

Last Man 100

Chapter 100 - Defensive Training

Tae didn't heard Rei because he was to dumbfounded what Rei did to him.

"Tae?"

"...."

"...."

Rei just observe him then 15 minutes pass Tae still dazing out that she can't help but laugh for his reactions. After hearing her laugh, Tae return to his senses and ask.

"Why did you laugh and what you did awhile ago?"

"It because of your reactions and I just did what's on the phone, geez Tae I become shameless because of you" then Rei become red and embarrassed.

"Are you shy?"

"Uh-uh"

"Why did you do that?"

"I don't know and I just don't want you to be sad"

"Well I'm really sad that you're going away but I understand because it's almost 2 years since you're away with your family, right"

"Uh-uh"

"You really miss them that much, right?"

"Uh-uh and even though we have a video chat every weekend but it still different."

"Yeah it's really different. When I still watch you from a far, I don't know what really I want that time. I even think that I can't catch you up and I also know that you're unreachable but I still not give up then no choice but getting more in love with you..."

Rei hold his hand and cutting him off "I'm already here and who do you think I am? You've been talking to me like I am high and mighty"

"Yes you really are"

"Geez I'm not that high, mighty or unreachable because I'm a human. Also, we're all human so we have our own weakness and it's also applied to me."

"Uh-uh"

"By the way, have you decide what are we going to watch?"

"Not yet but how about Avengers or Transformers?"

“I’m alright with that and I’m sure we already watch it but let’s watch it again together.”

“Yeah and Rei”

“Mmm”

“I’m going to train you at sharp 1pm so let’s eat around 11am so that we can digest it well”

“Okay”

“Good, so I’m going to play it now”

“Which one?”

“Avengers for now”

“Okay”

Tae insert the disc and the movie start playing. The two watch seriously even though they already watch this movie but it’s kind feels different when they watch it with their special someone. Again Rei lay her head on Tae right shoulder while Tae just wrap his arms to her waist. After 2 hours and half the movie end and the two start preparing the foods then eat. One hour break before they start the defensive training, the two just seating in the couch and talking.

“Rei, do you have a sport wear?”

“I don’t have one because I’m not a sporty person after all but I have a wear for my exercise”

“Then you can use that one”

“I’m going to change first”

“Okay, go ahead”

“Then I will make it quick”

Rei just did for 5 minutes and back to where Tae’s again, who’s also done changing..

“Come here for now and rest for awhile, I’m sure you will get tired since it’s your first time doing it right”

“Uh-uh” Rei approach him and said suddenly to him.

“I have a surprise to you on the third day on the beginning of the year”

“Mmm.... what is it?”

“You will know it when that day arrives”

“Can you tell me what is it?”

“If I tell then it’s not a surprise anymore”

“Just give me a clue”

“No and it will ruin my surprise”

“Alright, I will just wait for that day”

“Good”

“Let’s start now and it’s almost 1pm”

“Okay, so what I’m going to do first?”

“Warm up first by your foot work and stretching. Foot work is like this” Tae making a demo “stretching is just like this” then again making a demo “do this for 25 counts in in three repetitive counts”

“Okay” then Rei follow and count”1,2,3-1; 1,2,3-2; 1,2,3-3..... 1,2,3-25”

“Good then next stand straight and stand erect, like this” Tae demonstrate then Rei follow automatically “just relax, okay that’s good. Keep up that posture everyday, wherever and whenever you are”

“Okay”

“Rei try to kick with your full strength”

“Okay”

“More higher and more strength, good keep it like that for 20 times and then your other foot. Again, you got it lower and 20 times again. Repeat it again, everytime it got lower you must back to count 1. Okay good keep it that posture always. Okay, your left side now. No, not that one, repeat, higher, more higher. Again, you got it wrong and repeat. Okay, keep up that position, last 10, last 5 and one more time. Good”

Rei is now out of breath because she never taught Tae would be this strick when he train her.

“Tired?”

“Uh-uh”

“Then let’s take 15 minutes break but don’t seat because it will be bad for your muscle and here’s your water”

“Thanks Tae but you’re really strict just awhile ago”

“No, I just teach you smoothly”

“Eh, smoothly?”

“Yes, the one I trained will always 100 counts including my Co-members”

“100 counts?”

“Yes that’s the standard but I just train you for self-defense and most of all I’m here to protect you”

“Yeah, by the way it’s almost 3pm, so it took me for two hours to learn”

“Yeah but not bad. I guess you need to practice more on left kick”

“Okay”

“Time’s up, let’s back with your training and give me your glass”

“Okay and here”

Tae just put the glass on the table and then back to Rei “so you already know the right kick and left kick, so for now combined the kick. You can decide which first your going to kick. You must hop before kicking and then land using your heels, watch me” Tae demonstrate it again “did you get it?”

“Uh-uh but can I see it again?”

“Okay” then demonstrate it again “did you get it?”

“Uh-uh”

“Try it now”

Rei just follow him and do it right away.

“Your left must be higher, more higher, no not that one. Repeat it again, good and do that for 20 times. Again, good keep up that posture and maintain that one. 10 left, no you get it lower, repeat. Okay that’s good maintain it, good work 5 left, 3 and 1”

“Tae can I take a rest?”

“Yes you can Rei.” Then wipe her sweat and holding her face. “You do a good job for being a first timer from it” then notice that Rei didn’t respond “are you really that tired?” Rei just nodded “okay you can take a rest and let me prepare the foods then I will wake you up” Rei nodded again “go now and take a rest”

Then Rei go to her room just to change but not sleeping there instead she sleep in the couch and the moment her body touch the softness of the couch, she sleep right away.