BLACK BELT

Written by Matthew Mosley

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EXT. AREANA - NIGHT - ESTABLISHING

INT. AREANA - NIGHT

The house is packed.

SCOTT SILVER

A handsome 39-year old man, built like one much younger with the flexibility of a gymnast, is FIGHTING MMA in a cage against a YOUNGER OPPONENT.

A REFEREE is overseeing the bout inside the cage.

JOE and GOLDBERG are commentating the fight from cage-side as the fighters TRADE BLOWS. Scott throws a fancy FLYING KICK and gets the Younger Opponent against the cage.

GOLDBERG

Silver with another spinning kick.

JOE

Great kick, as always. You know, no one really kicks the way Scott Silver kicks.

GOLDBERG

Definitely.

JOE

And he turns 40 tomorrow. But you'd never know from how he moves.

GOLDBERG

Yeah. He says he stretches for an hour then practices his kicks for another hour, 6 days a week. He really loves what he does and it seems to stop his muscles from ageing, because he can move better than most people half his age.

JOE

Better, I would say. I can't think of one single other fighter that performs kicks the way he does. It's like he's a stunt performer in an action movie. He just makes every moves he performs look so clean and precise, as if it were pre-planned, you know?

GOLDBERG

You're right. Whenever he feels out the right distance to strike from with an opponent, he really does make it look as if they've just passed into his domain, and that they now have to play by his rules.

JOE

That's a great way of putting it, I mean--

Silver lands a 3 PUNCH COMBO followed by a KICK to the head.

JOE (CONT'D)

Like that. Did you see that combo? Who else does that?

Scott KICKS the Young Opponent against the cage, GRABS his arms and, as they grapple, he RUNS up the cage performing a BACKFLIP and THROWS the Younger Opponent over his shoulder and to the floor.

GOLDBERG

Wow.

JOE

Oh, did you see that? Did you see that?

Scott takes control of his opponent's hand and puts him into an arm-bar.

JOE (CONT'D)

Oh, he's got him in an arm-bar. This could be it.

GOLDBERG

Yeah, that looks like it's on there pretty tight. I'd be surprised if he got out of this one--

The opponent TAPS.

JOE

He tapped!

The referee steps in and stops the fight.

GOLDBERG

Unbelievable.

Scott JUMPS to his feet and RUNS over to his corner to HUG **PEOPLE** his corner.

JOE

Scott Silver. Defends his title one last time, taking his record to an astounding 36 and 4.

GOLDBERG

Unbelievable is right. He started out at the late age of 25 in Kick-boxing, transitioned over to MMA a year later, got into the WFC 2 years after that, and has fought 4 times a year ever since. Holding the title for the last 3. 40 fights in 10-years, he's about to turn 40, and what better way to finish his career, than to defend his title one last time, and win?

JOE

I couldn't agree more, Sir. What a long and successful career it's been. Let's go over to Bruce Buffer for the official decision.

The Referee HOLDS both fighters' wrists the announcer, BRUCE BUFFER, reads out the official verdict.

BRUCE BUFFER

Ladies and Gentlemen, the referee has called and end to this fight by way of submission. Your winner, AND STILL Middleweight champion of the world, Scott 'Money' Silver!

The referee HOLDS UP Scott's arm. The crowd CHEER. His opponent CLAPS.

Joe appears in the ring by Scott's side with a microphone for the standard post-fight interview.

JOE

I'm here with Scott 'Money' Silver, after another fantastic win over a much younger opponent. Tell me something, Scott, how does it feel to have not only have successfully defended the title yet again, but against a much younger, upcoming star like Sage here?

Scott speaks with a British accent.

SCOTT

It's great. To go out on top, showing these young pups that the old dogs are the best ones, really puts the icing on the cake. And believe me, when I get home tonight, I'm gonna be feasting on that cake, baby. No more diets. No more calorie counting. No more watching my weight ready for a fight. Just good living and better eating from here on out.

JOE

So you're definitely retiring, then? That wasn't a 'What if' scenario?

SCOTT

No, that's it for me. I've had a great time doing this and I've loved every second of it, but now it's time to try something new.

JOE

And what is that?

SCOTT

I'm gonna take what I know and pass it on to the next generation of fighters. I'm gonna be opening up a Mixed Martial Arts gym out in L.A and I'm gonna finally put an end to these so-called 'Traditional' martial arts, like Karate, by exposing them for the Pyjama-wearing dance parties that they really are. Show them that they're nothing but idiots that want to pretend they're fighters, without even having ever sparred someone. It's time to do that, with Silver MMA.

JOE

Well, I wish you the best of luck with your endeavour, Sir. Scott Silver everyone.

The crowd CHEER the retired fighter.

INT. 7 HANDS DOJO - NIGHT

SENSEI MIKE is standing in the middle of the room in a crisp clean, pristine white Gi, complete with black belt. He performs the Shotokan kata 'Bassai Dai' (hands up version).

Slow and steady, but with power, Mike takes his time as he concentrates on each move and its execution as if nothing else in the world exists until the kata is finished and he bows out.

We HEAR an APPLAUSE and see his he is actually giving a demonstration to a packed class of Karate students, young and old, on a clean floor of blue mats in the family-sized dojo.

MIKE

The reason Karate has a gained a bad reputation in recent years is because it has lost its roots. Almost no modern instructors teach the applications for the katas that they teach, because they don't know them, because they were never taught them. Mainly because in world war one and two, all the karate black belts were called up to fight and died, and so knowledge was lost. But also since then because they've been ignored in favour of making the kata look as good as it can for competition. But what good is knowing a kata if you don't know what it was designed To me, knowing a kata without its applications is like knowing a dance routine to a song you've What's the tempo? never heard. Where are the changes? Which bits are fast and which bits are slow? What happens where and how? It all matters.

The class listen on with intent.

MIKE (CONT'D)
So. Bunkai. Analyzing the technique in order to discover how it might be applied.

Mike demonstrates the kata moves (<u>hands up, right knee strike</u> <u>turning left then right step into re-enforced outward block</u>) as he speaks.

MIKE (CONT'D)

So, the opening moves, 1-2-3. How might these moves be applied in a self defense situation?

He waits for a reply but no hands are raised.

MIKE (CONT'D)

Come on, don't be afraid, there are no wrong answers. Remember, if it works for one person, then it's valid. It might not be what it was originally designed for, but it's valid.

KALEY raises her hand.

MIKE (CONT'D)

Yes, Kaley.

KALEY

Stopping a strangle?

MIKE

Right.

Mike WAVES up JOHN to help him demonstrate.

MIKE (CONT'D)

If John here is strangling me, I might put my hands together over the top of his, pull him into a knee and turn my body, pulling my arms around and his down and away, in order to escape. What else?

No volunteers.

MIKE (CONT'D)

Okay, how about this: MMA seems to be taking over the world, and all those guys seem to be obsessed with taking things to the ground for the 'Ground and Pound' or as I call it: Caveman fighting. Anyway, politics aside, the double leg take-down is a favorite with those guys, so let's take a look at that as an example.

John lines up for a take-down.

MIKE (CONT'D)

As he approaches for the take-down, I drop back, place my hands behind his head into a clinch, knee him in the chest, continue his momentum to my left, then whip him over to the right to floor him.

John gets back up for a second example.

MIKE (CONT'D)

Or if you're in the clinch, you can slide your hands behind the head, performing a flying knee to the face and again, rip them around to the right for a take-down. Or--

Mike drops himself to floor and lays on his back.

MIKE (CONT'D)

If you find yourself on the ground and the attacker in your guard, as they reach over to strike your face you can use your arms to block and cover, then again, behind the head, then bring up your knee to keep a safe distance from them, turn left to get them off of you, then turn to your right using your left arm to under-hook the chin and using the re-enforce outward block, perform a choke.

John TAPS OUT, Mike lets go and they stand back up.

A YELLOW BELT student raises their hand.

MIKE (CONT'D)

Yes.

YELLOW BELT

What if you can't do what you're trying to do when you're trying to pull off a move, if you know what I mean? Can you try something else or should you keep going for it?

MIKE

You mean what if you can't complete the application you're attempting because they're too strong or something? YELLOW BELT

Yeah.

MIKE

Sure. Sometimes the attacker will be to big or too strong for a certain technique to work on them, and anyone who tells you differently is lying to you. And of course, some attackers will have some training and may know how to escape what you're attempting and so you must adapt to the situation in order to put them down or make it out safely.

(beat)

You should never look at kata as something that has to be followed to the letter. The way I see it is, Kata is like learning an alphabet, whereas application is using the letters of that alphabet to construct words in order to have a conversation. If you can't think of the right word, or move, in the moment, you go back on yourself and try again a different way. You don't just give up. Understand?

The class NOD in agreement.

MIKE (CONT'D)

Right then, sadly that's all we've got time for tonight, but we will be studying the applications for Bassai Dai all month in each style that I teach, so don't think these last 5-minutes of the class can be forgotten, we'll be coming back to it. Okay, lining up.

The students get up and return to their lines in Heiko dachi awaiting instruction like soldiers.

Mike NODS and the HIGHEST RANKED STUDENT bows them out.

HIGHEST RANKED STUDENT

Seiza.

Everybody kneels.

INT. ARENA DRESSING ROOM - NIGHT - SAME TIME

Scott is drinking water and icing his eye as a DOCTOR enters.

DOCTOR

Hey, Champ. How you doing?

SCOTT

My fucking head is killing me, and I can't see properly out of my bad eye.

DOCTOR

Okay, let's take a look.

The Doctor examines is eye with a light.

SCOTT

Is it bad?

DOCTOR

Well, it's not good.

SCOTT

Shit.

DOCTOR

I think the retina is partially detached.

SCOTT

Yeah, it was before.

DOCTOR

Oh. Well, we'll get you down the hospital and get you properly checked out and see what we can do.

SCOTT

Okay.

DOCTOR

I heard you say you're retiring now, so that's good. 'Cos a detached retina is no joke. Another good punch and it could come away completely and blind you.

Scott's MANAGER enters the room.

SCOTT

Yeah, I'm done. I'm gonna be teaching. My manager's found me a location in L.A. (MORE)

SCOTT (CONT'D)

(to Manager)

Ain't that right?

MANAGER

Yes, we have our first location, in a great part of town, all secure.

DOCTOR

Do you need an ambulance?

SCOTT

No, I can make my own way there.

DOCTOR

Okay. I'll leave you to it.

The Doctor exits.

MANAGER

The deal is done.

SCOTT

Is it a good location?

MANAGER

It's a great location. But you've gotta know, this wasn't cheap. And with your funds, if this doesn't pay off, you're gonna be left with nothing.

SCOTT

Tony, I'm the champion of the world. It's gonna work out, okay?

MANAGER

Former champion.

Scott thinks the comment over.

SCOTT

Man, fuck off.

Scott THROWS a towel at him and gets up.

SCOTT (CONT'D)

Drive me to the damn hospital.

Scott makes for the door.

SCOTT (CONT'D)

And get my shit.

His Manager grabs his bag and goes after him.

INT. BANK - DAY

Mike is sitting with the BANK MANAGER who is looking at numbers on his computer.

BANK MANAGER

So you've got 70 students paying \$100 a month and another 30 paying \$10 a class?

MIKE

Exactly.

BANK MANAGER

So what is your plan, exactly?

MIKE

Well, if I had say, \$20,000 for treadmills, cross-trainers, exercise bikes and modern weights equipment. I think I could expand by starting a gym within the dojo, and get my 30 \$10 a class students to sign up full time, 'cos they all have regular gym memberships. know there's a lot of gyms in the area already, but they charge extra for fitness classes. I think if I had a gym in there to, being that my monthly charge would include free martial arts classes, that I could not only steal some other gyms' members, but have the advantage over them as they charge additional fees for such classes in their establishments.

BANK MANAGER

That's a smart move.

MIKE

Thank you.

BANK MANAGER

(looking his computer)
Well, based on your incomings and outgoings, and accounting for tax, it looks like I could loan you maybe \$5,000, but that's all at this time. I'm afraid. Unless you can find a way of bringing in some extra funds to your business, somehow.

MIKE

Oh, if only. Well, every little helps, I guess.

BANK MANAGER

Tell me, have you heard of 'Zumba'?

MIKE

Err, sure. It's like a dance class for weight loss, right?

BANK MANAGER

Right. My wife, she loves it. She gets to dance, meet new people, complain about me and lose weight, all in one session.

MIKE

Right.

BANK MANAGER

Why not try doing a martial arts version of that? Like Karate to dance music, but just the basic techniques, not the kata stuff?

MIKE

I guess so, maybe. I'd have to write out a format for it, but, I guess it's something I could think about.

BANK MANAGER

Well, while you're thinking about it, how about sub-letting your dojo in the mornings when you don't have private classes?

MIKE

To who?

BANK MANAGER

Well, the Church my wife's Zumba class is held at is closing down, so they'll be looking for a new location. I could pass your number to my wife to give the dance teacher to contact you, if you're interested?

MIKE

Yeah, sure. Thank you.

INT. CARE HOME - DAY

Mike is sitting on a chair waiting. He's holding a bag. A NURSE comes over to him.

NURSE

He's ready for you now.

INT. CARE ROOM BEDROOM - DAY

An OLD MAN (76) is sitting watching a TV in his room. He's Mike's DAD. The door opens and Mike enters.

MTKE

Hey, dad. It's me, Mikey.

DAD

Mikey.

MIKE

I see they got you a new room.

Mike's dad gets up and HUGS him.

DAD

Yeah. I've got more room, my own television. A great view and room for books. I even have my own little fridge. Look.

Mike's opens up a mini fridge nearby.

MTKE

There's no liquor in there, is there?

DAD

Oh, not yet. But it depends what you've got in that bag.

He smiles and they sit down together.

Mike opens up the bag and reads off the contents.

MIKE

I bought you some butterscotch candies--

DAD

Oh, wrong kind of scotch.

MIKE

Some blueberry muffins, flapjacks--

DAD

My favorite.

MIKE

A couple of puzzle books, and a cell phone.

Mike hands him the phone.

DAD

A cell phone? What do I need with one of those?

MIKE

Well, I was thinking, whenever you need something, you can just send me a text message with what you want, and I can get it to you as soon as. Plus, there's games on there to keep you entertained if you're ever bored.

DAD

Me? Bored? They've just installed a new games room, a cinema-size TV a bingo hall and a karaoke machine. This place is really going up.

MIKE

Yeah, I can see. It's nice to know they're using the fees to improve the facilities, rather than just sticking it in their own pockets. Oh, I bough you an electric toothbrush, too.

Mike hands his dad a toothbrush and he gets up and makes towards the bathroom.

DAD

Yeah. Hey, did I tell you, my new bathroom has a toilet with one of those ass washer things?

Mike's dad enters the bathroom, puts down the toothbrush and re-appears in the doorway. He sees Mike with fresh eyes and smiles.

DAD (CONT'D)

Mikey. Good to see you. I got a new room. Do you like it?

MIKE

Yeah, Pop. Yeah.

EXT. STREET - DAY

Mike is walking home. Ahead of him, he sees a VAN being unloaded and GYM EQUIPMENT being carried into a building opposite his. He walks up to the window and reads the POSTER in the window:

'SILVER MMA, COMING SOON'.

MIKE

There goes the neighborhood.

He crosses the road.

INT. 7 HANDS DOJO - DAY

Mike puts on a crisp clean gi, wraps a black belt around his waist and ties it. He walks up and down the dojo in sumo stance, holding water filled jugs with his finger tips. Afterwards, he does push ups with a Kongoken on his neck followed by squat kicks and hand stand push ups. After some weighted kicks and super-burpees, Mike uses the Ishi Sahi before finishing off with some calm Makiwara training.

INT. SILVER MMA - DAY

In a large, industrial-size gym, Scott POUNDS on a punching bag, punching and kicking for a few seconds before stopping and turning to THREE HANDYMEN standing nearby.

SCOTT

Yeah, that's good. Right, I want the bags down these two walls, every 8-to-10 feet. Then, I want the gym equipment at the back of the room and we can mat this whole floor out from the first bag down to the last and make the most out of the space.

The Handymen 'nod' and walk away.

QUICK MONTAGE:

The Handymen set up the gym. Putting up the bags, setting up the weights area then mat the entire floor in red matting.

SCOTT (CONT'D)

That should do it.

Scott stands and admires the look of the gym.

INT. 7 HANDS DOJO - DAY

Mike is talking to AARON. A ginger haired green belt in his early 20's who speaks with a minor stutter. He's gi'ing up.

AARON

It's called 'White Collar MMA'.

It's cage fights for charity.

People with minimal experience sign up and sell tickets to raise money for a chosen charity, then fight.

You don't get paid to fight but, it's for a good cause, you know?

MTKE

Okay.

AARON

Well, I know you don't believe in fighting for money, but--

MIKE

What, me? I think I might have too much experience--

AARON

No, me. I think it might be good for my confidence if I gave it a go, you know? And if I lost, then, at least some good would still come out of it.

MIKE

Okay. Yeah, I mean, if you're willing to take the risk. 'Cos remember, it only takes one punch to kill.

AARON

Yeah, I know. That's why I was wondering if you'd help me with some extra classes in preparation for it.

MIKE

Sure. You wanna leave kata for a bit and focus more on strikes and stuff today?

AARON

Please, if you don't mind.

MIKE

No problem. It's your money. How much are tickets?

AARON

\$20.

MTKE

Okay, put me down for two.

AARON

Oh, thanks.

Aaron takes to the middle of the mats, ready.

MTKE

No problem. Right then, how about we start with take-down defense?

EXT. 7 HANDS DOJO - DAY - LATER

The door opens and Aaron exits in front of Mike.

MIKE

No, you did good. You're improving well.

AARON

Thanks. Okay, I'll see you Wednesday.

Mike goes to lock up and sees a FLYER stuck to his window. He RIPS it off and takes a look at it. It's for a opening day demonstration at Silver MMA, Saturday.

MIKE

Yeah. Wednesday. See ya.

AARON

Bye, Sensei.

Aaron walks away leaving Mike looking at the flyer.

MIKE

Yeah, bye.

Mike looks over the road at Silver MMA then heads back inside.

INT. SILVER MMA - DAY

Scott Silver is addressing a group of **POTENTIAL STUDENTS**. A **CAMERA CREW** is also there, filming him.

SCOTT

For decades, traditional martial arts like Kung Fu, Karate and Tae Kwon Do, dominated the self defence market, thanks to the likes of Bruce Lee and Chuck Norris showing off their fancy moves in action films as they performed near impossible feats, like fighting off 20 attackers at a time, cartwheeling through the air as they did so, leading people to believe that these things were possible. But out of that rubbish, came people's curiosity as to find out who would win out of a Karate quy and a Kung Fu stylist. And so the 'style verses style' competitions were born. Pitting fighters against each other, without weight restrictions, just like what happens in a real fight, and suddenly those tradition martial arts didn't look as impressive anymore.

We see Mike standing in the background, listening guietly.

SCOTT (CONT'D)

Kung Fu guys were knocked out by Boxers, Tae Kwon Do practitioners were taken out by Kickboxers, Hapkido people thrown about by Judokas, Aikido fighters were taken out by street fighters, and Karate students were dominated by Jiu Jitsu black belts. And the delusion that traditional martial arts was the way to go for real self defense, was gone. It was from these tournaments that MMA was born. It was noted what worked best, and the best parts of each of these disciplines were put together to create what we now call 'Mixed Martial Arts'.

(MORE)

SCOTT (CONT'D)

The kicks of Tae Kwon Do with the striking of boxing, put together with the take-downs of Judo and the ground work of Jiu Jitsu, and topped of with all American wrestling. What actually works was taken and put all together into one perfect fighting system, and that's why MMA is the most popular martial art in the world.

Mike rises his hand and speaks up.

MIKE

No, it's not.

SCOTT

Really? And what makes you say that?

MIKE

The fact that it's not. Karate is.

SCOTT

Oh, really?

MIKE

Karate has over 500-million practitioners world-wide, which makes it the most practiced, and therefore most popular, martial art by a long way.

SCOTT

Well, MMA is the fastest growing martial art.

MIKE

Well, that's not the same thing as 'most popular', is it? And it's easy to say this art or that art is the fastest growing, especially when it's pitted up against something that has been around for hundreds of years, like Karate has, and doesn't have much room left to grow. I mean, if someone creates a martial art and has one student on Monday and 10 students by Sunday, their art has increased by 1,000% in a week.

(MORE)

MIKE (CONT'D)

Fastest growing doesn't best or most popular, just as most popular doesn't mean best, or even good. Just look at the modern music charts.

SCOTT

(forcing a smile)
Okay, defuse the outrageous claim with a joke to finish. I like it.

MIKE

What's 'outrageous' about the truth? It's not like I pointed out that MMA isn't actually a martial art.

The crowd "Ooh".

SCOTT

Okay, now you're just talking out of your arse. MMA stands for 'Mixed Martial Arts'.

MIKE

Which just means a bit from this, a bit from that, and some other moves from somewhere else.

SCOTT

That's what all martial arts are when it comes down to it.

MIKE

Sure, but where's your syllabus?
MMA has no syllabus. No guide.
It's not as if MMA is a style and there is kickboxing day 1, judo day 2, chokes day 3, escapes day 4, locks day 5 and mounts day 6.
In MMA, two people can train at different classes and not know any of the same techniques, because there's no syllabus to work from to follow. So until there is an agreed syllabus, it's just practice brawling. And brawling isn't a martial art.

SCOTT

Well, I'm sorry we don't follow a silly little rule book and go through all the colors of the rainbow to get to black belt in 2years, like you Karate guys do, but-

MIKE

(interrupting)
The Karate belt system is barely
different from BJJ.

SCOTT

No mate, in BJJ is takes at least 2-years just to get a blue belt. And that's only your first grade.

MIKE

Not really.

SCOTT

Yes, mate, really. Blue belt is your first graded belt.

MIKE

Yeah, graded belt. Sure. But not grade. Yes, you go from white belt to blue belt, and it takes 2-years to do that. But in those 2-years you have to earn 6-black stripes on that white belt in order to get to your blue belt. That's just like the five grades we between white belt and blue belt in Karate. We just have full belts instead if bits of tape.

SCOTT

Whatever, mate. Belts don't even matter.

MIKE

(confused)

Then why did you bring them up?

Scott just smiles. Nothing to say.

MIKE (CONT'D)

Fact is, a belt shows someone how long the have trained in an art and the level of the knowledge in that art. Or at least it should. But in MMA, there are no belts.

(MORE)

MIKE (CONT'D)

So there's no way of knowing what a person knows in MMA. What the instructor teaching that class actually knows themselves. Someone can teach an MMA class with minimal experience and get away with it. You do a little Kickboxing, work on some take-downs, do some wrestling, spar a little and work on trying to get in some submissions. That's it. A belt has meaning.

SCOTT

And I'm sure that little pitch works on the kids you teach at your pyjama parties. Listen, mate, end of the day, you're wrong. Karate doesn't work, and everything you teach that actually does work, you've stolen from BJJ and claimed it as your own because you're threatened by it.

MIKE

Okay, saying 'That's a BJJ' move' is like a kickboxer telling a karate guy that his front kick is a kickboxing move. Or a karate guy telling a Kung Fu guy that his front kick is a Karate move. all came from somewhere else, and different styles adopt their choices of techniques for their art. A move can originate from a style or art, but it belongs to none. And BJJ is the youngest of them all. Just because something is seen in a martial art, doesn't make it exclusive to that martial art. In fact, the younger a martial art, the less a technique can be claimed by it. Unless it's an original creation. But no matter how many new systems come along, there's nothing new under the Sun. And there won't be until we start growing extra limbs.

SCOTT

(to the class)
Oh look, he's an expert on Jiu
Jitsu now, as well.

MIKE

Let's get things straight, Ju Jitsu is Ju Jitsu. And it's Japanese. What you do is something else. Call it 'Gracie' after the founders. Whatever. But Ju Jitsu is Ju Jitsu. Ju Jitsu is 80% from a standing position, whereas Gracie is 80% ground work.

SCOTT

Because most fights go to the ground, mate.

MTKE

Because fights are started by untrained idiots who are trying to look tough, but don't actually know how to fight, so they take it to the ground where it's easy to look bad-ass by just pounding on the opponent, because they have no place to go and they can't hit back.

SCOTT

And that's why it works.

MIKE

Okay, we're getting off track a little, and that's not fighting. It's caveman thinking, or lack thereof. Second of all, we were talking about why fights go to the ground, not why you should take them to the ground.

SCOTT

Doesn't change the fact that if he's on his back then he can't hit you.

MIKE

I didn't say he could. Pay attention.

SCOTT

Face it, mate, you don't like BJJ because it takes the fight to a place where Karate is completely useless.

MTKE

I have no problem with Gracie. a fight goes to the ground, that's fine. Do your thing. But do your thing in order to get back up to your feet. If you're in a street fight, you never ever, under any circumstances, purposely take it to the ground. It's stupid. You put yourself in danger, because their friend is just going to kick you in the head whilst you're down there. Knock you out, disable you, or worse, kill you. Gracie is great if you wanna be a cage fighter, where it's a fair, one-on-one, fight with rules and a referee. But for self defense in a street situation, it's just not the way to qo. And if taught correctly, Karate isn't useless on the ground.

SCOTT

Bullshit. It's kick-punch nonsense and there's nothing else to it.

MIKE

Shows how much Karate you've done.

SCOTT

I don't need to do Karate to know what it is.

MTKE

Wow. And that, is the very definition of willful ignorance.

SCOTT

Oh, fuck off.

MIKE

"Condemnation without investigation is the height of ignorance." Einstein said that.

SCOTT

Oh what, so you've 'investigated' BJJ, have you?

MIKE

Of course, I have. Any serious martial artist looks at everything.

SCOTT

So you looked at it, said 'Oh that's shit--'

MIKE

(overlapping)
I never said that.

SCOTT

'--Because I can't do it, so I'll just brainwash everyone into thinking it's crap.'

MIKE

Let's look at things from your way of thinking for a second.

SCOTT

Go for it, mate.

MIKE

You think that Karate is useless because you can't see how it would be used on the ground. Right?

SCOTT

Exactly.

MIKE

So you would say: 'What if it goes to the ground?'

SCOTT

Right.

MIKE

To which I could say to you, with regards to Gracie, what if it doesn't go to the ground?

SCOTT

Oh, come on.

MIKE

A sign you have no answer.

SCOTT

A sign you're talking shit, mate. You said it yourself, most fights go to the ground.

MIKE

Because most fights are between untrained idiots who don't know what they're doing. Again, pay attention.

SCOTT

Look, mate I'm about getting sick of you. Fights always go to the ground. It's just a fact of life. You can't stop it.

MIKE

Okay, then. Show me.

Mike slips his shoes off and steps on to the mats.

SCOTT

What?

MIKE

Show me. Take me to the ground.

SCOTT

Oh, come on. You're being ridiculous.

MIKE

What's the matter, you afraid?

SCOTT

Listen, mate, your Karate rubbish won't work against me, or any other BJJ practitioner, because it doesn't have grappling.

MIKE

It does. And yes, there are Karate guys with zero grappling skills, but that doesn't mean any BJJ guy can automatically beat them. Because modern Karate teaches you to get in and out fast and avoid having to grapple in the first place. And if the BJJ guy can't get the Karate guy, then he can't grapple him in the first place.

SCOTT

Oh, so it's the old 'You wouldn't be able to grapple me to begin with' claim.

MTKE

Again, I never said that. Now come on, try to take me down. Let me show you how easy it is to stop a take-down. Something they don't seem to teach you in an MMA class.

SCOTT

You're being an idiot. I'm not gonna fight you.

MIKE

Who said fight? Just take me down.

SCOTT

Listen pal, Karate isn't going to stop BJJ because it couldn't even beat boxing. It's a bad style match up.

MIKE

You think boxing would beat Karate?

SCOTT

Of course it would.

MIKE

But Boxing is just punching. Karate is punching, kicking, throwing, grappling, choking, sweeping--

SCOTT

Then go beat a Boxer in a boxing match and we'll see--

MIKE

(interrupting)

Oh no, you said 'Boxing beats Karate'. Not a boxer would beat a Karate-ka in a boxing match. Of course he would. He's 100% trained in punching, whereas the Karate-ka is trained over many areas, so he has less time spent punching.

Scott address the crowd and cameras.

SCOTT

(to class)

Can you believe the excuses with this guy?

MTKE

What 'excuses'? You said Boxing, which is punching, verses Karate, which is punching, kicking, grappling and throwing--

SCOTT

Yeah, yeah, I heard you before.

MIKE

Okay, then. So are you gonna take me down?

SCOTT

No, I'm not gonna give you the chance to try and sneak shot me to try and make your dumb little sport look good, okay?

MIKE

Sneak shot? You mean like constantly poking people in the eyes, like you do?

Scott smiles and looks away.

MIKE (CONT'D)

Yeah, I know you're style. I guess when you don't really know what works you have to resort to such cheater tactics.

Mike steps back off of the mats.

SCOTT

Yeah, okay, buddy. Right then, now that Mr. Miyagi has had his little moment to try and seem superior, how about we get on the mats and practice what really works.

Everyone gets onto the mats and Scott give Mike a look that says 'You fucking dick'.

MIKE

I don't think this is for me. See ya later.

Mike turns and leaves.

SCOTT

Yeah. I'll be seeing ya.

Scott watches him leave.

EXT. 7 HANDS DOJO - NIGHT - ESTABLISHING

INT. 7 HANDS DOJO - NIGHT

Mike is addressing a group of CHILDREN sitting on the sidelines during a kids class.

KID 1

What about Bruce Lee?

MIKE

Yeah, I think I could take him. But I'm not so naive as to automatically assume that I could.

KID 2

Why? You're so much bigger.

MIKE

True. But bigger equals slower, and lighter equals faster. The faster you move, the harder it is for them to get you. And he was pure muscle, so his twitch-muscle fibres would allow him to move faster than I ever could.

KID 3

Does that mean he could hit harder?

MIKE

If he was moving fast enough, sure. Remember, mass times acceleration equals force.

KID 2

Okay, but you're still stronger, right?

MIKE

Yes, but believe me, as strong as I am, even though I weigh 100lbs more than him, 130lbs moving at 60 miles per hour is still going to hurt if it hits me. I'm only human.

The DOOR OPENS and a GROUP OF 5 MEN enter. Clearly looking for trouble. The LEAD GUY speaks with a British accent.

LEAD GUY

Oh well, what do we have here, then? Doing a bit of Kung Fu, are we?

Mike turns to face them.

MIKE

Karate, actually. Can I help you
with something?

LEAD GUY

Well, we're looking to test our fighting skills and we heard you're the guy to talk to around these here parts.

MIKE

Well, we teach self defense here, we don't just fight to test ourselves. But a new place just opened up across the street that might be better suited to your needs. Maybe they can help you.

A SECOND GUY speaks up.

SECOND GUY

No, mate. We heard you're the guy to talk to about how to get things done.

A THIRD GUY steps up, creating a line of the main three.

THIRD GUY

Yeah.

Mike steps to the side a little to put himself between the kids and the dojo stormers.

MIKE

Well, as you can see, I'm in the middle of a kid's class right now, so I'm afraid you'll have to come back another time. You can take a free introductory class tomorrow night at 7pm if you'd like to--

LEAD GUY

(interrupting)

No mate, we're here now, thanks. And we heard you think you're a bit of alright.

KALEY pulls out her phone and starts filming the confrontation, discretely.

MTKE

Well, I don't quite know what you mean by that, but again, as I said before, I'm in the middle of a kids class right now, so--

SECOND GUY

Yeah, yeah. We heard. We're not going anywhere.

Mike assesses the threat with his eyes.

LEAD GUY

What the fuck are you looking at?

The Lead Guy LUNGES for Mike and Mike stops him dead in his tracks.

The other men move in to join in the attack, but Mike KNOCKS them all back as more kids start filming on their phones.

Mike GRABS a guy charging at him then uses him as a human shield to make it more difficult for the other attackers to get at him.

He moves around to keep the stormers at a safe distance and in a sort-of straight line so they can't all attack at once.

When someone gets close, Mike PUSHES the human shield at the attacker, crashing them into each other, then goes straight for the next closest attacker to use as a new human shield.

After a few more fancy punches, kicks and throws, the attackers give up.

LEAD GUY (CONT'D)

Come on, lets go.

(to Mike)

You got lucky.

The dojo stormers leave, battered, bruised and winded.

The class CHEER and Mike locks the doors for safety.

MIKE

(back to class)

Well, I don't think they'll be coming back to sign up for classes.

The class LAUGH.

MIKE (CONT'D)

Okay, new class plan, fighting multiple opponents--

CLOSE ON:

A COMPUTER MONITOR.

A FLASH TITLE shows 'MMA HYPE' and a Youtube-style video begins to play. Commentator TINA COUSINS is hosting.

TINA COUSINS

Hello and welcome to another edition of MMA HYPE. I am your host, Tina Cousins. So, you're at your local karate class, listening to your Sensei and taking in what he has to say, when all of a sudden, a bunch of wannabe tough guys come in and start a fight with your instructor, what do you do? Well, grab your camera, of course.

The news segment shows Mike's 'dojo stormers' fight scene, filmed by his student.

TINA COUSINS (CONT'D)
The fight took place as Sensei Mike
Stone was teaching a kids class and
a group of men came in looking to
test their fight skills. But when
they were told to come back during
an adult class, they attempted to
jump the instructor, only to find
themselves being taken out one
after the other.

The clip replays in 'slow motion'.

TINA COUSINS (CONT'D)
As you can see from the video,
which has quickly spread across the
internet, the Karate master takes
hold of his closest attacker,
disables him quickly, then proceeds
to use him as a human shield in
order to protect himself from the
other attackers in order to
dispatch the goons with relative
ease. And if you think Sensei Mike
here looks familiar, you'd be
right.

The news segment shows a clip from the Scott Silver MMA demonstration.

TINA COUSINS (CONT'D)
He was the one seen challenging
Scott Silver at the opening of his
new MMA gym on Saturday when the
former world champion started
talking bad about Karate, seemingly
not know the instructor was in
attendance of the opening. The two
exchanged opinions and philosophies
on fighting in a 10-minute exchange
that ended with the black belt
challenging the former middle
weight fighter to take him down.
But Silver declined, and I bet now,

INT. SILVER MMA OFFICE - DAY

he's glad he did.

Scott is watching the news segment on a laptop. He SLAMS it closed and pushes it away from him and stands. His Manager is in the room.

SCOTT

These dickheads actually think that I'm afraid of that pajama wearing clown? Really?

MANAGER

No, of course not. It's just clickbait, puff piece crap to get views to make money, that's all. No one actually believes you'd actually be afraid of that guy. You're a world champion, for Christ's sake.

SCOTT

'Former' world champion. You heard her. 'Former'.

MANAGER

That's just technical talk.

SCOTT

It's not even the end of the month yet and I'm yesterday's news.

MANAGER

You're getting worked up over nothing.

SCOTT

Nothing? I didn't accept his challenge to take him down, now he's got a viral video showing off his Karate skills and people think I'm afraid of him. You call that nothing?

MANAGER

Well, no, but--

SCOTT

How am I supposed to bring in students when he has that stupid video and an established brand?

MANAGER

Established brand? You're a world famous fighter. If you were starting out, who would you rather go train with, a world champion or a guy with a video on the internet?

SCOTT

It's not about who I'd want to train with, what matters is what looks good to them.

Scott points out of the window at a line of new starters entering 7 Hands Dojo across the street.

INT. 7 HANDS DOJO - DAY

Sensei Mike is addressing a full room of **NEW STUDENTS** of all different ages, sexes, races and backgrounds.

MIKE

Karate isn't about looking cool. It's not about acting tough. It's not about being better than someone else. It's not even about fighting. It's about being aware of your surroundings, being in touch with your emotions and knowing when to Just because you know Karate doesn't mean you can go around acting however you want because if anyone says anything, you can just knock them out. It's only to be used when you feel you have to do so. Not just when you see opportunity to use it. (MORE)

MIKE (CONT'D)

Just because you saw a video of me taking out five guys at the same time, doesn't mean that you could also do they same thing if you study hard enough to get a black belt. Black belt doesn't make you a master. And having a black belt and being a black belt are two different things. If you are here because you want to be able to beat up anyone who disagrees with you, you're in the wrong place. But, if you'd like to learn how to defend yourself, and those around you when they can't do it for themselves, get fit and find a little inner peace, I'd be happy to be your Sensei. Either way, let's have a great class. Heels together, Rei, Yoi. Jogging on the spot.

The class bow and jog along with Mike, as instructed.

INT. SILVER MMA - DAY

Scott is walking with his Manager.

SCOTT

We need to show he's a fraud. Make people see that what he's teaching people only works in movies and when you have a partner to go with it.

MANAGER

I don't know if that's gonna work. The video shows it working, so--

SCOTT

Then we need a video of our own that shows MMA is better.

MANAGER

You'll get sued if you go out and try and replicate it.

SCOTT

No. We just need him to show there's someone better than him.

MANAGER

You mean challenge him to a fight?

Scott thinks for a beat.

INT. 7 HANDS DOJO - DAY

Mike bows everyone out as they leave the dojo. A MOTHER with her young DAUGHTER shakes Mike's hand.

MOTHER

We'll be back, for sure.

MIKE

Good to hear it. Glad you enjoyed it.

DAUGHTER

Bye.

MIKE

Bye.

A POSTMAN passes Mike his mail through the open door.

MIKE (CONT'D)

Thanks.

INT. 7 HANDS DOJO OFFICE - DAY

Mike is on the phone, pacing back and forth as he speaks.

MIKE

Well, I got a letter from you guys informing me that the monthly cost of my father's care is going up by \$1,100 a month.

A FEMALE VOICE speaks from the other end.

FEMALE VOICE (O.S.)

Well, due to the upgrades made to the facility in recent months, the home is of a higher quality and we are able to deliver better care to patients as a result, meaning we are able to increase our prices in accordance with the improvements.

MIKE

Yes, but, I can't afford that. Look, I make just enough to cover the cost of the room and my own personal, humble, living expenses. I don't drive a car because I need the money for his care. FEMALE VOICE (O.S.)

Well, we could move him into a shared room with another resident, if you're looking to save money. They don't cost as much as private rooms.

MIKE

Well, that's probably just going to confuse him more, but— how much less, exactly?

FEMALE VOICE (O.S.)

A shared room would only be an increase of \$400.

MIKE

That's still an increase, which I told you, I can't afford.

FEMALE VOICE (O.S.)

I'm sorry, Sir. I don't come up with the prices. I wish I could help you but, I really can't do anything about costs.

MIKE

I understand that's not your area, and I'm sorry if I'm coming off in any way at all--

FEMALE VOICE (O.S.)

No, Sir, I understand where you're coming from. If you like I can set up a meeting with the Manager and you could talk to him and maybe work something out.

MIKE

Yes. Yes, please. That'd be great.

FEMALE VOICE (O.S.)

Okay, I can fit you in on Friday at midday, if that's okay?

MIKE

Yes. That'd be fine. Thank you.

FEMALE VOICE (O.S.)

It's my pleasure, Sir. Good luck.

INT. TV STUDIO - DAY

Tina Cousins is interviewing Scott for MMA Hype.

TINA COUSINS

So the gym is up, it's open, people are coming in, you're making a new name for yourself. What's been the biggest challenge going from fighting to teaching?

SCOTT

Well, there's no real change really. When you're training for a fight yourself, you're surrounded by a team of people training you. But when you're not training for a fight, you're still training, and usually there's someone else on your team training for one. So you end up teaching and training them as you're taught and trained. it's just a case of doing that full time instead of training for your own fight. Simple as.

TINA COUSINS

So which do you prefer, training for a fight or teaching others?

SCOTT

Well, it's always good to feel that motivation when being trained for a fight, and you don't quite get that same feeling when you're training someone else. But it's so rewarding to help someone else and pass on what you know and see them really listen to what you're saying and take it on board and perfect it, so, I think I'd have to say teaching others.

TINA COUSINS

Now, you're not the only martial arts instructor in the area, are you?

SCOTT

Ahh.

TINA COUSINS

There is another, quite successful, Karate instructor right across the road from you with his own video that's gone viral, who seemed to want to take the shine off of your gym opening.

SCOTT

Right.

TINA COUSINS

What do you have to say about that whole event? What went on there, exactly?

SCOTT

Well, you know, it is what it is. We had an opening, I apparently upset him with something I said, he took it personally and felt the need to go on a massive rant about it because he's a little snowflake.

TINA COUSINS

Right.

SCOTT

Either that or he turned up with the intention of interrupting it just to try and promote his own little pajama parties he holds over there while he knew people would be watching.

TINA COUSINS

Right, you said Karate was nothing but fake fighters wearing pajamas and pretending they were in a Bruce Lee movie. But then came the video that showed him actually using it and showing that it works.

SCOTT

It works for him, I've never seen it work for anyone else.

TINA COUSINS

Right, but you've got to admit that it seems to put quite the dampener on your idea that it doesn't work, right?

SCOTT

Well, who says it does work? I mean, yeah, he has a video of him using it, and I admit, it looks great, but have you heard of him pressing charges? Have you heard of anyone being arrested for the invasion?

TINA COUSINS

What are you saying, that he might have set the whole thing up to look good?

SCOTT

I'm not saying anything other than they have these guys' faces on video, it's gone viral, easy to find these guys, but no charges have been filed. So what does that tell you?

TINA COUSINS

Okay.

SCOTT

And it just so happens to take place right after everyone has seen his face on the internet from crashing my gym's opening. Looks suspicious if you ask me.

TINA COUSINS

Right.

SCOTT

But, listen, he won't be able to do that this time. We're holding a free seminar for the first 100 people that turn up, this Saturday. He's holding some similar thing the same day, so he won't be crashing this event. So anyone interested should come on down and check it out.

TINA COUSINS

Okay, then. You heard it here first. Scott Silver, thank you for your time.

SCOTT

My pleasure.

INT. 7 HANDS DOJO - DAY

Mike and Aaron are changing out of their Gi's.

MIKE

Yeah, I mean, all kinds of shitty techniques work on someone you're bigger and stronger than, but such things fall apart when practiced on someone of equal size and strength. And sadly, there are far too many such instructors teaching things that only work against smaller, weaker, opponents because they're not very knowledgable and those things are easy to come up with and look good in class.

AARON

Have you ever trained under anyone like that?

MIKE

Oh yeah. My very first instructor was one of the weak ones. Always saying everyone but him taught everything wrong, and this kata had to be this many seconds long, and only taught applications from a stepping straight punch and the classic wrist grab. I knew straight away such things were incredibly unrealistic, but thankfully, I didn't come to the conclusion that that's what all Karate was about and I found myself another teacher. And not only did he teach me well, when I said I wanted to try out some other styles, he pointed me in the right direction to other great instructors.

AARON

He wasn't upset you wanted to learn another style?

MIKE

Far from it. He said in order to become a true Karate-ka, that one needed to look at everything in order to find what was best for the individual.

AARON

So, if someone told you they were interested in training in something else, you wouldn't take it personally?

MIKE

Absolutely not. Why, you interested in learning MMA?

AARON

Well, I think the charity fight is probably gonna go to the ground. And if I can't get back up then it wouldn't hurt to get a little more knowledge of ground submissions. Just in case, you know?

MTKE

Yeah, I understand.

AARON

So, do you know anyone?

MIKE

For ground submissions? Err, sadly not, so I guess your best bet is across the street. I mean, I don't wanna give the guy even more of an ego by sending you over there, but, there probably isn't anyone in the area better qualified for what you've got planned. So, it might be worth a shot.

AARON

Okay. I'll check it out, then. Bye, Sensei.

MIKE

Yeah, see ya, kid.

Aaron leaves and Mike calls after him through the glass.

MIKE (CONT'D)

(calling after Aaron)

Hey, just make sure you show him what you do know so he can't say we teach no ground defense, okay?

Aaron smiles and nods back at him.

INT. CARE HOME OFFICE - DAY

Mike is sitting in front of care home manager JOHN.

JOHN

And so we reinvest our income back into the home, which gives us greater options of care and more rooms for more patients and, therefore, more income.

MIKE

Oh, I get what you do and why you do it, it's very smart. It's just that a sudden increase of \$1,100 is a lot to find in general, let alone on such a short notice.

JOHN

Well, we did give you a full 5 weeks notice, so you have this months payment and next month before it goes up.

MIKE

I understand that, it's just that my father needs to be here. I can't take care of him myself and pull in an income at the same time.

JOHN

Well, without moving him to a shared room there's really nothing I could do, I'm afraid.

MIKE

Is there any way to delay the payments in any way? Like pay for the same amount for the rest of the year then add what's owed on top of next year's payments so that I have time to bring in extra funds?

JOHN

I'm afraid not. We can't take the risk.

MIKE

What risk?

JOHN

Well, for example, if he were to, God forbid, pass in that time, then you might be able to get out of paying the extra.

MIKE

Right.

JOHN

And I'm sure you're an honest man, but, it's just not possible.

INT. CARE ROOM BEDROOM - DAY

Mike is playing cards with his Dad.

DAD

\$1,100 a month extra?

MIKE

Yeah. It's not as bad as it sounds though. If I can sign up 11 new students then, that should be enough a month to cover it.

There's beat of silence before his dad speaks.

DAD

Before tax.

Shit.

MIKE

Yeah. Before tax.

DAD

Go Fish.

MIKE

Dad, we're playing Gin.

DAD

Oh.

(beat)

Oh, Gin.

Mike's dad puts down his cards with a smile.

MIKE

Motherf--

INT. SILVER MMA - DAY

Scott is addressing a group of 40 wannabe cage fighters.

SCOTT

Forget what you saw on the internet. That viral video isn't reality. Karate isn't reality. It's okay for simple exercise and looking good in kung fu films, but that's all it's useful for. Karate isn't for fighting-

INT. 7 HANDS DOJO - DAY

Mike is addressing a class full of new people.

MTKE

Karate isn't for fighting. It's for self defense. It's not about becoming a fighter and is only to be used when one has to use it.

INTERCUT BETWEEN MIKE AND SCOTT IN THEIR SEPARATE ESTABLISHMENTS as they make their cases.

SCOTT

You can't become a fighter by doing Karate, they have no conditioning.

MIKE

We don't need to do as much conditioning as those guys because we're not training to go five 5-minutes rounds. We just need to make sure we are strong enough where we need to be, and have good enough cardio to last a few minutes rather than seconds, to get in and out and finish the fight as quick as possible.

SCOTT

They don't condition, or even feel the need to stay in shape because they're brainwashed into believing that their techniques will be good as long as they are practiced.

Mike is doing push ups with his class.

MIKE

And up-and-down-and-up-and down-

SCOTT

This laziness, it has to be said, has come from the American way of wanting to shortcut everything and cheap to finish quicker, so no effort is put in.

MTKE

And you don't have to do push ups all the time, or ever if you have some small light weights. Lots of small weight lifts can be effective as fewer, much heavier, lifts over time. That's how I stay in shape and, I think I'm a pretty big guy.

SCOTT

They don't run, hit a heavy bag or do any Calisthenics--

MIKE

You can jog on the spot as you watch TV, go swimming or even jump rope on the back yard. It's all cardio.

SCOTT

They don't condition because they're afraid of the pain, and if you're afraid of pain, you shouldn't be fighting in the first place.

MIKE

Don't just practice the block, feel what it's like to use the block.

Mike's students are practicing uchi uke, soto uke and gedan barai against partners doing the same to condition the arms.

SCOTT

Karate guys only ever punch the air, so they never know what it feels like to actually hit anything that gives them any resistance.

MIKE

In order to punch something, first you have to learn how to punch correctly. It's all well and good just taking a swing at something, but if you made contact incorrectly then, you're gonna hurt yourself.

(MORE)

MIKE (CONT'D)

So we practice, again and again, thousands of times, so that when we need to use it, we don't have to think about it. A move without correct positioning isn't a real technique.

SCOTT

They lack any work on the ground, and if you say to them "What if it goes to the ground?" they'll just say "Oh, I wouldn't let it."

Mike is laying on the ground with a STUDENT on top of him, pinning him to the floor.

MIKE

Now, if I end up on the ground and he's standing over me, looking to punch my face into the dirt, then I have to either create distance between them and myself, or close the distance so he can't punch. Get on top and get out. So if we look here from the point of view of kata Tekki, or Naihanchi, to call it it's original name, we can see that I'm able to stop the strike with my left—

(demonstarting what he's
 saying)

--bring it back in behind his head to create a wall for reenforcement, then elbow to the face to stop him throwing hands for a second, then I can pull his original punching arm in with that first blocking/reenforcing hand, and wrap my right around his head to grab his chin, in order to pull it down to my right as I perform the gedan barai and roll in the same direction in order to turn him onto his back to achieve the mount position. Now I'm able to stand up and get outta there.

SCOTT

Karate practices against unrealistic attacks that would never happen, where a guy throws a punch and then just stands there waiting for you to do something fancy back.

(MORE)

SCOTT (CONT'D)

Whereas Brazilian Jiu Jitsu forces you to get that lock on, get that choke on, and not give up until you do, or you fail.

Mike and his student are still on the ground. Mike in mount.

MTKE

Brazilian Jiu Jitsu are all about things being taken to the ground and trying to get locks and chokes on and not stopping until they do. But they never practice against being punched by an attacker who has taken them down, even though the purpose of taking someone down in the first place is to reduce their ability to fight back and give them the striking advantage in the first place.

SCOTT

Karate does nothing but punch and kick and practice silly dance routines, that look like fighting, but have no real substance, whatsoever.

Mike is teaching kata.

MIKE

Then we step forward into Jodan Age uke, pull the blocking hand around the back of our heads and dip and turn standing back into Manji uke. Which when performed on an opponent-

Mike waves over a student. The student steps up and takes a swing. Mike blocks it, pulls the attacking arm behind his head and performs a Fireman's lift and throw on the student.

MIKE (CONT'D)

Becomes a head block, prep and kata garuma, shoulder wheel.

SCOTT

And lastly but not least, they just don't spar.

MIKE

Okay, mitts and pads on.

SCOTT

And if they do, they do some weak ass tap sparring that you might do with your little ones.

Mike and his students have a healthy sweat going.

MTKE

Sure, we don't all spar full, or even semi contact all the time. We might only ever spar non-contact. But it's enough when practised correctly. And the lighter you spar, the less broken down the body becomes overtime. Whereas full contact fighters like those MMA guys, have a shelf life.

SCOTT

And that's what separates the men from the boys.

MIKE

It's all about mentality and how you approach something. There's a right way, and a wrong way.

SCOTT

If you don't wanna get hit, you have to practice hitting. Not air, people.

MIKE

If you don't wanna get hit, you have to learn how to approach and treat people.

INT. SILVER MMA - DAY

Scott is pacing back and forth. His manager is close by.

SCOTT

15 people? 15 lousy people?

MANAGER

That's an extra \$3,000 a month.

SCOTT

Jesus Christ. You just don't get it.

Scott storms out.

INT. 7 HANDS DOJO - DAY

Mike has Aaron in a ground hold, who is trying to escape it.

AARON

How many did you get?

MTKE

15. Which is enough to cover my dad's care cost increases. But, not enough to get me a loan on this place to expand.

AARON

Expand how?

MIKE

Get some treadmills, bench presses, cross-trainers. Get a gym going to bring in more business. But I need About \$20,000 should do it, but, I was turned down, so, I'll just have to wait a year or so.

Aaron escapes the hold.

AARON

Yes!

MIKE

Good. That'll go down well at your fight. Again.

Aaron lays down on his back and Mike puts him into a new hold and Aaron begins to attempt an escape.

MIKE (CONT'D)

I can't remember, when is the fight?

AARON

2 weeks.

MIKE

Right. Confident?

AARON

Nervous.

MIKE

How's the MMA thing going?

AARON

I've only had 2 classes. I'm going tonight, though.

MIKE

Learn anything?

AARON

Not yet, but... soon, hopefully.

Aaron escapes the hold.

MIKE

Nice. Two holds, two escapes. Quick tip, next time, put your arm around my neck and pull me in close to stop me gaining my strongest hold. If I can't use my back muscles, I'm weaker and therefore, easier to escape from.

AARON

Okay.

Mike looks up at the clock.

MIKE

Okay. Then I think that's time. Don't want you too sore and worn out for later.

AARON

No, Sensei.

They stand.

MIKE

Well, good luck tonight and don't let anyone talk you into trying anything you're not comfortable with. That's how accidents and injuries happen. But, of course, if someone tries a double leg takedown, probably best you don't stop it with a knee to the face.

AARON

Yeah, I'll remember that.

Mike bows to Aaron and Aaron bows back.

INT. SILVER MMA - NIGHT - ESTABLISHING

INT. SILVER MMA - NIGHT

Scott is training a group 25 or so young men. They are circuit training. They punch focus mitts 10 times, drop into a sprawl, run around the back of their partner, lift them in the air then run to the other side of the room and back before doing it all over again.

Scott shouts out some encouragement (ad-libs) until...

SCOTT

Alright bring it in, bring it in.

Every relaxes and joins Scott in the center of the gym.

SCOTT (CONT'D)

Right, now, basic mount and guard, escapes and submissions. Who wants to volunteer?

All but Aaron raises a hand. Scott notices and picks him.

SCOTT (CONT'D)

(to Aaron)

What about you? You wanna go?

Aaron thinks about it a beat, then reluctantly agrees.

AARON

Um, okay.

SCOTT

Right, come and lay down with your knees up and open.

He does. Scott positions himself between Aaron's legs puts his hands on his chest.

SCOTT (CONT'D)

Right then, you've been taken down and put on your back. The aggressor is in your guard and putting his weight on you. How would you get out of it?

Aaron thinks about it for a beat then uses the escape Mike showed him (in the previous scene.)

SCOTT (CONT'D)

Good, good. Okay, again. Now from a mounted position, again, how would you get out of it.

Scott repositions himself and sits on Aaron's hips.

Aaron thinks another beat the uses the second escape Mike previously showed him to escape Scott's hold.

SCOTT (CONT'D)

Good, very good. I see you've done this before. Where did you train?

AARON

Um, I'm a Karate student over at '7 Hands Dojo'. We do this sort of stuff, sometimes.

Scott sees red for a second.

SCOTT

Right, then. Maybe you could take him some of his mail that got delivered here, by mistake?

Aaron shrugs his shoulders.

SCOTT (CONT'D)

Okay. One more, see if you can get out of this one.

Scott positions himself in holding Aaron down, one more time.

SCOTT (CONT'D)

Okay, Karate boy. Ready... Go!

Scott pins Aaron to the floor and Aaron struggles to keep him at bay. Scott wears a face of superiority as he watches Aaron struggle with the technique. He thinks he's got him.

SCOTT (CONT'D)

(holding Aaron)

You see, this is one of the problems with Karate. They can teach you a couple of escapes from the floor, but they can't teach you an escape from every possible hold like MMA can. That's why more and more people are turning away from traditional martial arts and turning to--

Aaron cuts Scott off by finally breaking free of his hold and escaping the technique and rolls Scott into an arm-bar.

The class "Ooh" as they wait to see what happens next.

Scott tries to get out of the hold but can't do it. He sees bites his lip and gives in. He TAP. Aaron releases him and the class CLAP. Scott sees red but quickly covers it up.

SCOTT (CONT'D)

Well done.

AARON

Thanks.

SCOTT

Okay. One more thing. Get up.

Aaron stands and Scott gets up and some boxing gloves on.

SCOTT (CONT'D)

Okay, I'm gonna attack. You're job is to take me down and lock me up, or submit me with a different technique, all without hitting me.

Scott hits his gloves together then come in to Aaron to spar. He throws a few punches. Some miss, some hit. Those that hit are soft at first but get harder as time passes.

The punches get stronger with each landing strike. Aaron is clearly feeling them and upset by the excessive contact.

He half-heartily steps in and out to attempt a take-down, but Scott sees each attempt coming and gets out of the way.

Aaron looks as if he has an idea. He moves in to Scott and fakes a kick to distract Scott, making him adjust his guard, then shoots in and takes him down.

The class react honestly, but Scott doesn't like it.

Scott rolls Aaron over onto his back and locks his arms up with one hand then starts punching him in the face with the other.

SCOTT (CONT'D)

Come on, then. Get out of it. Get out of it. Come on, use your Karate to escape.

Aaron lays as he takes a beating. He tries to escape but can't. He taps.

SCOTT (CONT'D)

No, mate. There's no tapping in a street fight. Come on, get out of it. Show me watch you got.

Aaron lays getting punched in the face with his arms still locked up as Scott continues punching Aaron in the face until everything goes BLACK.

INT. 7 HANDS DOJO - DAY

Mike is practicing kata. Half way through he looks up at the clock: 11:25am. He quits kata, picks up a phone and dials a number.

MIKE

(on the phone)

Hi, yeah, is Aaron there? It's

Sensei Mike.

(beat)

What?

(beat)

Can I come over?

INT. HOUSE - DAY

AARON'S MOTHER opens the door to reveal Mike.

MIKE

Hi.

AARON'S MOTHER

Come in.

He enters and she closes the door.

MIKE

So what happened?

AARON'S MOTHER

He won't say. Well, not to me at least. You, however, he might talk

MTKE

Where is he?

INT. AARON'S BEDROOM - DAY

Aaron is playing a 'Beat 'Em Up' video gamme on his computer. We don't see his face.

There's a KNOCK at the door.

MIKE (O.C.)

Hey, Aaron, can I come in?

Aaron thinks about it.

AARON

(meekly)

Yeah.

The door opens and Mike enters. He sees Aaron's face. Battered and bruised. Black and blue.

MTKE

Jesus Christ. What the hell happened to you?

AARON

You were right. MMA guys are just bullies training to brawl.

MTKE

A student did this to you? What did Scott say?

AARON

Not a student. (beat)

Scott.

MIKE

<u>Scott</u> did this to you? The former World Champion did this to you?

AARON

Yeah.

MIKE

Well, you've gotta go to the police. Get him arrested.

AARON

I don't want any trouble. I just wanna forget it and move on.

MIKE

Aaron, he can't get away with this. You have to do something.

AARON

I am. I'm staying away and I'm quitting martial arts. It's not for me anymore.

MIKE

Hey, come on, you're good, and you can't let this asshole do this to you. If he gets away with it with you, then, he'll just think he can get away with it with others.

AARON

There were others there.

MIKE

Then there's witnesses. They can--

AARON

They just sat there and did nothing. They look up to him 'cos he's famous. They'll just back him up.

MIKE

Aaron, if you don't do something, then, I'll have to. This is beyond unacceptable.

AARON

I don't want to get you involved. I just want to forget it ever happened and go on with my life.

MIKE

Well, what about your fight? For charity? You still need to train for that.

AARON

I'm dropping out. I was no good
against him, so--

MIKE

He's a former world champion cage fighter, not an amateur. And he's much heavier and more experienced than you. You never had a shot.

AARON

Actually, I think that's what pissed him off.

MIKE

What?

AARON

He asked me to show him how I'd escape the hold you showed me. So I did and I put him into an armbar.

MIKE

And?

AARON

I made him tap.

MIKE

Good.

AARON

Then he wanted to try another move, but he tied my arms up and beat me until I passed out.

MIKE

Jesus, Aaron. You can't just let him get away with that.

AARON

Please, I just want to forget it.

MIKE

He's rich. You could sue him. Pay off your mom's mortgage, or something.

Aaron thinks about it.

AARON

No. I've made my mind up.

Mike looks at Aaron like an upset father.

EXT. ROAD - DAY

Mike is walking down the street. He sees a POLICE STATION and stops. He pauses a beat then heads inside.

INT. POLICE STATION - DAY

An **OFFICER** is standing behind the front desk filling in paper work. Mike walks up to him.

OFFICER

Hello, how can I help you?

Before Mike can speak, the officer recognizes him.

OFFICER (CONT'D)

Hey, Karate man, right?

MIKE

Right.

OFFICER

That video was cool. How can I help you, today?

MTKE

I'd like to report a crime. assault.

OFFICER

On you?

MTKE

No, a friend of mine, he was beaten up the other night and is afraid to come forward.

OFFICER

Is he being threatened with repercussions if he does?

MIKE

I don't think so. I think he's just scared.

OFFICER

Well, without an official complaint from the victim themselves, there's nothing we can do, I'm afraid.

MIKE

Really, nothing?

The officer shrugs his shoulders.

MIKE (CONT'D)
Listen this kid was beaten, bad, by a full grown, 220lb man and professional fighter. And he's just a kid. A 160lb green belt with no fighting experience.

OFFICER

I'm sorry, but unless he comes forward himself, we really can't do anything. It sucks, but, you know.

Mike sighs.

EXT. POLICE STATION - DAY

Mike exits the precinct and stops in the middle of the pavement. He grits his teeth, trying to control his anger.

MTKE

God damn it!

Mike storms off.

INT. SILVER MMA - DAY

A group of young men are siting on the mats around a couple of guys WRESTLING with each other. Scott is watching from the sidelines shouting out support.

SCOTT

That's it, that's it. Now look for the escape. Get it, get it. That's it, now go for the reverse, get the submission. Come on, come on— there you go. Right, now switches positions and go again.

Scott heads towards the office and sees Mike come storming through the door.

SCOTT (CONT'D)

Oh, here for your mail, are ya?

Mike storms right up into Scott's face, almost pinning him against the wall. The surprise is obvious in Scott's eyes.

MIKE

What the hell is your problem? You think beating on a kid half your size makes you look like some kind of bad ass in front of a group of wannabe fighters? Is that how you plan on making your living here, by beating up on anyone smaller than you who does something other than MMA?

SCOTT

Hey, we were rolling around, doing some techniques, he thought he could get out of something he couldn't, he got frustrated and reacted violently--

MIKE

Bullshit.

SCOTT

And I had to defend myself.

MIKE

Really? A world champion threatened by a green belt? Face it, you picked him out because he was half your size, and you wanted to show MMA is better than Karate by beating on a student of it. SCOTT

Hey, mate if it worked we wouldn't be having this conversation.

MIKE

Tell you what, why don't you show me how it doesn't work, right now in front of all your students.

SCOTT

You what?

MIKE

You heard me. Me and you, those mats, right now.

Scott tries to laugh it off but sees everyone looking at him expecting something.

MIKE (CONT'D)

What's the matter, Scott. You dish out beatings but you're afraid to risk taking them?

SCOTT

Right mate, I think it's time for you to go now, okay?

MIKE

Oh, really?

SCOTT

Yeah, really.

MIKE

How about you make me?

SCOTT

I thought Karate was supposed to help you work in harmony with your opponent and resolve problems peacefully, or some such shite.

MIKE

I said make me.

Mike pushes Scott against the wall.

SCOTT

Whoa there, buddy. That's assault. You just assaulted me, and everybody here saw it. Right?

Mike sees the wannabe fighters have closed in and are looking at him. Not necessarily to attack, but he's outnumbered.

SCOTT (CONT'D)

Now, unless you want me to press charges, like your little cry baby friend clearly isn't, because he knows he started it, then I suggest you get your pajama wearing arse out of my gym.

Mike looks at the gym goers then back at Scott.

MIKE

This isn't over. Not by a long shot.

Mike turns and walks away.

SCOTT

Yeah, that's it. Go back to your slumber party where it's safe.

Mike exits.

Scott turns to see everyone stirring at him.

SCOTT (CONT'D)

Get back to work.

Scott goes into the office. They do.

INT. SILVER MMA OFFICE - DAY

Scott closes the door and goes through papers on his desk. He finds a letter from 'Pyramid Insurance' and dials the number into his office phone and waits a beat for it to be answered.

SCOTT

Reference number: 134-659-655-139-

141.

(beat)

Mike Stone.

(beat)

7 Hands Dojo, North Vista Street,

West Hollywood.

(beat)

Yes, I'd like to cancel my

insurance policy.

Scott looks out of the window at 7 Hands Dojo with an angry smile.

INT. 7 HANDS DOJO - DAY

Mike is hitting the heavy bag. There is a KNOCK at the door. Mike stops and looks over at the window. He makes his way over to the door and squints at the person on the other side. He seems to recognize the man.

The door opens to reveal: George St. Pierre, a.k.a G.S.P.

G.S.P

Hello, Sensei Mike Stone?

Mike is star-struck and seemingly amazed.

MTKE

Err, yeah.

G.S.P offers his hand. Mike takes it and shakes it.

G.S.P

Hello, my name is George St. --

MIKE

(smiling)

St. Pierre. Yeah, I know who you are.

G.S.P

Oh, great. Well, I saw your video on the internet, both of them, and was in the neighborhood and was looking to train, and was wondering if you were free for a private session?

MIKE

With me? George St. Pierre? Hell yeah, I'm free. Come on in.

Mike opens the door wide and G.S.P enters.

G.S.P

Thank you.

Mike sticks his head out of the door and looks around.

MIKE

(miming)

What the fuck?

DISSOLVE TO:

INT. 7 HANDS DOJO - DAY - LATER

QUICK MONTAGE:

Mike and G.S.P go over basic punches, kicks and blocks, then move on to combinations before using them as partner work. They finish up with kata then bow to each other.

DISSOLVE TO:

SAME ROOM

Mike and G.S.P are sitting and stretching.

G.S.P

So why the name '7 Hands' dojo?

MIKE

Well, I teach 7 different styles, 7 days a week.

G.S.P

Really? What styles?

MIKE

Shotokan, Goju, Wado, Shitoryu, Enshin, and my favorite, Kyokushin.

G.S.P

Wow.

MIKE

And, not to brag, but, I also have a black belt in Kickboxing, Kung Fu, Tae Kwon Do and Japanese Ju Jitsu which really aids in my Karate teaching. But I don't teach those on their own.

G.S.P

Where do you find the time?

MIKE

Well, I'm older than I look.

G.S.P

7 styles of Karate, Kung Fu, Kickboxing, Tae Kwon Do, Ju Jitsu. I guess MMA isn't for you then? MTKE

Well, the way I see it, Karate is MMA. I mean it's punches, kicks, and blocks on the surface, but it's also grappling, throwing, locking and choking when looked into and taught correctly. So, I don't see much of a different except in the way people train.

(beat)

And the attitude of their practitioners, of course. No offense.

G.S.P

None taken. I know what you mean. So have you created a rivalry with Mr. Silver since you got all the attention from his opening?

MIKE

Err, yeah. You could say that. He's been talking trash and spreading rumors. Trying to say that not only does Karate not work, but that no one knows who my instructors were or where I got my belts. He's stuck free seminar flyers on my door for students to see, he even stood at the window during a couple of classes with some people, seemingly telling them how what's being practiced won't work without a compliant partner.

G.S.P

Man, he sounds like a real piece of work.

MIKE

Then there's my private student, Aaron. He has a stutter and so is a little lacking in confidence. So to boost it, and raise some money for charity, he decided to enter into something called 'White Collar MMA'.

G.S.P

Oh yes.

MIKE

So, I said as far as submissions on the ground go, I'm more of an escape the ground rather than stay there guy, so I'm not the best person to ask. So he goes over there and takes a couple of classes, and when Scott found out he was a karate student, a green belt, by the way, he decides to humiliate him by using him as his Uke, and beats the hell out of him in front of everyone. Just to try and prove something.

G.S.P

Did he press charges?

MIKE

He hasn't reported it. He doesn't want to. I tried but, unless the victim comes forward themselves, there's nothing they can do.

G.S.P

Oh man. You know what they say: The law is an ass.

MIKE

Ain't that the truth.

G.S.P

Is he still going to fight?

MIKE

I don't think so. It's shook his confidence even more.

G.S.P

It's a shame Scott doesn't qualify. Sounds like someone needs to teach him a very public lesson.

MIKE

Yeah.

G.S.P

(smiling)

Don't tell anybody I said that though.

Mikes smiles back at G.S.P.

DISSOLVE TO:

SAM ROOM - LATER

G.S.P is back in regular clothes and standing with Mike at the front door, ready to leave.

G.S.P

Well, thank you for a very hard, insightful, and, might I say 'fresh' Karate session.

MIKE

Thank you.

G.S.P

I hope you have better luck with your problem across the road and your friend gets better and changes his mind about contacting the police.

MIKE

Me too. Me too.

G.S.P

So, how much do I owe you?

MIKE

Oh, nothing. The pleasure was all mine.

G.S.P

Ah, come on, this place can't be cheap in this neighborhood.

MIKE

No, really. I get to say I trained with G.S.P. That's more than payment enough.

G.S.P

Okay, if you say so.

MIKE

I do.

G.S.P starts out of the door but then turns around to speak.

G.S.P

Hey, before I go, you said you're older than you look. How old are you exactly?

Mike smiles and takes a deep breath.

EXT. 7 HANDS DOJO - NIGHT

The lights are on in the dojo. Mike is cleaning up inside.

INT. 7 HANDS DOJO - NIGHT

Mike is mopping the mats. He finishes up and puts the mop band bucket away. He grabs his bag and heads out, switching the light off on his way out.

INT. CAR - NIGHT

A GROUP OF UNSEEN MEN are sitting in the dark, watching Mike.

UNSEEN MALE

There he is.

Mike locks up the dojo and heads off down the street.

UNKNOWN MAN

Okay, there he goes. Just wait until he's around the corner.

They watch until Mike turns off down another street.

UNKNOWN MAN (CONT'D)

Okay, now.

EXT. STREET - NIGHT

The group of unseen men exit the car and swiftly make their way across the street to the dojo. One of them has a baseball bat. They pull balaclavas down over their faces. One of the men quietly breaks the lock as the others surround him to cover him. The lock breaks and the door opens.

`UNSEEN MALE

Okay, we're in.

They enter the dojo and close the door behind them.

EXT. ANOTHER ROAD - NIGHT

Mike is walking home. He stops in his tracks a beat and checks inside his bag for something but doesn't find it.

MIKE

Damn it.

Mike heads back towards the dojo.

INT. 7 HANDS DOJO - NIGHT

The unseen men are wrecking everything in sight.

EXT. 7 HANDS DOJO - NIGHT

Mike approaches the door and takes out his keys. We HEAR a noise from inside. Mike tests the door. Open. He drops his back, pockets his keys and enters.

INT. 7 HANDS DOJO - NIGHT

Mike enters to discover the unseen group of men destroying the place. He doesn't turn on the light.

MIKE

HEY!

The group turn and see Mike.

UNSEEN MAN

Oh shit! He's back!

UNKNOWN MAN

Get him!

The unseen men RUSH Mike and he snaps into action. Blocking punches and kicks then delivering counters in the shadows.

He beats on everyone with ease until a LARGER MAN grabs him and forces him up against the wall, Mike struggles with him then pulls his balaclava around to cover his eyes then elbows him and forces him back. The man pulls his mask up to see what he's doing and Mike gets a good look at his face.

BAM!

Mike is hit across his back with a baseball bat and he drops to his knees.

UNSEEN MAN

Quick, let's get outta here!

Everyone flees. The larger man looks down at Mike then kicks him in the face and runs. Mike rolls over in pain.

DISSOLVE TO:

EXT. 7 HANDS DOJO - NIGHT - LATER

An Ambulance is sitting outside the dojo which now has a CSI team going over things inside. Mike is sitting in the back of the ambulance talking to **POLICE OFFICER** while a paramedic looks at his very bruised back.

POLICE OFFICER

So they just came in and destroyed the place, they didn't take anything?

MIKE

Not that I can tell, well, except for the security tapes, of course.

POLICE OFFICER

Tapes, like video?

MIKE

Yeah, I'm kind of old school. Oldold school, I guess you could say.

POLICE OFFICER

Right, so they just came in, wrecked shop and assaulted you, is that correct?

MIKE

Yes.

POLICE OFFICER

Any idea why anyone would want to do that to you?

Mike glances in the general direction of Silver MMA.

MIKE

Well, I don't think so. I mean, there was an incident about a month ago--

POLICE OFFICER

I saw the video. Nice.

MIKE

Thanks. But the guy I did get a look of wasn't one of those guys that tried their luck, but, the fact that they all wore masks might suggest they were afraid of being made. I don't know.

POLICE OFFICER

Okay, then we'll go over the video and try to track those men down and find out where they were tonight, and see where we go from there.

MIKE

Okay. Thank you.

POLICE OFFICER

Meanwhile, I'll put you in touch with our sketch artist so we can get a better idea of the man who attacked you.

MTKE

Thanks.

The Police officer walks away. Mike looks over at Silver MMA. He sees Scott being questioned by a COP in the doorway.

ON: SCOTT AND THE COP.

COP

So you didn't see or hear anything tonight?

SCOTT

No, I was teaching a class and didn't see or hear anything until I saw the blue flashing lights coming through the window.

COP

Did anyone else see anything?

SCOTT

No, I asked everyone and no one said they saw or heard anything. I mean, I'm not saying the guy is lying or anything, but, 30 people and no witnesses? That's weird, right?

COP

I'm sure it's nothing.

SCOTT

Hey, I heard he was recently denied a loan. I'm not accusing him of insurance fraud or anything of course, but, is that of use to you?

The Cop raises an eyebrow and makes a note. Scott smirks.

INT. MIKE'S LIVING ROOM - DAY

Mike is talking on the phone with his insurance company.

MIKE

Cancelled? What do you mean 'cancelled'? When? Why who? (beat)

No, no, that's wrong, I didn't cancel my policy. I need coverage so I made coverage with you guys.

(beat)

Well, your records are wrong. I didn't cancel it.

(beat)

I've been with you for 8-years. (beat)

When does it say it was cancelled? (beat)

What? Are you kidding me? (beat)

Wait, what about this month? Surely I'm insured until the next payment was due to go out of my account.

(beat)

Oh, you've got to be kidding me.

INT. CARE ROOM BEDROOM - DAY

Mike is visiting his dad.

MIKE

So I spoke to someone in charge and they said they'll look into it, see if they can get me more information on it, but, right now it looks like I'm not covered for the break in.

DAD

Well, that sure does suck.
Insurance. It's a scam. A pyramid scheme. Trickle down economics, that's what it is. All the money going to the top with some occasionally coming back down.

Mike nods and smiles.

DAD (CONT'D)

So, what's new with you?

Mike's smile disappears.

INT. DOCTOR'S OFFICE - DAY

Mike is having his back examined by a FEMALE DOCTOR.

FEMALE DOCTOR

Well, there's still the obvious bruising and swelling, but, I think you're on the mend nicely. How do you feel?

MIKE

Well, it is hard to put any strength into my back at the moment. Every time I go to lift something it all just seems to tighten up on me and stiffen me up.

FEMALE DOCTOR

Yeah, I'd try to avoid all lifting for the next couple of weeks. You might want to avoid push ups to, just in case. Not worth the risk, I'd say.

MIKE

Right.

FEMALE DOCTOR

How's the pain?

MIKE

Err, I've been using Ibuprofen gel, and it's doing the trick just fine.

FEMALE DOCTOR

Okay then, if you don't need any medication then we're all done.

Mike puts his shirt back on.

EXT. RANDOM STREET - DAY

Mike is walking through the crowded city street. Something catches his eye. Scott. He's talking with a man. It's the Larger Man from the break in.

Mike recognizes him and steps back behind something and takes a sneaky look out. They're definitely friends. Mike takes out his phone and takes a picture of the pair, just as Scott hands him some money.

MIKE

Gotcha.

EXT. ALLEYWAY - NIGHT

Mike is standing by a dumpster. Someone is inside it looking for something.

MIKE

Then I remembered, when I first went in, he said something about me coming to pick up some mail.

Aaron pops his head up from inside the dumpster

AARON

Yeah, he said something about getting something of yours. I forgot about it, sorry. Hey, can you shine the light from your phone in here?

MIKE

Yeah, sure.

Mike takes out his phone and illuminates the trash and Aaron goes back to looking while Mike keeps a look out.

AARON

Found something.

Aaron emerges with a clear trash bag with a letter showing through the side. Mike rips through the side of the bag and pulls out the letter. It's from 'Pyramid Insurance' and addressed to '7 Hands Dojo'.

MTKE

Son of a bitch. He must have called with my reference numbered and pretended to be me. Sneaky--

Σ Σ PΩN

So we got him?

MIKE

Oh yeah.

Aaron climbs out of the dumpster.

Mike pulls another letter out from behind his.

MIKE (CONT'D)

Oh, looks like someone's bank account is running a little low.

A LIGHT comes on above a door nearby and Mike ad Aaron run off like a couple of guilty school boys.

INT. 7 HANDS DOJO OFFICE - DAY

Mike is on the phone.

MIKE

Yes, well, I was wondering if you logged the time and date the policy was cancelled.

(beat)

Right. And do you have a record of what phone number the call was made from?

(beat)

Great. And do you record all of your incoming calls?

(beat)

That's excellent. One more thing, could I get a copy of all this for my records, please?

(beat) Thank you.

Mike smiles widely.

INT. SILVER MMA - DAY

Scott is sparring on the mats with a MAN. Scott puts him to the floor then waves ANOTHER MAN in to spar. A few blows are traded before Scott stops and looks towards the door and sees Mike standing with a file in his hand.

MIKE

I come in peace. Can I have a word? In private?

Scott smiles and shrugs his shoulders then makes towards him.

INT. SILVER MMA OFFICE - DAY

Mike enters followed by Scott who closes the door behind him.

SCOTT

(smiling)

So, what can I do for you?

MIKE

Well, if you're taking requests, then, \$7,000 for the damage done to my dojo would be great.

Yeah, now why would I give you money?

MIKE

Um, I don't know. Maybe to keep my mouth shut?

SCOTT

About what? I don't know what you're talking about.

MIKE

Really? Well, here's the thing:
Some goons broke into my dojo,
busted the place up a little bit,
hit me with a bat, kicked me in my
face and such. Then, when I called
to make an insurance claim it
turned out that someone had
mysteriously cancelled my policy,
meaning that I had no coverage for
the damage.

SCOTT

That's got nothing to do with me, mate.

MIKE

I didn't say it did. But I am doing now.

Scott looks nervous.

MIKE (CONT'D)

See, I suddenly remembered about our last interaction, and that you said something about me 'collecting mail'.

Scott swallows.

MIKE (CONT'D)

So I got a mutual friend of ours to take a look out back in your dumpster, and, what-do-you-know? We found a letter from my insurance company in your trash, with enough information on it to allow 'somebody' to call them up, pretend to be me, identity theft, and cancel my policy, so that I couldn't collect what was rightfully mine.

Look, I don't know what you're getting at, but--

MIKE

And not only that, but a bank statement and evidence of a payment made to the goon that kicked me in the head.

SCOTT

Hey mate, if I was gonna do anything like that, I'd be smart enough to pay in cash, now--

MTKE

Oh yeah, that's right. They're separate.

Mike pulls a photo from his file and hands it to Scott. It's of Scott handing a wad of cash to the Larger Man in town.

MIKE (CONT'D)

Then when I was in town the other day, I saw the guy who kicked me in my face. With you.

SCOTT

That could be money for anything. Hell, it could be photo shopped.

Mike pulls a DVD from his file and hands it to Scott.

MTKE

Which is why I got a copy of security footage captured to back up my evidence. Just in case.

Scott is clearly frustrated.

SCOTT

This is ridiculous. It proves nothing.

MIKE

Maybe. But the phone call that was logged when my insurance policy was cancelled was recorded, everything from time, date, phone number, yours, and voice canceling it pretending to be me, also yours, might just do so.

Okay, so what do you want?

MIKE

Well, as I see it, now that I have all of this incriminating evidence on you, that will undoubtedly mean your arrest, prosection, public humiliation and imprisonment, not to mention dirtying your name forever, you're going to pay for the damage to my dojo, \$7,000, plus another \$20,000 to allow me to do a little work on my place.

SCOTT

I don't have that kind of money. Not at the moment.

MIKE

Oh, that's right. You know I heard you've hit hard times, as well as kids half your size.

Mike pulls another piece of paper from his file and gives it to Scott.

SCOTT

Jesus Christ.

MIKE

Not a smart move to put bank statements in the trash. You never know who's gonna pick it up.

SCOTT

So all this is about the kid, is that it?

MIKE

I don't like bullies. Never have, never will. And a famous bully is still a bully. You don't get away with it because you have a name and face people know.

Scott looks blankly at Mike.

SCOTT

Fair enough. So, what now?

MIKE

You're gonna put \$10,000 into my account by the end of the day, to pay for the damage and my medical costs, and I'm gonna keep all of this to myself, and we're gonna play nice from now on.

SCOTT

You think you're really clever, don't you?

MIKE

Oh, I know I'm clever, but this has nothing to do with that.

SCOTT

So that's it, is it? I pay you \$10,000 and we pretend that none of this ever happened?

MIKE

Almost. Just one more thing.

SCOTT

What?

Mike stands next to Scott, takes out his phone and points it at them then speaks to it.

MIKE

Hey guys, I'm Mike, you might remember me as the guy that kicked in 5 wannabe though guys at my dojo that went viral, or as the quoteunquote 'Karate Douchbag' that seemingly gate-crashed this man's gym opening.

Mike puts Scott into the frame.

MIKE (CONT'D)

Well, now we're gonna put the 'Karate vs MMA' question to the test, in aid of the 'Project Blue Belt' charity event to raise money for the brain damage charity 'Mind' by fighting each other at the White Collar MMA event on the 25th of this month. Isn't that right Scott?

Scott looks completely taken by surprise.

CLOSE ON:

A COMPUTER MONITOR.

Tina Cousins is presenting for 'MMA HYPE'.

TINA COUSINS

That's right, less than 2-months after supposedly retiring from fighting, former WFC middleweight champion, Scott Silver, will be stepping back into the ring for an exhibition match against local Karate instructor, and viral video superstar, Sensei Mike Stone of '7 Hands Dojo', which is situated directly opposite the former champion's very own 'Silver MMA'.

TINA INTERVIEWING SCOTT IN HIS GYM.

TINA COUSINS

So how did the fight come about?

SCOTT

Well, we heard about 'White Collar MMA' where would-be cage fighters with no experience sign up, sell tickets, get some free training, then fight, and all the money goes to charity. This time around it's going to 'Mind', which is a charity that helps people with who have suffered brain injuries.

TINA COUSINS

You say people with no experience, but you do have experience, so how is this being allowed?

SCOTT

Well, it's an exhibition fight, so it's a little different. And being as we both bring audiences in, we thought it would be idea to raise even more money for a great cause, and settle the old 'Karate vs MMA' question, once and for all.

TINA COUSINS

Well, we look forward to seeing the fight, which streams live on the 25th, exclusively, on MMA Hype.

TRAINING MONTAGE:

Mike and Scott train for their fight.

Scott pounds the heavy bag with punches and flashy kicks, whereas Mike goes over kata 'Bassai Dai' with Aaron by his side, seemingly teaching more than training.

Scott spars a few of his bigger would-be fighter students and brings fresh partners in as each one gets knocked down. Mike and Aaron train slow and steady at close quarters, carefully practicing applications for 'Bassai Dai'.

Scott and a sparring partner go at it hard and heavy, until Scott gets him against the wall then hip throws him to the ground.

Mike shows Aaron an application for Bassai Dai's '3 gedan barai's' involving pulling down grabbing arms, locking them up and turning into a giant hip throw.

Scott knees on his down sparring partner and pulls off his gloves with his teeth and beats the hell out of him with a bar fist until blood shows and Scott is pulled away from the battered fighter.

Mike and Aaron bow to each other. Mike holds his lower back in pain from bowing too low.

INT. SPORTS HALL - NIGHT

The house is packed.

TWO FIGHTERS are battling it out in a cage in the middle of the room as screaming spectators look on.

Goldberg and Joe are commentating from the side of the cage.

GOLDBERG

Well, I can tell you one thing, these guys might be amateurs, but they're certainly putting on a show for us tonight.

JOE

Absolutely, they're really giving it they're all, that's for sure. But you've got to remember, now that they're are cameras on them and people around the world are watching them, maybe winning here tonight could launch a fight career. I mean, who knows?

GOLDBERG

Absolutely, you know every real MMA fan is tuning in to see Scott Silver take on the viral video Karate sensation, Mike Stone, so who knows, maybe tonight we've seen the first fight of the next big thing in mixed martial arts. Who can say?

JOE

Not me, that's for sure.

One of the fighters in the cage does a spinning back kick to the other fighters' gut and doubles him over on the ground then goes in for the kill.

GOLDBERG

Oh, nice spinning back kick.

JOE

Oh, he's down, it's over. It's over.

The REFEREE steps in pulls the standing fighter from pounding on the grounded fighter.

GOLDBERG

It is over! The Tae Kwon Do student has finished the kickboxer.

JOE

Great kick. Really good execution.

INT. LOCKER ROOM - NIGHT

Aaron has one of his legs on Mike's shoulder as Mike helps him stretch.

MIKE

Nervous?

AARON

Yeah, but, no time to be. Right?

MIKE

Right. Just remember, you've got good legs, use them to get in and out as fast as you can. Kick the inside thigh, these guys probably aren't going to be conditioned enough there so it'll take them by surprise and weaken their stances.

AARON

Okay.

MIKE

And beware those upper cuts. They're hard to block so you've just gotta get out of the way.

AARON

Okay.

MIKE

Right, switch.

Mike lowers Aaron's raised leg and takes his other leg in hand. Mike lifts it and WINCES in pain as he gets so high.

AARON

Are you okay?

MIKE

Yeah, yeah, just a little twinge, is all.

AARON

If it bothers you to lift my legs then, what about your take-down defense?

MIKE

Well, it only hurts my back when I do knee kicks or left straight from the front. At an angle, I'm fine, so I'll just have to figure it out.

Aaron stretches and a WOMAN enters with a clipboard.

WOMAN

Aaron Summers? You're up next.

AARON

Oh, crap.

MIKE

Hey, don't panic. Good luck.

Aaron nods and heads for the exit.

MIKE (CONT'D)

(calling to Aaron)

Break a leg!

Mike stretches out his back and touches his toes.

INT. ANOTHER LOCKER ROOM - NIGHT

Scott is kicking a thigh pad and pounding on focus mitts.

INT. SPORTS HALL - NIGHT

Aaron and the OTHER FIGHTER await the referees command from their corners.

REFEREE

Let's fight!

The two square off.

GOLDBERG

And it's begins, Thompson in the red and Summers in the blue.

JOE

Just this fight before the main event here tonight, Scott Silver verses Mike Stone.

GOLDBERG

Summers here is actually a student of Mike Stone, holding a green belt in... I'm not sure what style exactly, because--

JOE

Yeah, doesn't he teach like 7 different styles or something?

GOLDBERG

Exactly. '7 Hands Dojo' is the name and for a very good reason.

Aaron attacks his opponent with some inside thigh kicks.

JOE

Ooh, some nice thigh kicks there from Summers, instantly felt by Thompson.

GOLDBERG

Definitely. That Karate style used well to get in and out too fast for him to see it coming.

JOE

Yeah, it's been a kick-heavy night, surprisingly.

INT. LOCKER ROOM - NIGHT

Mike puts on his gi top and tightly ties his belt around his waist then starts into a kata.

INT. SPORTS HALL - NIGHT

Aaron and his opponent come back out of their corners and back to the center of the cage for another round.

REFEREE

Go!

GOLDBERG

Final two minutes of this amateur bout, then we go to our main event.

Aaron and his opponent go at it for the final round.

JOE

Yeah, it's gonna be a little weird watching Silver fight just 3-minute rounds instead of 5. Do you think that time restraint is going to be in any way off putting for him?

GOLDBERG

Oh, most definitely, Joe. He's not going to have the time he could usually take to get into the groove of things, that's for sure.

GOLDBERG AND JOE COMMENTATE THE REST OF THE ROUND UNTIL THE BELL GOES (ad-libs.)

GOLDBERG (CONT'D)

And that is it, three 3-minute rounds have been fought and I don't think I could call it myself, Joe, how about you?

JOE

No, you're right. A very close call by two guys who put up a very good fight. Let's find out now.

An NEW ANNOUNCER reads out the result in the cage.

NEW ANNOUNCER

Ladies and Gentlemen, we have a draw!

Cheers and Geers sound from the audience.

INT. ANOTHER LOCKER ROOM - NIGHT

Scott is shadow boxing and practicing some kicks as he waits.

INT. LOCKER ROOM - DAY

Mike finishes up a kata, stretches his neck and wonders around the room. The Woman reemerges.

WOMAN

Mike Stone? We're ready for you.

Mike follows the woman out.

INT. SPORTS HALL - NIGHT

Spotlights turn on and spiral around the room over the crowds and they cheer and applaud. Tina Cousins steps in the cage with a microphone to announce the fight.

TINA COUSINS

Ladies and Gentlemen, fight fans and fight fanboys, it is time for our main event of the evening.

The crowd roar with pleasure.

TINA COUSINS (CONT'D)
First up into the cage, he's the viral video sensation that took on 5 wannabe tough guys at the same time and won with ease. Holding no less than, an amazing, 10 black belts in various martial arts. Put your hands together for Mike '7 Hands' Stone.

The audience cheers as a SONG PLAYS and Mike humbly makes his way through the crowd.

JOE

Oh wow, he's wearing a gi.

GOLDBERG

Yeah. You only ever see someone like George Saint Pierre do that, these days.

JOE

Do you think he's gonna fight in it?

GOTIDBERG

Not since Royce Gracie have I seen that, but, he is here to represent Karate and what better way to do that than to keep the gi on?

JOE

Oh, I hope he does. I haven't seen that in a long time.

Mike climbs into the cage and uncomfortably waves to the crowd.

TINA COUSINS

And his opponent, a man who needs no introduction. With a professional record of 36 wins and 4 losses, England's Pride & Joy, the Best from the North-West, the former WFC middleweight champion of the world, give it up, for Scott 'Money' Silver!

The crowd lose their shit as Scott makes his way through the audience to his walk out music.

Scott milks it for everything it's worth. High 5-ing everyone holding up a hand and stopping to pose for a couple of pics with big-boobed beauties.

Inside the cage, Scott blows kisses to everyone in attendance and shakes his shoulders loose before showing off some of his Tae Kwon Do style moves.

Mike nods a 'not bad' look at his performance.

TINA COUSINS (CONT'D)

Excellent. Bring it in guys. Bring it in.

Mike and Scott join Tina Cousins in the center of the cage. She speaks to a camera in front of her.

TINA COUSINS (CONT'D)

You join us live on 'MMA Hype' tonight for this charity event in aid of 'Mind' the charity to help those with brain injuries.

(to Scott and Mike)
Gentlemen, before we begin this
match, is their anything you'd like
to say to each other?

Tina offers Mike the microphone, but he shakes his head. Then she offers it to Scott.

SCOTT

I've always said that Karate is for boys who wear pajamas. Whereas MMA is for men-

(to Tina)

-who sleep naked.

Tina blushes.

TINA COUSINS

Oh, my. Then it's time to hand over to the referee.

Tina steps out of the way for the referee.

REFEREE

Gentlemen. You know the rules. I want you to obey my commands, protect yourself at all times, and keep it clean. Okay?

They nod.

REFEREE (CONT'D)

Okay, to your corners, please.

They back up.

REFEREE (CONT'D)

(to Scott)

Are you ready?

Scott nods.

REFEREE (CONT'D)

(to Mike)

Are you ready?

Mike nods.

REFEREE (CONT'D)

(smiling)

Then GET SOME!

The Referee drops his hand for the fight to begin and they make for the middle of the cage.

GOLDBERG

And here we go!

JOE AND GOLDBERG GIVE THEIR COMMENTARY THROUGHOUT THE FIGHT (AD-LIBS.)

Scott attempts the standard takedowns, Mike stops them but it's clearly tough on his back. The round is pretty even for the first half until Scott manages to get Mike to the ground and attempts a collar choke hold by holding Mike's gi top. The bell for the end of round one goes off at the same time Mike escapes the choke.

The fighters go back to their corners. Aaron is in Mike's. He offers Mike some water but Mike waves it off as the commentary continues from Joe and Goldberg.

AARON

First round looked pretty close to me. Nothing to worry about. How's your back?

MIKE

Manageable. I'll be fine.

Mike removes his gi top and hands it to Aaron.

The bell rings for Round 2 and both fighters head back to the center of the cage. Scott is on the offensive for the first minute. Mike only has time to block, but he blocks everything. The second half of the round is different, with Mike showing of his skills and putting Scott to shame. Scott starts playing dirty. He spits in Mike's face and delivers a crafty shot to the nuts then takes Mike to the ground to attempt a submission. Mike escapes it and stands back up and invites Scott back up to his feet. Scott stands up and the bell rings for the end of round 2. The fighters go back to their corners.

AARON

Okay, you did great but, I think he might have got that one.

MIKE

Yeah, the sneaky S.O.B spat in my face and kicked me in the nuts.

AARON

Yeah, sounds like him.

MIKE

Any advice?

AARON

Me? Hmm, well, he looks pretty nervous when you throw kicks to the head. Use them to distract him?

MTKE

To set up something?

AARON

Yeah.

MIKE

Okay. Hand me my gi.

Aaron grabs the top and hands it to Mike and he puts it on.

The bell rings for Round 3 and Mike and Scott go back at it. Scott is angry, Mike is methodical. After a few traded blows, Scott detects Mike's injury and concentrates on it. Mike does well to survive and tries to not let it slow him down, but eventually it's too much for him so Mike takes it to the ground to protect his back. He goes for all the submissions he knows but Scott gets out of them and eventually gets back up and invites Mike to stand back up. The referee motions him to stand and he does. Scott goes back to aiming for Mike's injury but Mike is on it this time. He uses his legs to get in and out to deliver kicks to the head and gut until Scott is looking wore then goes in for the kill. But Scott keeps himself up and manages to turn it around and get Mike up against the cage.

SCOTT

I told Karate was bullshit. Nothing but punching air and clenched fist dance routines to try and make yourself look tough. It's pathetic.

Mike sees Scott's hands grabbing at the shoulders of his gi.

MIKE

It's called-

Mike slips his left hand behind Scott's head.

MIKE (CONT'D)

Kata.

SLOW MOTION:

Mike elbows Scott with his right then delivers a low punch to his floating rib with the same hand. He grabs Scott's left hand with his and rips it down with a gedan barai as he brings his right hand back up and grabs Scott's right hand, then pushes forward to rip that hand down with another gedan barai, tying Scot's arms against his own hip, Mike turns 180-degrees and pulls Scot over his hip and throws him through the air and to the canvas with a following mountain punch to complete the Bassai Dai move.

The crowd are in awe.

Mike throws himself on top of Scott and dominates him from there on. Eventually, Scott is open his back and Mike locks his arms up. Scott grimaces in pain. Mike sees Scott is about to give in and TRAPS his hands under his armpit to hide the tap from the referee. Scott SCREAMS and Mike SNAPS his arm.

The Referee jumps in and ends the fight. Everyone cheers as they witness the break. Joe and Goldberg are speechless.

LATER:

Mike and Scott stand either side of the referee in the middle of the cage for the official decision from Tina Cousins.

TINA COUSINS

The referee has called a stop to this fight at 2-minutes and 58-seconds into the third round. And the winner, by way of a nasty arm break, Mike '7 Hands' Stone.

Tina raises Mike's arm in the air. People clap. Scott nods.

TINA COUSINS (CONT'D)
Mike, you came into this fight as a complete underdog, despite your viral video. What was your plan coming in here, Karate against MMA. I know you've been very vocal on the two systems and how different they are.

She offers him the microphone.

MIKE

You know, people think they are completely different, but the fact is, they are only really different in how they train and their approach to training. Well, that and the way they teach their students how to act in a confrontation. Karate teaches you to defend yourself, but it also teaches you about patience and looking to dissolve a situation rather than jump straight into fighting.

TINA COUSINS

And what was your plan going into the fight?

MIKE

Well, I actually came into this fight with quite a bad back injury, so I wasn't able to be my usual self, so I had to just come in and react, really. It's all well and good having a game plan, but the fact is, the other guy has a game plan to, and their game plan has an affect on your own and can often throw it out of the window and make it pointless. So I just came in looking to avoid take-downs, keep my distance and use what I've been training for the last few decades when he got in close and personal, and I think it paid off.

TINA COUSINS

Well, it certainly seems to have done the job. How does it feel to beat a world champion? Is this something you'd consider going into professionally?

MIKE

Oh, no. This was a one time thing.
 (turning to Scott)
You know, believe or not, I'm
actually 55 years old, so I'm to
old for this.

Scott stands in surprise.

TINA COUSINS

Wow, you do not look 55. Well, congratulations on your win. Let's hear it for our winner.

The crowd scream in support.

Tina Cousins turns to a still dumbstruck Scott.

TINA COUSINS (CONT'D) Scott, you just got beat by a guy in his mid-50's with a back injury. What the hell happened out there?

Scott struggles to speak but eventually gets there.

Well, hey, what can I say. Things just didn't go my way tonight. You know, this was supposed to be a friendly bout for charity, so I went easy on him and he just took it as an opportunity to prove something to himself, I guess. It wouldn't happen again, that's for sure.

TINA COUSINS

So are you open for a rematch?

SCOTT

No. No, I'm retired. Last fight, this was it, absolutely. I'm done. Sorry. Not happening.

TINA COUSINS

Well, you helped raise a lot of money tonight with your appearance, so thank you for putting your body through one final fight in the aid of charity.

SCOTT

You're welcome. Good night, everybody.

Scott turns and walks away. Mike cuts him off from exiting the cage for a quick word.

MIKE

Hey, about all that evidence against you. I was thinking, if I handed it over to the police I could open a case and still get my pay out from my insurance company and use what you gave me to pay for Aaron's classes for the next 10-years.

SCOTT

We had a deal.

MIKE

Yeah, I know, but then I remembered that you beat up my student. He still needs compensation, so, I handed everything over to the police this morning. They're waiting for you.

Scott sees POLICE OFFICERS waiting to arrest him outside the cage door. He shoots Mike a 'What the Fuck?' face.

MIKE (CONT'D)
Never put your hands on my students.

Mike smiles and walks away.

Scott exits the cage and the Police officers take him by the arms and escort him away through the confused crowds. Some audience members record the arrest on their phones.

EXT. STREET - DAY

Mike walks down the street past a LONG LINE OF PEOPLE lined up like they're ready for a 'Black Friday' sale.

TINA COUSINS (V.O.)
Scott Silver lost the fight to
local Karate sensation, Mike Stone
via a third round arm break in the
closing seconds. But then, in an
unusual twist, was arrested after
exiting the cage by police. We
contacted Silver's management to
get more information on the arrest,
but no statement has yet been
released. But an anonymous source
tells us that it involves some kind
of identity theft and fraud, and
that he has in fact been charged
with a crime.

Mike comes to the end of the line of people to see it ends at the doors of '7 hands Dojo'. Aaron is at the front of the line.

AARON

(smiling)

I think you're gonna need a bigger place, Sensei.

Mike looks at the line, shocked and over the road at 'Silver MMA'. A SIGN going up in the window reads: LEASE FOR SALE.

MIKE

Yeah. I think I know a place.

Mike unlocks the door lets everyone in. He smiles widely.

FADE TO BLACK: