

Combined Black Level Lesson Plan

Month	June	Week	2
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Revised June 8, 2026

Topic	Details
<p>Bow in 10 Min</p>	<p>1. Overview 1.1. Technique – Blocks 1.2. Karate & Kung Fu 1.2.1. Jion 1.3. Weapon – Bo Drills 1.4. Kumite – Sparring 1.5. Self Defence – Ukemi (<i>breakfalls</i>) 1.6. Theory – Teaching Principles</p>
<p>Warm up 20 Min</p>	
<p>Technique 10 Min</p>	<p><i><u>Comment about YouTube Sensei:</u> There are no absolutes in karate styles. Each style has their own unique refinements that may run counter to the theory being taught in your school. Keep an open mind – teach what you are personally taught in your school.</i></p> <p>2. Uke/blocks (partner drills) 2.1. <u>Defined</u> 2.1.1. “to receive” 2.2. <u>Basic techniques</u> (<i>as taught to white through green levels</i>) 2.2.1. Inward and outward, comparison 2.2.2. Starting position 2.2.3. Finished position. 2.3. Rising Block - Age Uke 2.3.1. Path and final position</p>

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	<p>2.4. Sweeping low Block - Gedan barai</p> <p style="margin-left: 20px;">2.4.1. Starting position</p> <p style="margin-left: 20px;">2.4.2. Path</p> <p style="margin-left: 20px;">2.4.3. Finished position</p> <p>2.5. <u>Advanced techniques</u></p> <p style="margin-left: 20px;">2.5.1. Review punch technique</p> <p style="margin-left: 40px;">2.5.1.1. Twist on or just before impact</p> <p style="margin-left: 40px;">2.5.1.2. Utilize twist in blocking</p> <p style="margin-left: 40px;">2.5.1.3. Wing / Shuto application for grabbing</p> <p style="margin-left: 20px;">2.5.2. Nagashi uke (<i>flowing block</i>)</p> <p style="margin-left: 40px;">2.5.2.1. Think of merging the block with the attack rather than pushing the attack at 90 degrees to the side.</p> <p style="margin-left: 40px;">2.5.2.2. Can be more effective with body connection (Tai Sabaki) – think of twisting and maybe Hiraki Ashi with the technique.</p> <p style="margin-left: 20px;">2.5.3. Practice Ippon Kumite Jodan 3</p>
<p>Kata/Form 20 Min</p>	<p>3. Jion</p> <p style="margin-left: 20px;">3.1. Focus on nagashi</p>
<p>Weapon 20 Min</p>	<p>4. Bo Drills 1,2,3,4</p>
<p>Kumite 20 Min</p>	<p>5. Sparring</p> <p style="margin-left: 20px;">5.1. General Rules</p> <p style="margin-left: 40px;">5.1.1. Equipment (<i>mandatory and optional</i>)</p> <p style="margin-left: 40px;">5.1.2. Review Targets and warnings</p> <p style="margin-left: 20px;">5.2. 2 Minute rounds (flag sparring as an option)</p>
<p>Goshin 10 Min</p>	<p>6. Ukemi (<i>breakfalls – see attached</i>)</p>
<p>Theory</p>	<p>7. Teaching Principles (<i>see attached</i>)</p>

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Topic	Details
Bow Out	8. Session Highlights 9. Dojo Kun 10. Bow out

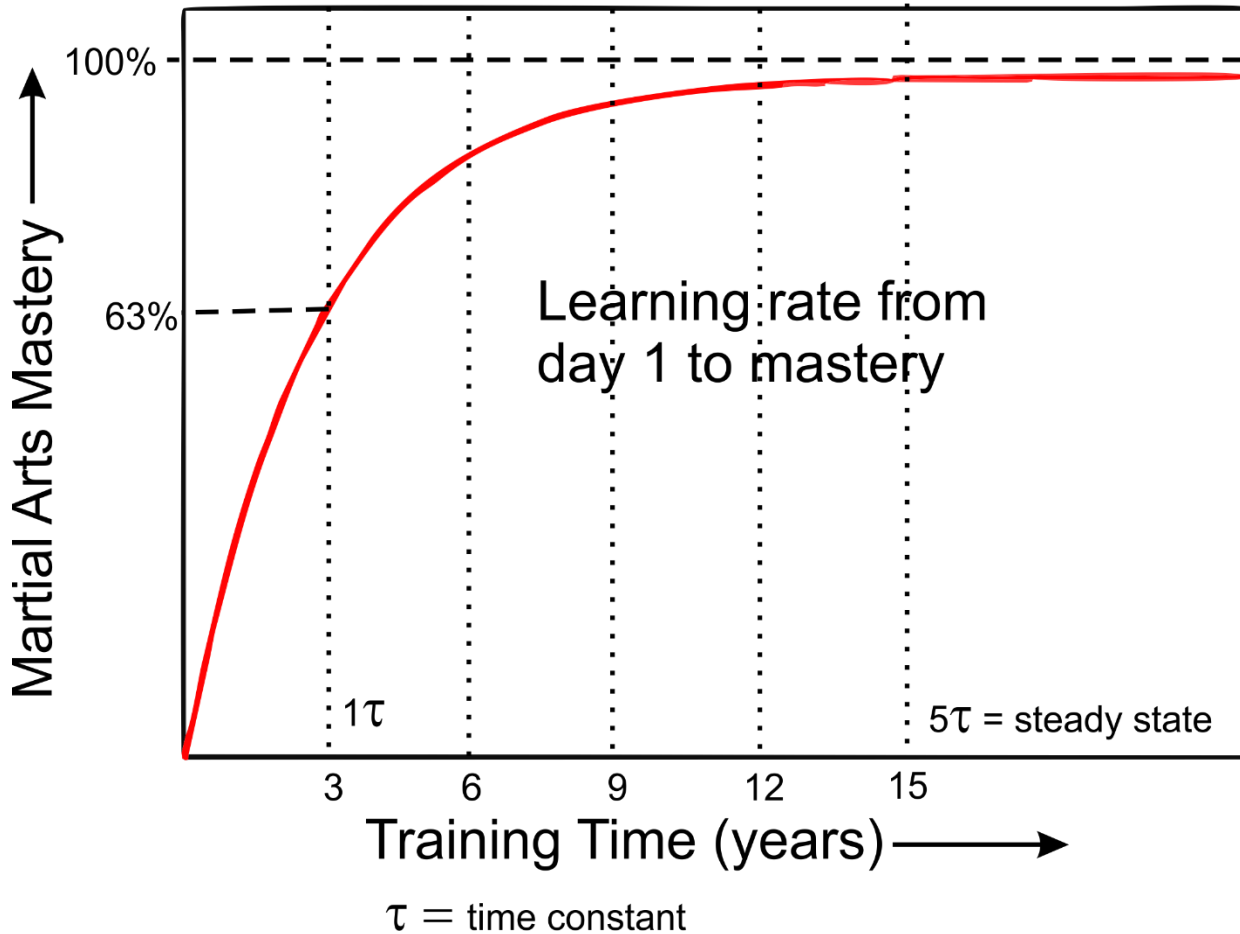
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HOW DO WE LEARN?

Okay, this is a section that you may not be able to research as it is my theory from observations from over 40 years of teaching.

Learning is an organic process where the brain must modify the body's chemistry to remember things.

The following is a graphic based on exponential growth ($1 - \epsilon^{-(\text{training time}/\tau)}$).



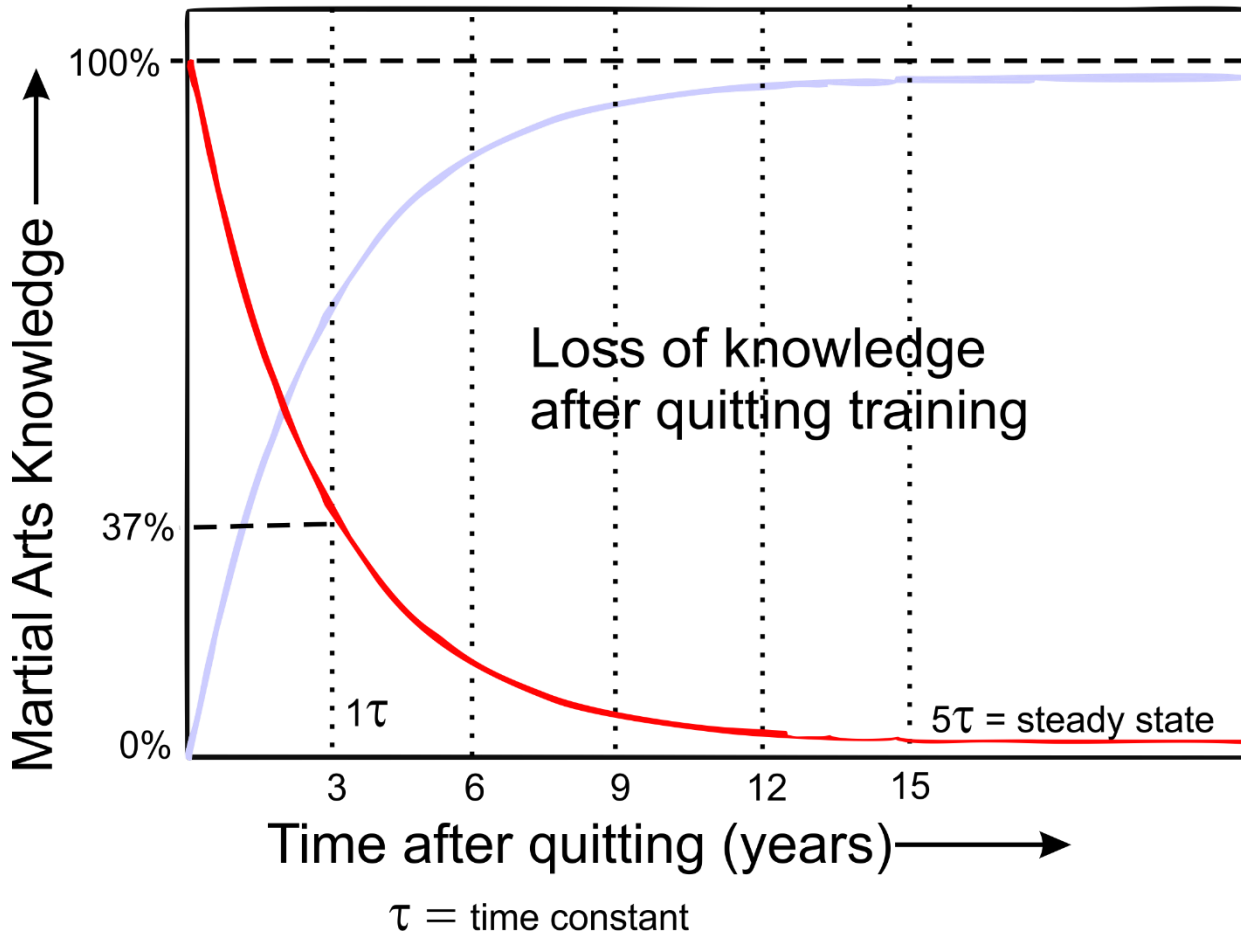
This graphic shows that in 3 years, the accepted time to reach 1st Degree, the student will be acquired about 63% of the knowledge of a master. In 5 time constants, or 15 years, they will have almost reached mastery, but not quite as the curve continues to slowly rise to infinity.

The important takeaway here is to not try to accelerate a student's learning by giving them new material to keep them "interested". Remember, it is chemistry, so keep with the program and you will create a knowledgeable martial artist who will remember the lessons longer.

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FORGETTING (STORM and Adult Instructors)

Of course, there is a dark side to learning - forgetting. What happens when a student decides to quit martial arts training, or any other pursuit for instance.



Within three years most of the acquired knowledge will have disappeared (not quite as it can be quickly restored with training). But they never fully forget everything.

The same graphic can be applied to learning a new lesson. Within minutes and hours, the details of the lesson erode. However, you can combat this process by repetition and memorable demonstrations and discussions. Review at the end of the class, then again in the next class at the beginning. Then repeat the review at random times in the future.

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Ukemi - (*Breakfall*)

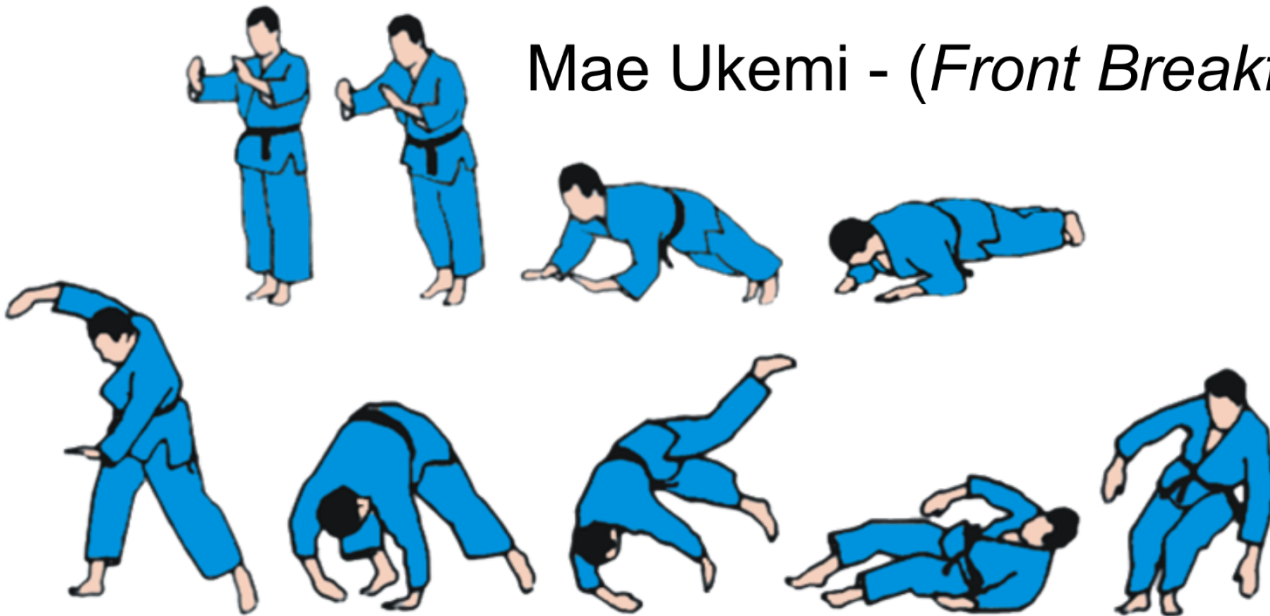
Ushiro Ukemi (*Back Breakfall*)



Yoko Ukemi - (*Side Breakfall*)



Mae Ukemi - (*Front Breakfall*)



Mae Korobi - (*Forward roll*)