

Combined Black Level Lesson Plan

Month	June	Week	1
-------	------	------	---

Revised January 4, 2024

I cannot teach anybody anything; I can only make them think.

- Socrates

Topic	Details
<p>Bow in 10 Min</p>	<p>1. Overview</p> <p>1.1. Technique – Combos</p> <p>1.2. Kata/Forms – review</p> <p>1.3. Weapon – Kon/Bo Drill</p> <p>1.4. Kumite/Sparring – 5 Step Kihon</p> <p>1.5. Self Defence</p> <p> 1.5.1. Karate</p> <p> 1.5.1.1. Comparison bunkai of Heian Sandan and Kanku Dai</p> <p> 1.5.2. Kung Fu</p> <p> 1.5.2.1. Applications in Leopard</p> <p>1.6. Theory</p> <p> 1.6.1. Karate</p> <p> 1.6.1.1. Japanese</p> <p> 1.6.2. Kung Fu</p> <p> 1.6.2.1. Cantonese</p>
<p>Warm up 20 Min</p>	

Combined Black Level Lesson Plan

Topic	Details
<p>Technique 10 Min</p>	<p><u>Striking, Blocking and Kicking Combos</u></p> <p>5. <u>Combo 1 – Forward Stance</u> 5.1. Lead leg snap kick / low block / reverse punch 5.2. Repeat 5 X each lead</p> <p>6. <u>Combo 2 – Forward Stance</u> 6.1. Lead leg thrust kick (land forward) / low X block / back fist to the nose using lead arm 6.2. Repeat 5 X each lead</p>

	<p>7. <u>Combo 3 – Forward Stance</u> Outside stomping step (land in horse stance) / side elbow strike / side round back fist (temple) 7.1.1. Repeat 5 X each lead</p> <p>8. <u>Combo 4 – Forward Stance</u> 8.1. Wedge block / front thrust kick (land forward) / scissor strike to the temples 8.2. Repeat 5 X each lead</p> <p>9. <u>Combo 5 – Cat stance</u> 9.1. <i>Snap kick to the chin with the lead leg return to cat stance / lead hand sword hand inward strike to the carotid / lead hand sword hand strike to the opposite side carotid</i> 9.2. Repeat 5 times then switch leads.</p>
--	---

Combined Black Level Lesson Plan

Kata / Forms 20 Min	10. Review
Weapon 20 Min	12. Kon/ Bo Drill 1,2,3,4
Kumite 15 Min	13. 5 Step Kihon
Self Defence 10 Min	<p><u>Karate : Bunkai of Heian Sandan and Kanku Dai</u></p> <p>14. Heian Sandan - Shoulder lock principle</p> <p style="padding-left: 40px;">14.0.1. Grab the palm side of the hand and twist counterclockwise</p> <p style="padding-left: 40px;">14.0.2. Pull to extend the wrist, elbow, and shoulder</p> <p style="padding-left: 40px;">14.0.3. Turn the wrist counterclockwise while turning your body in the same direction pulling the partner while turning stepping forward.</p> <p style="padding-left: 40px;">14.0.4. The final position will have the hands behind the back at the lower spine level of your back with the partner bent over.</p> <p><i>(This will also work when the partner attempts to lock your arm up in the same manner)</i></p> <p>15. Kanku Dai</p> <p style="padding-left: 40px;">15.2 Turn the wrist clockwise while turning the body in the same direction pulling the partner while stepping forward.</p>

Combined Black Level Lesson Plan

	<p>15.2 The final position will have the hands over the shoulder with the partner's elbow locked on the top of the shoulder.</p> <p>(<i>This will work as a shoulder throw.</i>)</p> <p><u>Kung Fu: Applications of Leopard Form</u></p>
Theory	17. Japanese & Cantonese Common Terms (see attached)
Bow Out	18. Session Highlights 19. Dojo Kun 20. Bow out

Combined Black Level Lesson Plan

Japanese & Cantonese Common Phrases

English	Japanese	Cantonese
Hello	Kon'nichiwa	nei ho
Yes	hai	hai
No	ie	m hai
Excuse me	sumimasen	m goi
Please	onagai shimasu	m goi
Thanks	arigato	dor jeh
Good Morning	ohayo gozaimasu	jo sun