

Pinan Yondan Module Level 2 Module 6

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 |
|---|---|----------------------|
| <p>Pinan Yondan</p> <p>First Tip: Up to augmented strike with right cross over stance</p> <p>Second Tip: Entire Kata</p> | <p>First Tip: 1) Roundhouse, same leg inside axe kick 2) Hop step roundhouse, same leg inside axe kick</p> <p>Second Tip: 1) Step forward same foot hop side kick</p> | <p>Free sparring</p> |

| SELF-DEFENSE | (1st Tip #1, 2nd Tip #2) |
|--------------------------|--|
| Attacker: | Defender: |
| 1) Hook to face | Cat stance with knife hand outside strike and knife hand high strike 1. Opposite side foot steps forward, same side hand deflect arm around wrist 2. Opposite side arm strike to opponent's neck |
| 2) Same side of arm grab | Front stance with knife hand high strike and neck chop 1. Opposite side foot steps forward while the back of the same side hand strikes inside opponent's wrist and 2. Opposite side hand knife chop to neck |

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. Stretching exercises are necessary...

Because flexibility, the result of stretching, promotes youthful agility and a sense of physical well being. In the martial arts, flexibility allows greater speed in execution of techniques, which contributes to more powerful techniques, and greater range for possible targets on an opponent.

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 | | | | | | | | | | | | |