

INNER STRENGTH

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EXT. FOREST - DAY

A KUNG FU WARRIOR wanders through the forest. He finds a clearing.

Now seated, the Warrior wraps a cloth around his forehead. He closes his eyes and breathes in, slowly.

INT. TEMPLE - DAY

The Warrior stands before his rigid SENSEI. They bow.

The Warrior charges his Sensei. They fight.

EXT. ABANDONED BUILDING - NIGHT

The Warrior glares up at the decrepit building, fury in his eyes.

INT. TEMPLE - DAY

The Warrior is dropped to the floor. He sits up, frustrated.

SENSEI

Anger only slows the body.

The Sensei helps the Warrior on his feet. They get into fighting position.

EXT. FOREST - DAY

The Warrior breathes a deep breath. He stands, eyes still closed, and gracefully practices Kung Fu.

INT. ABANDONED BUILDING - NIGHT

The Warrior enters. A group of thugs are shocked by his presence. They all grab melee weapons.

He charges them. The Warrior takes out three in one swift sweeping movement.

INT. TEMPLE - DAY

The Warrior spars with his Sensei. He gets the upper hand.

He swings and misses, leaving him vulnerable. His Sensei knocks him to the floor. Hard.

SENSEI

Again.

The Warrior gets back in fighting position.

INT. ABANDONED BUILDING - NIGHT

A group of thugs surround the Warrior. He fights them off, clearing a path.

EXT. FOREST - DAY

The Warrior fights the air around him. Taking everything out.

INT. TEMPLE - DAY

The Warrior slams onto the floor. His Sensei leans down.

SENSEI

You must not let fury blind you.

The Warrior nods.

SENSEI

Close your eyes.

The Warrior does as he is told.

EXT. FOREST - DAY

The Warrior sits. He breathes in slowly.

SENSEI (V.O.)

Breathe in. Breathe out.

The Warrior exhales.

INT. ABANDONED BUILDING - NIGHT

The Warrior takes out the remaining thugs. Then ascends a staircase.

INT. TEMPLE - DAY

The Sensei smiles.

SENSEI

Now stand.

The Warrior slowly stands. Gets into position. They spar once again. The Sensei drops him.

SENSEI
Keep your eyes closed.

The Warrior closes his eyes. Struggles as he stands.

INT. ABANDONED BUILDING - NIGHT

The Warrior reaches the second level. Glares forward at a man standing before him. ARNOMULOUS, wearing a look of regret. His long unkempt, greasy hair a sign of neglect.

INT. TEMPLE - DAY - FLASHBACK

The Warrior and other students sit before the sparring mat. Arnomulous and the Sensei bow. They get into fighting stance.

They spar. The Sensei drops Arnomulous as if he was nothing. Arnomulous glares up at him. His anger rising.

The Sensei bows and turns to walk away. Arnomulous does a sweeping kick move, knocking him to the floor.

Arnomulous gets the upper hand. Rests his foot against the Sensei's throat.

Sensei struggles to breathe. The other students jump up. Rush to intervene.

Arnomulous furthers the pressure, snapping the Sensei's neck. The Students watch, horrified.

Arnomulous reacts, instantly regretting his rash decision.

The students go to Sensei's aid. One checks his pulse. He's dead.

The Warrior turns back and glares at Arnomulous as he stumbles out of the room.

INT. ABANDONED BUILDING - NIGHT

The Warrior charges Arnomulous. They fight intensely.

EXT. FOREST - DAY

The Warrior fights the air. More violent now. Vicious.

INT. TEMPLE - DAY

The Warrior spars with the Sensei. It's intense. Violent. They've been at this for hours.

The Warrior gains the upper hand. He knocks his Sensei to the ground. He celebrates for a moment. Victorious.

The Sensei swings his leg, knocking the Warrior off his feet.

INT. ABANDONED BUILDING - NIGHT

Arnomulous delivers a heavy blow, knocking the Warrior off his feet.

He recovers. Charges Arnomulous.

EXT. FOREST - DAY

The Warrior gives it everything he has.

INT. TEMPLE - DAY

The Warrior spars his Sensei. He delivers heavy blows. Giving it everything he has.

INT. ABANDONED BUILDING - NIGHT

The fight is pushing both sides to their limits. The Warrior drops Arnomulous. He stands above him fury in his eyes.

ARNOMULOUS

You never could beat it, could you?

The Warrior glares down at him. Rests his foot against Arnomulous' throat. His mind on revenge.

INT. TEMPLE - DAY

The Sensei drops the Warrior. The Warrior lowers his head in defeat. He stares forward, frustrated.

WARRIOR

I'm done.

The Sensei sits down beside the Warrior. They take a breather.

The Sensei turns to his student. Sympathetic.

SENSEI
You must find the source of the
pain, the fear...

EXT. FOREST - DAY

The Warrior continues fighting the air. Letting it all out.

SENSEI (V.O.)
The rage. The hate.

INT. ABANDONED BUILDING - NIGHT

The Warrior is inches away from killing the man.

ARNOMULOUS
Do it! Finish me!

The Warrior raises his leg and brings down a swift kick to
Arnomulous arm. Breaking it instantly.

Arnomulous howls in pain. The Warrior removes his headband
and stumbles off.

CENSEI (V.O.)
You must conquer.

EXT. FOREST - DAY

The Warrior sits now, meditating.

CENSEI (V.O.)
Only then will you be...
(beat)
Free.

The Warrior opens his eyes, staring right into the CAMERA.

CUT TO BLACK.