time.

To be supple is not to be weak or assume whatever values are convenient. Just because a palm tree bends with the winds of a hurricane does not change the fact that the tree held its ground. Obstacles in life may be so great initially that we can not push straight through them. However, by flowing around them as water does, the goal is reached, and in time, the rocks are worn smooth and the path made straight.

Protective arts based on suppleness are refined methods based on scientific, athletic and psychological principles. The methods may be applied with subtlety or with the explosiveness of a breaking wave at the time and point where the attacker is most vulnerable.

Arts of suppleness seek to apply only as much force as is required. They draw upon moral uprightness while keeping practical self-defense needs in mind. All martial arts have the concept of suppleness. Each emphasizes it in different ways. For us, suppleness is our cornerstone.

**A full circle:**
Circular metaphors are found throughout the martial arts:

- Circular movements are an integral part of martial arts.
- There is no beginning or end. One concept must flow into another.
- All training must come full circle many times to result in a balanced art and practitioner.
- It describes the teaching model of the academy.

**The teaching model:**
The Full Circle Teaching Model will serve two main purposes for the academy –
- Facilitate the integration of concepts and methods from arts like military jiu-jitsu, Small Circle Jujitsu (SCJ) and Brazilian Jiu-jitsu (BJJ), Jeet Kune Do, and Karate.
- It serves as the mechanism for internalizing practical self-defense skills and developing personal confidence.

The Full Circle Teaching Model is goal driven with continuous improvement. Goals are sought by drawing on the guiding knowledge of teachers, martial artists and other sources to develop skills. Catalysts are then used to bridge the performance gap between knowing about a skill and being able to apply the skill. This leads to practical ability.

The achievement of practical ability will develop confidence and increase understanding. In turn, this new perspective will shape future goals.

In this process, catalysts are an important element for helping a practitioner gain practical ability. However, catalysts also serve as common ground to explore and integrate the concepts from various sources of the martial arts.

Some catalysts are: footwork patterns, coordination drills, sparring/grappling, sumbrada, sticky hands, pummeling drill, Y-drills, corner drills, accordion drill, scenario training, and etc.
The Full Circle Family of Martial Arts:
These are the self-defense arts that feed the concepts of the Full Circle Teaching Method.

Military Jiu-jitsu

Brazilian Jiu-jitsu

Small Circle Jiu-jitsu

Wrestling

Tuite-jitsu

Kali & Arnis

Karate

Jeet Kune Do

Military Jiu-jitsu, Small Circle Ju-jitsu and Ronin GoJu Karate

Military Jiu-jitsu is an amalgamation of skills taught to Dr. Fusco in the 1950’s. His first training came when he was an orderly at a mental hospital for five years. The sensei (teacher) at the hospital was a former U.S. Marine drill instructor. Dr. Fusco had to use his skills on a daily basis to subdue violent patients. He was confronted by deranged patients wielding fists, improvised
impact and edged weapons and in one case a smuggled pistol. These skills were added to his training in the 101st Airborne Division. During this time, Dr. Fusco also became a training partner for an intelligence operative in which a variety of armed and unarmed skills were practiced.

Small Circle Ju-jitsu is the style founded by Professor Jay. His principles moved the instruction of martial arts into the modern era with a focus on sound scientific principles and logical approaches. He is a true pioneer.

Ronin GoJu Karate is a style known for its practical sparring skills and tough fighters. It was founded by Grandmaster Gene Cross and is based on the work of Gogen Yamaguchi, Peter Urban and Bill Liquori.

**Brazilian Jiu-jitsu**

The Gracie family has taken judo and jiu-jitsu and developed a style that focuses mainly on the using ground skills to subdue a larger opponent through joint locks and chokes. The style also contains stand up self-defense skills. It has helped revolutionize the way the martial arts community views self-defense and fighting.

Gracie Jiu-jitsu is taught by Helio Gracie and made famous by his son Royce in the UFC. Gracie-Barra comes via Helio’s older brother Carlos, the founder of Brazilian Jiu-jitsu. Gracie-Barra is headed by Carlos Gracie, Jr.

Grandmaster Helio genius was his refinement of technique, especially when you consider fighting out of the guard.

As Sir Issac Newton pointed out, if we do anything well, it is because we stand on the shoulders of the giants that came before us. We have been blessed to work directly with some of these giants and in other cases with their excellent students.

When **Professor Jay** moved, he was never rigid. His motions were fluid, practical and devastating. The same can be said several times over of the late **Professor Remy Presas**.

**Modern Arnis** was formulated by the late Remy Presas. It is a Filipino art that emphasizes striking and grappling with and without weapons. Remy Presas was well known for his ability to flow from one technique to another by anticipating the reactions of his opponent. His form of jiu-jitsu was extraordinary in its own right.
In 1996, the Fusco’s began an in-depth study of Small Circle Ju-jitsu with Professor Wally Jay and his son Leon Jay. This research included numerous hours of practice and study of the art with the Jay’s, Masters Jack Hogan, George VonWaldner and other serious students of Small Circle Jujitsu (SCJ). Grandmaster Hogan’s close relationship with Wally Jay has allowed him to interweave the principles of Jay’s Small Circle Ju-jitsu with his practice.

Dr. Fusco and Coach Fusco have studied SCJ for years along with its applications and coordination with Karate. This has resulted in an effective, blended approach.

Contemporary Jeet Kune Do – JKD is the martial method founded by Bruce Lee. One of his main students was Guro Dan Inosanto (also a world famous Kali/Escrima instructor). Guro Dan is the instructor of Paul Vunak. Sifu Paul was selected to train SEAL Team 6 and was also trained by Rickson Gracie. Sifu Paul’s training drills (especially the accordion drill) are used as catalysts to turbo-charge your training! His skills and methods are amazing and have had a profound influence.
All of these arts have input in the academy curriculum. The basis of the curriculum is jiu-jitsu. Knowledge and performance within the curriculum are signified with belt ranks in Fusco Jiu-jitsu.

The Style Founders:

Dr. L. A. Fusco has over 50 years experience in Martial Arts study and practical application. He received training in military jiu-jitsu from a former drill training instructor while working as an orderly at a mental hospital. The combination of serious training coupled with the necessity of practical application set the tone for Dr. Fusco's (and eventually his son Mark Fusco's) philosophy of martial arts.

Dr. Fusco holds 5th degree Black Belts in both Karate and Jiu-jitsu. His medical training has been instrumental in researching body mechanics, strengths, weakness, and specialty areas such as cranial and cervical nerves/pressure points and fight or flight responses.

Dr. Fusco still participates regularly in the daily training at Full Circle Academy, including being the lead instructor in his cane class, which is an original self-defense program that has won recognition at martial arts competitions.

Dr. Fusco's knowledge came from a variety of sources including –

- Growing up in an extremely rough neighborhood that required him to fight for his life on several occasions.
- Wrestling and boxing
- Being an orderly in a mental receiving hospital where he faced patients with everything from a size 20 shoe to a pistol. He received training in military Jiu-jitsu from a former drill instructor that worked at the hospital. This knowledge was applied on a daily basis against hostile patients for five years. He was attacked with blunt and sharp objects, and disarmed a gun wielding patient.
- Training in hand to hand and weapons combat as a member of the 101st Airborne. During this time, he also became a training partner for an intelligence operative in which a variety of armed and unarmed skills were practiced.
- Certification in Chinese Medicine
• Direct training with Professors Wally and Leon Jay, GM Jack Hogan, GM George Dillman, GM Gene Cross
• Performing in strong man shows as a young man – bending spikes, driving nails into boards with his bare hands and having a man jump on his stomach from an 8’ platform (see picture in the back section of the guidebook)
• Surviving a parachute malfunction which caused him to fall from 1200’. He was told that he would never walk again. (My Dad has been proving Doctors wrong for years through prayer and the will power he has been blessed with. He defines tenacity. He is my hero! – Coach)

Coach Mark Fusco began training with his father at age six. By age ten, he began formal training with Master Gene Cross in Ronin GoJu Karate. This training culminated in a 3rd degree Black Belt. At the Naval Academy, Coach lettered on the Academy Martial Arts Team, while becoming team captain and the co-instructor of the Naval Academy Martial Arts Club. His pedigree includes receiving instruction from a veritable who’s who of world class martial artists, (including three members of the Black Belt Hall of Fame – Prof. Wally Jay, Prof. Remy Presas and GM George Dillman.

All three awarded Coach him a 3rd degree Black Belt. Coach holds a 5th degree Black Belt in Fusco Jiu-jitsu, and also a 4th degree Black Belt in Ryukyu Kempo. He is a certified instructor in Tuite-jitsu, Kyusho-jitsu (pressure point fighting), and Edged Weapons Defense. He holds an Apprentice Instructorship in Arnis. Coach Mark holds the rank of Full Instructor, Contemporary Jeet Kune Do under Sigung Paul Vunak

Coach Fusco’s Education:
• U. S. Naval Academy – B.S. in Engineering, Successfully completed the Naval Academy’s wrestling, boxing and judo curriculum
• Naval Aviation Training – former Navy pilot
• 5th degree Black Belt and Master Instructor in Fusco Jiu-jitsu & Self-defense (Dr. L.A. Fusco)
• Full Instructor, Contemporary Jeet Kune Do (Sigung Paul Vunak)
• 4th degree Black Belt in Ryukyu Kempo Karate. The 3rd degree was awarded by a promotion board that consisted of Masters Jack Hogan, George Dillman, Wally Jay, Remy Presas, and Leo Fong. Masters Dillman, Jay and Presas are members of the Black Belt Hall of Fame
• 3rd degree Black Belt in Ronin Goju Karate (Master Gene Cross)
• Certified as an Advanced Kyusho-jitsu Instructor by Grandmaster Jack Hogan
• Certified Instructor in Edged Weapons Defense(Master George Von Waldner)
• Apprentice Instructorship in Modern Arnis
• Numerous hand to hand combat training sessions with Marines and SEAL team members
• Anti-terrorist training
• College courses in anatomy, kinesiology/body mechanics, exercise science, and psychology.

Achievements:
• Co-instructor, Naval Academy Martial Arts Club
• Naval Academy Fighting Team Captain - Lettered
• First place, Tri-service Academy Tournament
• Selected as the most outstanding fighter in the Collegiate Martial Arts Association

Additional Experience:
• Awareness and training book written
• Former Law Enforcement Products Manager for the RedMan line at Macho Products, Inc
• Silver medal – North American Grappling Association Championship
GoJu Karate and Ryukyu Kempo Karate

Gene Cross
Ronin GoJu Karate
10th Dan

Jack Hogan
Karate
Kyusho-jitsu
9th Dan

George Dillman
Ryukyu Kempo Karate
9th Dan
Black Belt Hall of Fame

Seiyu Oyata
Ryukyu Kempo
10th Dan

Allan Amor
Ryukyu Kempo
6th Dan

Harry Smith
Ryukyu Kempo
4th Dan

Dr. Fusco
5th Dan *

Mark Fusco
The background of Jiu-jitsu -

Jiu-jitsu is an often misunderstood term that originally described many different fighting arts practiced in Japan. The development of jiu-jitsu happened over hundreds of years and was the natural result of mixing native, Japanese fighting skills with knowledge from other countries, mainly China.

Master Jigoro Kano, the founder of Judo, notes in his writings that the skills that represent our present understanding of jiu-jitsu have been known by various names including: yawara, tai-
jitsu, kempo, torite (tuite in the Okinawan dialect), and jiu-jitsu. Over time, jiu-jitsu (or ju-jitsu) has become the preferred term.

Martial arts in general, have not been well documented in the past. Information was passed on from master to student. Unfortunately, deaths often interrupted the passing on of knowledge. However, later students were often able to rediscover what those before them had known.

Sometimes, a practitioner decided to specialize in certain types of techniques (striking, throws, etc.). Over time, this caused some lineages to splinter. However, later on, masters and students were able to reassemble the pieces to gain a full understanding of the elements of jiu-jitsu.

Jiu-jitsu is based on sumai, an ancient wrestling method of Japan. Some techniques were developed for battlefield use over time from this method. Simultaneously, the sporting aspect of sumai developed into sumo wrestling.

In China, the art of kempo (chuan fa) had developed along with the art of shuai chiao. Kempo has two main components: striking (including dim mak) and joint locking (chin na). Shai chiao is a throwing art. When all of these are combined together, they are very representative of jiu-jitsu’s skill set. There has been a constant exchange of commerce and ideas between Japan and China. This exchange has provided ample opportunity for the exchange of martial information.

In the 1500’s, a Chinese monk, Chin Gen Pinh, arrived in Japan and began teaching kempo. It is known that a mixing of skills took place. The same process also happened in Okinawa. Since Okinawa has a subtropical environment and a history of little or no employment of armor, the striking skills of kempo are represented more in today’s karate. Meanwhile, Japan’s harsh winters require heavier clothing. Also, the samurai used armor extensively. Both of these elements, resulted in a preference for throws, joint locks, strangulations and strikes to the neck within jiu-jitsu.
Academy Rules:
The study of any martial art is inherently dangerous. As with the practice of any physical activity or sport, accidents can happen. You must adhere to the school rules, Training Time Out policy, and instructor's commands to help reduce the possibility of an accident. Instructor refers to the teacher or his representative.

- Follow the directions of the instructor
- Arrive on time for class
- Present yourself with a positive attitude in a clean uniform
- Bow when moving onto and off the training floor at designated spots only.
- Wipe feet before moving onto or off the training floor.
- Shoes – approved martial arts shoes may be worn on the training floor. However, they must not be worn outside the dojo.
- Hygiene – martial arts training requires close personal contact. Come to class with a clean uniform and body. Use deodorant as appropriate.
- Remove your jewelry and watches before training. Secure your valuables. The academy is not responsible for losses.
- Keep finger and toe nails trimmed to avoid cutting others
- The following are not permitted on the training floor: gum, food, smoking, profanity, or arguing (control your temper)
- Appropriate personal protective gear is required for sparring and exercises that involve contact
- It is the students' responsibility to make the instructor aware of any lack of protective gear, injuries or other problems
- Students may not spar or grapple without supervision
- If there are any questions, ask them. Don't be shy.
- If you have nothing positive to say about others, refrain from talking
- If training weapons are present, never touch them without permission from the teacher
- All will pitch in to keep the training area safe and clean
- Know and follow the Training Time Out policy
- Seek confirmation from a doctor that you may engage in the martial arts and exercise safely
- The teacher has final authority on who is safe to train
- Keep the academy clean. Pick up after yourself!

Training Time Out Policy
- Call for a TTO by saying “stop,” “time out,” or making a “T” with your hands (if you are involved with sparring/grappling or an exercise that could result in contact, ensure that you are protected and clear of the situation)
- No stigma will be attached when calling a TTO
- Signal a TTO if you are worried that you or someone else is in danger, if you see anything unsafe or unsupervised, or if you are unsure of what is happening
- When a TTO is indicated, everyone will sit down and ensure that the instructor is aware of the situation
**Sparring Guidelines**

Sparring involves the uses of strikes that make light contact. The nature of sparring makes it impossible to ensure all strikes make light contact. For example, if you should step forward at the same time your opponent initiates a punch, it is possible that the punch might contact with more energy than desired. This leads to the most important of the sparing guidelines:

* Protect yourself at all times

Additional guidelines:

* The instructor chooses participants and begins and ends all sessions/matches.
* Participants must follow the directions of the instructor. When told to stop, participants must immediately stop and back away while protecting themselves.
* Approved personal protective equipment must be worn as required for the type of sparring.
* Light contact may be directed to only the targets designated by the instructor. Never to the throat, neck, joints, spine or other vital areas of the body.
* Never exceed the protective capability of the equipment or exceed your ability to control the force of your strike to a make light contact.
* Guidelines can not cover all situations. You must be dedicated to your and your opponent’s safety. Safety first. Performance second. Ego last!

**Grappling Guidelines**

Grappling is to focus on clinching, takedowns, positions, locks, escapes, disengagement, and chokes. Basic guidelines:

* The instructor chooses participants and begins and ends all sessions/matches.
* Participants must follow the directions of the instructor. When told to stop, participants must immediately stop and back away while protecting themselves.
* Locks are to be applied slowly. No ballistic movements! Be prepared to release pressure when the opponent taps the mat, taps your body, or calls “stop,” the instructor calls stop, or you are concerned about injury.
* Strangulation techniques may be used only when the instructor allows it; however, once in position only apply enough pressure to obtain a submission. Never apply heavy pressure or hold long enough to cause your opponent to pass out.
* Grapple on mats.
* Signal to you partner to stop applying a technique by tapping the mat, your opponent or saying “stop.”
* Once again, guidelines can not cover all situations. You must be dedicated to your and your opponent’s safety. Safety first. Performance second. Ego last!

**Addition to the grappling guidelines –**

Since grappling requires contact that exceeds what is need for sparring, students (and parents) can chose to practice with only students of the same gender or either gender.

The decision is up to the parent/student and will not affect the student’s ability to progress in jujitsu. With that said, it must also be noted that a student will develop the best skills and the most self-confidence by engaging in progressively harder matches with more skilled opponents.

To help instructors that are pairing students for matches, a student will use a code word to let instructors know if they wish to grapple only the same sex or either sex. The school floor has
two colors, red & blue. Blue stands for both genders. Red means grappling should only take place with students of the same gender.

Grappling Code Words:

Blue – grappling is OK with either males or females

Red – grappling is OK with only students of the same gender

Please note, that instructors will often show students techniques by performing them on the student. This often requires practice between opposite genders. Should this be an issue, please speak with Coach Fusco.

Academy Uniform – We want to look and feel sharp. We want a professional environment.
- Jiu-jitsu class – Gi (traditional uniform) or Gi pants/academy T-shirt/belt
- Grappling practice, Cage Fitness or open mat - Gi pants/academy T-shirt, MMA shorts/martial arts T-shirt
- Patches – All Gi tops are to have an academy patch on the left side over the heart. Other patches as authorized by Coach. Academy patch may be added to MMA shorts in an appropriate location.
- Note: clothing must not have zippers or metal fastners (can cut partners or mats). Pockets are not recommended.
- 2nd note: Men and women will wear a shirt under their uniform top

Principles and Concepts:
FCA draws freely from the principles and concepts of military jiu-jitsu, SCJ, BJJ, TJ, Karate and other arts as necessary to reach goals. The list below is not exhaustive, but each will be found multiple times in the curriculum.

1) Centerline Theory
2) Theory of Posture, Balance and Power
3) Economy of Movement
4) The law of energy, speed and mass
   \[ E = (1/2)mv^2 \]
5) Combat Vision
6) Focus to the smallest point (mental and physical)
7) Mobility vs. Stability
8) The Theory of
   a) Hands across centerline
   b) Balance control points
   c) Direction of the eyes
9) The Theory of Reference Points
10) Theory of Distraction
11) Theory of Synergy – Summation of forces
12) Theory of Explosive Movement
   a) Breathing
   b) Rotational motion
   c) Leg, hip and arm coordination
   d) Weight shift or drop
   e) The wave/whip
   f) Plyometric effect
   g) Increasing connected mass at impact
13) Sticking and Guiding/Redirection
14) Body Mechanics - Mechanical Advantage
Philosophy –
Our testing approach is somewhat unique in the martial arts community. Our focus is on performance appropriate to each belt level. There is no requirement to be in a rank for any length of time or to test to only one belt at a time. This allows students with prior training, experience and/or that attend a large number of training sessions (private lessons or Black Belt Club) to rise to the appropriate rank quicker.
Rank should be seen as proof of a certain performance level. This performance level must be maintained to maintain rank.
Performance is mainly evaluated through one or more areas –
- Bully situations
- Drills
- Sparring
- Grappling
- Scenario training

Color Belts and Black Stripes -
Color belts are awarded after formal tests and at other times at the discretion of the head instructor. Black stripes are added to belts to show the progression toward the next belt. They may be awarded after formal tests, for the completion of tasks assigned in class and for completing other requirements as put forth by the head instructor. Students will usually get between 2 to 4 stripes between changes in belt color.

Elements Evaluated During a Test
When looking at an individual skill like a front kick, it is fairly easy to judge a student’s performance. For a bigger process like sparring, there are hundreds of elements that need to come together and at different levels of integration for each belt level. This part of the advancement process is based upon the judgment of the testing instructor. Here are some of the elements that may be considered when judging the major self-preservation areas: Anti-bullying, sparring, grappling, scenario training, and drills.
**Yellow Belt**

Knowledge:
- Jiu-jitsu = flexible fighting method (origin – Japan)
- Self-defense goal = escape danger
- The Five Virtues of Full Circle

Stances:
- Attention with bow
- Natural position
- On guard position

Footwork:
- Step- step, circle out, back & circle out

Combat Vision

Mirror method of blocking:
- Roof, Low, Inside/outside (windshield wiper)

 Strikes:
- Jab, cross, front kick

Standing escapes: Head lock

Catalysts/Drills:
- Blocking with the back and circle out footwork
- Bull fight
- Basic sparring – kickboxing method

**Orange Belt**

Footwork:
- Quarter step

Parries

Strikes:
- Back fist, hook, palm strikes, step-up side kick, round kick

Evasion:
- Slip, bob & weave

Protecting low line with the legs

Wedging out of a corner

Falls & rolls

Standing up in base

Takedowns and throws:
- single leg, double leg, outside throw, sit down throw

Clinch work:
- Collar & elbow, steering wheel, pull/push, under hook & collar, arm drag, duck under, bear hug

Double upa

Standing escape: Rear choke

Catalysts/Drills:
- Mongolian wrestling
- Sparring – combination attacks
- Clinch fighting for position & takedown
- Baseball field drill and restroom drill

**Green Belt**

Knowledge:
- Awareness: steps to an assault
  - Intent, test/positioning, attack
Three pillars of fear control:
- Focus on a goal, breathing, practice to create confidence

Standing escapes:
- Arm grabs (snaking, watermelon seed), front choke, rear & front bear hugs
- Follow up escape with clinch and takedown/throw

Front roll with break fall

Throws/takedowns:
- Hip toss, sacrifice

Anti-grappling:
- Under hook, sprawl & crawl, pull to guard

Ground skills:
- Basic ground flow
- Riding skills – basing, hooks, swim, posting, scoop
- Shrimping
- Americana & defense
- Kimura from guard & defense
- Arm bar from cross side & defense
- Returning to your feet

Drills:
- Grappling matches using the 5 step strategy – clinch, off-balance, throw, position, submission
- Control drill – using grappling against grabs, pushes, punches (school situation)
- Restroom drill

Blue Belt

Strikes:
- Upper cut, overhand, hammer fist, knife hand, elbow, knee

Clinch work:
- Body & neck pummel
- Two on one
- Under hook with reverse collar
- Improving position
- Adding knee strikes

Throws/takedowns:
- Hip throw, lat toss, basic wrist lock takedown

Anti-grappling:
- Head snap down, standing guillotine

Submissions:
- Wrist lock & defense
- Arm bar from guard & defense
- Guillotine from guard & defense
- Rear choke & defense
- Arm & leg triangle chokes & defenses

Drills:
- Grappling matches using the 5 step strategy – clinch, off-balance, throw, position, submission
- Control drill – using grappling against grabs, pushes, punches (school situation)
- Restroom drill
- For adults – RAT, For kids – Takedown sparring
**Blue/Purple Belt**
This is a rank for children as an intermediate step to purple belt. It will be utilized when the student is not large enough yet to make the transition to the adult class. Requirements will be pulled from purple belt as appropriate and improvement of blue belt skills to a high level of performance.

**Purple Belt**

Star pattern footwork natural & bladed

Asymmetrical skills:
- Interceptions and pak sao
- Gunting
- Simultaneous attack & defense
- Weapons - defanging

Standing locks:
- Arm bar
- Figure 4

Advanced grappling skills:
- Raised elbow escape
- Forked pass (with 3 options) and defense
- Chin pin and counter
- Combination throw/takedown
- Combination submission

Catalysts/Drills:
- Sticky hands
- Stacking pass defense flow
- Accordion drill
- Scenario – sucker punch
- Scenario – being mounted with strikes

Assist with instruction

**Brown Belt**

Finger locks

Weapon skills:
- 4 E's against weapons
- 3-4-3 drill with dagger
- Defanging multiple opponents
- Sumbrada
- Basic firearm functioning
- Firearm disarms

Multiple opponents – 4 E's

Countering standing locks:
- Remove lever or fulcrum, accelerate rotation, change angles, mental

Catalysts/Drills:
- Zone & control edged weapons – U drill, sticky hands
- Lock flow - Basic wrist, lop sao, arm bar, figure 4, arm bar, basic wrist
- Accordion drill with new skills incorporated
- Scenario – 2 vs. 1
Demonstrate teaching ability

**Brown/Black Belt**
This is used as an intermediate step for children when they require time to gain additional maturity.

**Black Belt Candidate**

Project as assigned
Service to others
Higher development in one of three areas:
- Naihanchi Shodan & bunkai
- Kali/Arnis
- Speed bag skills and application

**Shodan – Black Belt**

All that has come before – AT A HIGHER LEVEL OF PERFORMANCE
Private testing requirement

**Nidan – Black Belt, Two Stripes**

Left and Right Behind
Flowing Hands
Sweeping Hands
Wind Hands
Universal Hands
Teaching ability
As assigned

**Full Circle Academy – Pressure Point Certification**

The academy’s pressure point certification is built directly on top of the core Jiu-jitsu curriculum. The additional requirements are to add pressure points which will increase the effectiveness of techniques. The information for the certification comes from Dr. Fusco’s medical knowledge and Coach Fusco’s 3rd degree Black Belt in Ryukyu Kempo under GM Dillman and his advanced certification in Kyusho-jitsu under GM Hogan.

Pressure points are locations on the human body where you can activate nerves through the proper approach. This allows you to directly affect the nervous system. When studying points, the following topics are of great interest –
- Name of the point (meridian and number)
- Location
- Method of activation
- Type of stimulus
- Direction
- How does it affect the body?
  - Locally
  - Whole system
- How does it interact with other pressure points?
  - Yin/yang
  - 5 element theory
    - Destructive cycle
    - Overloading constructive cycle
    - Reversing constructive cycle

### Destructive Cycle

![Destructive Cycle Diagram]

### Constructive Cycle

![Constructive Cycle Diagram]

#### The program:

The movements necessary to use pressure points are interwoven throughout the core curriculum. Now, an understanding of pressure points will allow you to use your body mechanics in new ways.

The pressure point curriculum information will be available through seminars, small group or private lessons.
Full Circle Pressure Point Curriculum

Level 1:
- Know and be able to use five pressure points of the hand, wrist, and arm
  - Location
  - Use
  - Any dangers
  - Access – direction and method of stimulation
  - H-2, H-6 or H-7, TW-3, TW-11, TW-12, LI-3, LI-4, Li-5, LI-7, SI-7, Lu-6, Lu-8, P-2, P-6, MUE28, NUE9
- Restoration
- Demonstrate the skill to apply the pressure points through techniques.

Level 2:
- Know and be able to use five pressure points of the leg and foot
  - Location
  - Use
  - Any dangers
  - Access – direction and method of stimulation
  - Li-9, Li-12, Sp-6/Three yin, Sp-9, Sp-10, Sp-11, Sp-12, Gb-31, Gb-34, Gb-41 S-34, NLE7, BL-55; outside back quarter of the leg
- Restoration
- Demonstrate the skill to apply the pressure points through techniques.

Level 3:
- Know and be able to use seven pressure points pressure points of the head, neck, and torso
  - Location
  - Use
  - Any dangers
  - Access – direction and method of stimulation
  - Lu-1, H-1, P-1/Sp-17, Li-14/GB-24, Li-13/Short ribs; CV-3,4,5,6; Sp-21, CV-14,15/solar plexus
  - S-5, S-9, CV-22, CV-24, LI-18, Si-16, TW-17, TW-18, TW-23/GB-3, GB cluster (13, 14, 15), GB-20, GV-26, BL-10
- Mental nerve (M-HN-14), supraorbital nerve (yuyao), infraorbital nerve (qiuhou)
- Restoration
- Demonstrate technical dexterity and ownership of the knowledge by integrating the points of all three levels in self-defense techniques.

**The Meridians**

Lung (Yin) and Large Intestine (Yang) – Both Metal
Pericardium (yin) and Triple Warmer (Yang) – Both Fire
Usually pericardium has the abbreviation P or PC, while triple warmer is TW or TE

Heart (yin) and Small Intestine (yang) – Both Fire
Liver (yin) and Gall Bladder (yang) – Both Wood

Spleen (yin) and Stomach (yang) – Both Earth
Kidney (yin) and Bladder (yang) – Both water
Conception (yin) and Governor (yang)
Additional Information, Thoughts and Insights -

Is there a spiritual component to the martial arts?

Human beings are spiritual creatures. Many of us seek a closer relationship with God. The martial arts can help this relationship by teaching you about yourself. A repeating truth of many religions is the necessity to truly know your own nature in order to have a mature relationship with God. The martial arts can be a catalyst for this self-discovery by—

- Making us face our fear and our egos
- Allowing us to see our current nature when under stress (personal combat can bring out the worst or best from our hearts)
- Gives us a place to practice the values/attributes we may be seeking (such as ego/temper control, compassion, lack of hate, avoiding revenge) under the stress of physical confrontation
- Finding humility and respect
- Freeing us of the worries of survival so we can rise up Maslow’s Hierarchy to self-actualization.

Honor, compassion and tenacity - spiritual component of the academy’s three watchwords for Coach Fusco

For me, the three watchwords are far more than a moral code for getting to black belt. These three words are rooted in my Christian faith. When looking at the 10 Commandments the first four commandments are focused on our relationship with God. The fifth commandment about honoring your father and mother is the transition point for the second half of the Commandments which are focused on interpersonal relationships.

Jesus summarize the two parts of the Commandments by saying, “You shall love the Lord your God with all your heart and with all your soul and all your strength and with all your mind; and your neighbor as yourself.” – Luke 10:27

Honor: This watchword reminds me to honor God as he wishes by loving him with all my heart and soul strength in mind.

Compassion: this watchword describes the love we should have for our neighbors we should love them as we love ourselves.

Tenacity: Because I’m human, I know that I will fail in honoring God as I should and in having the true depth of compassion for my neighbors I should. God forgives and gives me a chance to pull myself back up and try to live as he would like me to.

Avoiding fights:

There is almost always a way to avoid a fight. Once, I was trapped against a five foot high wall with three guys trying to pick a fight with me. The half wall was for the library and there were books displayed on it. In one smooth motion, I kicked a book off the top and dropped into a fighting stance. Then, I smiled. They quickly laughed it off as a joke and left. I used my mind instead of my fists, and I avoided injury to myself, also I did not have to hurt anyone.
Never let someone manipulate your emotions to get you to fight. Even if you win the battle, you often lose somewhere else. You may get suspended from school or arrested by the police. Only use self-defense when it is necessary to protect yourself or others. Real victory is self-victory. You must master yourself. Pursue this with raw courage and complete dedication.

**Glossary:**

- Counting:
  - ichi - one
  - ni - two
  - san - three
  - shi - four
  - go - five
  - roku - six
  - shichi - seven
  - hachi - eight
  - ku - nine
  - ju - ten

- Bo (Bow) 6 foot wooden staff
- Budo (Boo do) Bu means spear fighting. Do refers to way. The combination in Japanese means the “way of stopping the spear.” The way of preventing or stopping fighting
- Bunkai (Boon high) interpretation of kata move
- Bushi (Boo she) a moral warrior like a knight
- Bushido (Boo she do) the way of the warrior
- Chudan (Chew dawn) middle zone
- Dachi (Dah chee, or datch) stance
- Dan (Dawn) black belt rank, nidan is a second degree black belt
- Dojo (Doe joe) training hall, school
- Empi (Em pee) elbow
- Gedan (Gay dawn) lower zone
- Geri (Gay ree) kick
- Gi (Gee) uniform
- Hajime (Ha gee may) means to begin
- Hanshi (Han she) – master of the school
- Jo (Joe) 4 foot staff
- Jodan (Joe dawn) upper zone
- Jiu-jitsu Jiu means suppleness, jitsu means fighting method. Fighting method based on suppleness. May also be spelled ju-jutsu or ju-jitsu.
- Jiujitsuuka A person who practices jiu-jitsu
- Karate Modern meaning is empty hand. Original meaning was Chinese hand (also Tode or simply Te). It is the fighting art of Okinawa.
- Kata (Kah tah) a sequence of techniques that were put together by ancient masters to catalog their fighting methods
- Ken (Ken) fist
- Ki A person’s inner spirit. It is a the drive/attitude that allows one to overcome obstacles.
• Kiai (Key eye) a guttural yell to direct energy and strengthen a technique
• Kihon (Key hone) basic
• Kumite (Koo me tay) sparring match
• Kuzushi (Ku zoo she) Breaking an opponent’s balance
• Kyu (Cue) Student rank under black belt
• Mawate (Mah wah tay) turn
• Naihanchi (Nye han chee) a kata that is broken into three parts. It is done in horse back stance known as kiba dachi or naihanchi
• Nekoashi (Knee co a she) also known as neko dachi, cat stance
• Newaza (Knee wah zah) Ground technique
• Obi (Oh bee) belt
• Okinawa (Oh kee naw wah) the main island of the Ryukyu island chain south of Japan. Karate was developed here
• Passai A Karate kata that can be performed in the Tomari style or Shuri style.
• Randori (Ran door ee) freestyle practice in which a ju-jitsu or aikido practitioner defends against one or more opponents
• Rei (Ray) bow
• Seisan (Say san) front stance
• Seiza (Say zah) formal sitting position
• Sensei (Sin say) teacher
• Tachi waza (Ta chee wah zah) Standing technique
• Tanbo (Tan bow) 2 foot sticks
• Te (Tay) hand
• Tuite-jitsu Fighting method based on the grappling hand. It is an Okinawan style of jiu-jitsu
• Uchikomi Training through repetition
• Uke (Oo kay) means to receive. Chudan uke refers to receiving an attack in the middle zone. It also refers to the person receiving the attack
• Ukemi (Oo kim e) Breakfall
• Waza (Wah zah) technique
• Yame (Yah may) stop
• Yoi (Yoy) ready position

Japanese terms for various techniques (waza):
Blocks/parries (Uke waza) –
• Low block – Gedan uke
• Roof block – Jodan uke
• Windshield wiper – Chudan soto uke
• Circle block – Masho uke

Striking (Atemi waza) –
• Punch – Choku zuki
• Back fist – Uraken uchi
• Hammer fist – Tettsui uchi
• Palm heel – Teisho uchi
• Knife hand – Shuto uchi
• Elbow strike – Empi uchi
• Head butt – Atama waza
• Knee strike – Hiza uchi
• Front kick – Mae geri
• Round kick – Mawashi geri
• Side kick – Yoko geri
• Back kick – Ushiro geri
• Piston kick – Fumi komi

Throws and takedowns (Nage waza) –
• Hip throw (hip toss) – O goshi
• Suplex – Ushiro goshi
• Shoulder throw – Seoi nage
• Shoulder drop – Seoi otoshi
• Body drop – Tai otoshi
• Fireman’s carry - Kata guruma
• Naihanchi throw – Obi otoshi
• Double leg – Morote gari
• Foot sweep – Deashi harai
• Outside throw – Osoto gari
• Inside reap – Ouchi gari
• Inside trip – Kouchi gari
• Outside trip – Kosoto gake
• Inner thigh throw – Uchi mata
• Sacrifice throw (circular throw) – Tomoe nagi
• Sit back throw – Tani otoshi
• Pull to sweep – Sumi gaeshi
• Sit forward throw – Yoko wakare
• Flying scissors – Kani basami

Controlling or pinning positions (Osaekomi waza) –
• Scarf hold – Kesa gatame
• Head and arm triangle – Kata gatame (also a strangulation)
• North/south – Kami shiho gatame
• Across sides – Yoko shiho gatame
• Mount – Tate shiho gatame

Locks (Kote waza – wrist locks, kansetsu waza – arm locks, ashi kansetsu waza – leg locks, kubi kansetsu waza – neck cranks) –
• Basic wrist lock – Kote gaeshi
• Goose neck – Kote dori
• Knee crush – Hiza hishigi
• Ankle lock – Kata ashi hishigi
• Boston crab – Ryo ashi hishigi
• Can opener or neck crank – Kubi hishigi
• Scarf hold neck crank – Atama hishigi
• Crucifix – Kuzure kesa kubi hishigi
• Guillotine – Tate hishigi
Standing arm bar – Ude gatame
Key lock from the guard (Kimura) – Gyaku ude gurame
Across side, top key lock (Americana) – Ude garami
Cross body arm lock – Ude hishigi juji gatame

Strangles and chokes (Shimi waza and jime waza) –
Rear naked strangle – Hadaku jime
Head and arm triangle – Kata gatame
Triangle choke with the legs – Sankaku jime

Our Patriarch:

Dr. L.A. Fusco goes by “Doc” in the martial arts community. He is an expert in self-defense and with the cane. He has created his own kata which has won several trophies in tournament competition.

As a young man, Doc was involved in a strong man show.

During the show, Doc was known for his “mind over matter” feats –
Driving nails into a board with his bare hands and bending spikes. One of the show’s highlights is when a man would jump off an 8’ platform on to Doc’s stomach.

Playing Sampson, Doc pulls a car to advertise the opening of the movie at the local theater.
Doc (far right) prepares to have his jump wings pinned on while serving with the 101st Airborne Division.

Martial arts have been an integral way of life.
A blast from the past –

Coach Fusco (on right in ‘79) competing as a Green Belt

Coach training with Horace Roberts at the Speer Recreation Center

Coach with a 1st place Certificate

"Doc" holds for Coach’s two board break.
Grandmaster Gene Cross (Coach’s first karate teacher). Coach is centered in the background.

Coach demonstrating the all important front kick and Saifa kata from GoJu Karate.
At the U. S. Naval Academy –

Coach Fusco leading the martial arts team in a basketball half-time demonstration at the academy.

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USNA KARATE
Dedication, Teamwork, Tradition

27 April 1990

From: Officer Representative, USNA Karate Club
To: Midshipman 3/c Mark Fusco

SUBJ: AWARD OF LETTER

1. I take great pleasure in awarding you a Club Sport Letter for your participation in the USNA Karate Club. Your dedication, desire, and competitive spirit have brought great credit upon yourself and the United States Naval Academy Karate Club.

2. You are entitled to the privileges associated with Club Sport Letters as outlined by the Club Sports Manual and Midshipman Regulations.

3. Congratulations on a fine season. Beat Army!

Two good years to go. We're depending on you Mark!

J. R. Allen
Major, USMC
Officer Representative
USNA Karate Club
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Leading a parade as the highest ranking Midshipman, Brigade Commander.

Receiving diploma from President Bush.
Flight school –

Teaching for the Palm Bay Police Athletic League -
Training with Professor Wally Jay through the years –
We are warriors!
Being a warrior is not about physical strength and the wielding of power over others. We were not placed into this time and place to destroy. The foremost desire of our hearts must be to respect and protect each unique life. Our greatest strength comes from love and compassion.

Because we are martial artists, each of us has the responsibility to be a Knight. We must be warriors for truth, honor and compassion. To be a true warrior, we must protect the weak and seek to correct what is wrong around us.

These are hard tasks in a world full of temptation and the abuse of power. We can only succeed by focusing mind, body and spirit so that we may act with courage and compassion. When help is needed it does not matter whether the task is large or small, only that we do what is right.

We have chosen to walk the path of the warrior knowing that it will not be easy. Take heart and remember that through hard work and tenacity......

NOTHING IS IMPOSSIBLE!