**Naihanchi Shodan – Level 1 Module 3**

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 (1st and 2nd Tip) |
|---|---|---|
| **Naihanchi Shodan**<br><br>First Tip:<br>1. Up to first both hand side punch<br>Second Tip:<br>1. Entire kata | First Tip:<br>1. Sliding roundhouse kick<br>2. Defense (front foot) roundhouse kick<br>Second Tip:<br>1. Roundhouse kick (rear leg) | · Promise sparring - One partner offense practice forward while the other partner defense practice backwards. Finish with yell and reverse roles. |

| | SELF-DEFENSE | (1st Tip #1, 2nd Tip #2) |
|---|---|---|
| | **Attacker:** | **Defender:** |
| 1) | Same side wrist grab | 1. Snake circle out to in and secure opponent's wrist against your stomach with your same side knife hand while<br>2. Same side foot steps back into a horse stance perpendicular to your opponent<br>3. Opposite side hand hammer fist behind opponent's triceps muscle |
| 2) | Chest grab | 1. Horse stance with hip catch and low strike<br>2. Same side hand grab wrist from underneath while opposite side hand grab wrist from top and pull to opposite side hip while<br>3. Opposite side foot steps back into a horse stance<br>4. Same side elbow locks opponents elbow, then hammer fist strike to opponents temple |

**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. We practice promise sparring...**

To develop cooperation, effective offensive and defensive skills, precision, control of distance, and reaction time.

**2. Why do we wear different colored belts?**

To symbolize an increase of knowledge with the darkness of color.

**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** | | | | | | | | | | | | |