Tomari Seisan – Level 2 Module 2

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
Tomari Seisan Kata First Tip: 1. Up to knee smash and turn Second Tip: 1. Entire Kata	First Tip: 1. Spinning whip kick 2. Hop step whip kick Second Tip: 1. Defense whip Kick	Free sparring

	SELF-DEFENSE	(1st Tip #1, 2nd Tip #2) NOTE: All techniques are done standing face to face
	Attacker:	**Defender:**
Fall#5	None	· Side fall (from squatting)
1)	Punch	"C" step with one palm lifting up and other palm pushing down 1. Same side hand brush away a punch striking the top of the opponent's wrist down and away and holding it with finger tips then 2. Opposite side hand strikes opponent under elbow up and towards yourself 3. Opposite side foot kick inside and above opponent's knee and land 45 degrees forward & outside 4. As the opponent's elbow and shoulder release, same side hand rolls inside and strikes inside elbow while pulling opponent towards you in an arm lock. Drive opponent down to ground.
2)	Wrestler's take down	Foot sweep to palm, reverse knife hand and punch 1. Left reverse knife hand to back of attacker's head 2. Opposite side foot kick inside and above opponent's knee 3. Opposite side fist punch back of attacker's 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. We practice strength and relaxation kicks and punches...

because an effective kick (punch) begins with relaxation for speed and ends with tightness for strength, therefore we practice each separately and then put them together. The strength exercise also increases muscle tone and gathers energy. The relaxation exercise develops agility and speed.

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												