Pinan Godan - Level 2 Module 7

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
Pinan Godan First Tip: Up to augmented strike with right cross over stance Second Tip: Entire Kata	First Tip: 1. Tornado roundhouse kick 2. Second Tip: 3. Push kick	Free sparring (One against 2-5)

	SELF-DEFENSE	(1st Tip #1, 2nd Tip #2)
	Attacker:	**Defender:**
1)	Rear hand punch	1st half of ready stance 1. Same side foot step to side, same side hand brush away a punch striking the top of the opponent's arm near elbow 2. Opposite hand punch into opponent's hip.
2)	Opposite side wrist grab	Kneeling with low "X" strike 1. Same side foot step forward and outside opponent's foot, 2. Same side hand latches opponent's hand while 3. Opposite side hand (fist) rolls outside opponent's wrist. 4. Opposite side foot steps sideways to take opponent down

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.

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												