Kusanku - Level 2 Module 9

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

KATA	TECHNIQUES AND COMBINATIONS	SPARRING
Kusanku First Tip: Up to 2nd side hammer fist with horse stance Second Tip: Entire Kata	First Tip: 1) Jump roundhouse kick (front leg) Second Tip: 2) Jump roundhouse kick (rear leg)	Free sparring (One against 2-5)

	SELF-DEFENSE	(1st Tip #1, 2nd Tip #2)
	Attacker:	**Defender:**
1)	Wrestler take down	Double uppercut with knee smash 1) As Opponent does a low double leg take down step back while attacking neck and deflecting opponents arm with forearm blows, outside side hand lifts up on arm, while inside hand pushes head down. 6/12 take-down. 2) Variation: continue back and then knee to chin.
2)	Double hand push to chest – opening move	Both hands attack insides of opponent's wrists, pushing out and down, smashing wrists and forearms together. 1) Step 45 degrees forward while outside hand grab opponents wrist and pull to your hip 2) Inside hand chop to opponent's neck

STUDY QUESTIONS

1. Start reviewing all past Character Traits and Scriptures

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												