Passai - Level 2 Module 8

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
Passai 1st Tip: Up to 1st both knife hand chop with front stance facing backwards 2nd Tip: Entire Kata	First Tip: 1) Hop step fake, roundhouse 2) Hop step roundhouse, roundhouse (Russian dance) Second Tip: 1) Skip back roundhouse, roundhouse (Russian dance)	Free sparring (One against 2-5)

	SELF-DEFENSE	(1st Tip #1, 2nd Tip #2)
	Attacker:	**Defender:**
1)	Double Chest grab	Windshield strike, inside strike, knife hand palm drop, and knife hand strike 1) Reach across and attack opposite side arm, pulling in to chest, trapping both arms. 2) Same side arm strike opponent's jaw, 3) then drop ridge hand down onto collar bone. 4) then switch hands, now same side knife hand is trapping opponent's hand to your chest, and chop to neck
2)	Punch to face	Both Palm Strike with cat stance 1) deflect with same side hand just below elbow, 2) step to the outside 45 degrees, opposite side hand comes up over opponents arm and knife hand strike to jaw or temple

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												