Naihanchi Nidan - Level 1 Module 4

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 (1st Tip - 1st half, 2nd Tip – entire Kata)	TECHNIQUES AND COMBINATIONS	SPARRING
Naihanchi Nidan First Tip: 1. Up to second horse stance augmented outside strike to the left side Second Tip: 1. Entire kata	First Tip: 1. Turning back kick Second Tip: 1. Lunging Jab punch 2. Lunging Cross punch 3. Lunging jab cross combo. 4. Back fist strike (front hand) 5. Lunging Back Fist	First Tip: 1. Counter attacks A. Skip back, roundhouse kick, down, back B. Step back, roundhouse kick, down, back Second Tip: 1. Focus paddle sparring (roundhouse only)

	SELF-DEFENSE	(1st Tip #1 , 2nd Tip #2)
	Attacker:	**Defender:**
1)	Wrist grab from side (thumb down)	1. Elbow up fist punching palm 1. Same side foot step in 2. Opposite side hand clasp opponent's hand while same side arm digs bone into bend of wrist
2)	Side of arm grab	1. Both fists pulling into chest 2. Opposite side hand grab opponent's hand side and trap it to your side of arm 3. Same side harm hook over opponent's hand creating pressure on opponent's wrist

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. How do you make power?

Power (force) = Weight (mass) x Speed (acceleration) with concentration, yell, balance and confidence

"DO NOT BE OVERCOME BY EVIL, BUT OVERCOME EVIL WITH GOOD."

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												