

**Pinan Shodan – Level 2 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

<b>KATA (1st Tip - 1st half, 2nd Tip - entire Kata)</b>	<b>TECHNIQUES AND COMBINATIONS</b>	<b>SPARRING</b>
<p><b>Pinan Shodan</b></p> <p>First Tip:</p> <ol style="list-style-type: none"> <li>Up to High Strike with right arm</li> </ol> <p>Second Tip:</p> <ol style="list-style-type: none"> <li>Entire Kata</li> </ol>	<p>First Tip:</p> <ol style="list-style-type: none"> <li>Hop step double roundhouse kick</li> <li>Defense (front foot) double roundhouse kick</li> </ol> <p>Second Tip:</p> <ol style="list-style-type: none"> <li>Double roundhouse kick (rear leg)</li> </ol>	<p>Free sparring</p>

	<b>SELF-DEFENSE</b>	<b>(1st Tip #1, 2nd Tip #2)</b>
	<b>Attacker:</b>	<b>Defender:</b>
Fall #5	None	Side fall (from squatting)
1.	Rear hand punch	<p>Front stance with punch</p> <ol style="list-style-type: none"> <li>Same side foot step to side,</li> <li>Same side hand brush, opposite hand deflect and then slide to grab opponent's wrist pulling it to your hip,</li> <li>Same side punch to ribs under opponent's arm</li> </ol>
2.	Opposite side of arm grab	<p>Front stance with high punch</p> <ol style="list-style-type: none"> <li>Opposite side hand stick to opponent's arm to grab and pull wrist; Yang and</li> <li>Same side foot steps forward and</li> <li>Same side hand palm strike to back of head while opposite side hand continues to pull opponent's wrist to your hip.</li> </ol>

**STUDY QUESTIONS**

The Scripture Memorization and Character Education topic will be announced and taught in class and posted on [www.beablackbelt.com](http://www.beablackbelt.com) members section. These topics rotate and are independent of the karate curriculum module.

**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.

<b>Class</b>	1	2	3	4	5	6	7	8	9	10	11	12
<b>A Day</b>												
<b>B Day</b>												

