Building – Level 1 Module 2

ALL TECHNIQUES FROM PRECEDING LEVELS

REQUIREMENTS FOR:
First Tip - Minimum 5 Lessons Required
Second Tip - Minimum 10 Lessons Required
Next Belt - Minimum 15 Lessons Required

TECHNIQUES AND COMBINATIONS	SPARRING
First Tip: 1) Axe kick 2) Inside Axe kick 3) Outside Axe kick 4) Hop step side kick Second Tip: 1) Defense (front foot) side kick	(Footwork only - forwards and backwards): First Tip: 1) Skip 2) Single step Second Tip: 1) Skip and single step 2) Single step and skip 3) Add blocks with footwork

	SELF-DEFENSE	(1st Tip #1, 2nd Tip #2)
	Attacker:	**Defender:**
1)	Head lock from side	a) Immediately turn your chin into opponent's ribs b) Inside arm reaches behind and grabs opponent's chin and pulls opponent off and back while c) Outside arm reach behind and pushes away opponent's knee.
2)	Two hand front choke (arms straight)	a) left hand reach over and grab opponent's left wrist. b) Right arm swings over and down trapping opponent's wrists under your armpit c) left foot steps back at 45 degrees, then elbow to opponent's face.

STUDY QUESTIONS

The Scripture Memorization and Character Education topic will be announced and taught in class and posted on **www.beablackbelt.com** members section. These topics rotate and are independent of the karate curriculum module.

1. Why does one take a belt review?

To increase one's knowledge of the martial arts through preparation and experience. To gain confidence by performing under pressure and to let a qualified examiner determine the increase in my knowledge.

PROMOTION REQUIREMENTS

Your lessons should be split evenly between 'A' days and 'B' days.

Monday and Tuesday are 'A' days: Sparring and Kata
Wednesday and Thursday are 'B' days: Techniques and Combinations and Self-defense.

Use the following chart to write in the date in the column next to the class you attended.

Class	1	2	3	4	5	6	7	8	9	10	11	12
A Day												
B Day												
Special												