

Torah Level Mastery Program - Sefer Bereishis - Parshas Toldos

Topics of Seder Toldos & Learning Schedule:

Topic 1 - Yaakov & Eisav:

Lesson 130: Ch. 25, 19 - 23

Lesson 131: Ch. 25, 24 - 27

Lesson 132: Ch. 25, 28 - 33

Rivka's Pregnancy

Birth & Growth of Yaakov & Eisav

Eisav Sells His Birthright to Yaakov

Topic 2 - Yitzchak & the Plishtim:

Lesson 133: Ch. 26, 1 - 5

Lesson 134: Ch. 26, 6 - 11

Lesson 135: Ch. 26, 12 - 17

Lesson 136: Ch. 26, 18 - 22

Lesson 137: Ch. 26, 23 - 29

Lesson 138: Ch. 26, 30 - 34

Famine Forces Yitzchak to Travel

Avimelech Finds Out the Truth

Avimelech Sends Yitzchak Away

Yitzchak Digs Wells

Avimelech Comes to Yitzchak

Peace Treaty Between Yitzchak & Avimelech

Topic 3 - Yitzchak's Blessings:

Lesson 139: Ch. 27, 1 - 5

Lesson 140: Ch. 27, 6 - 10

Lesson 141: Ch. 27, 11 - 17

Lesson 142: Ch. 27, 18 - 24

Lesson 143: Ch. 27, 25 - 29

Lesson 144: Ch. 27, 30 - 35

Lesson 145: Ch. 27, 36 - 40

Lesson 146: Ch. 27, 41 - 45

Lesson 147: Ch. 27, 46 - Ch. 28, 4

Lesson 148: Ch. 28, 5-9

Yitzchak Instructs Eisav About the Blessing

Rivkah Instructs Yaakov About the Blessing

Yaakov Prepares for the Blessing

Interaction Between Yitzchak & Yaakov

Yitzchak Blesses Yaakov

Eisav Realizes He Has Been Deceived

Yitzchak Blesses Eisav

Rivkah Instructs Yaakov to Leave

Yitzchak Blesses Yaakov Again

Eisav Marries Machlas

WEEK	SUN.	MON.	TUE.	WED.	THUR.	FRI.	SHABBO S
1 SEPT. 11-17		Lesson 130	Lesson 131 Review 130	Lesson 132 Review 130 -131	Lesson 133 Review 130-132	Lesson 134 Review 130-133	Review 130 -134
2 SEPT. 18 - 24	Lesson 135 Review 130-134	Lesson 136 Review 135	Lesson 137 Review 135 -136	Lesson 138 Review 135-137	Lesson 139 Review 135-138	Lesson 140 Review 135 -139	Review 135 - 140
3 SEPT. 25 - OCT. 1	Lesson 141 Review 135 - 140	Lesson 142 Review 141	Lesson 143 Review 141-142	Lesson 144 Review 141-143	Lesson 145 Review 141-144	Lesson 146 Review 141-145	Review 141-146
4 OCT. 2 - 8	Review 141 - 146	ROSH HASHANA	ROSH HASHANA	Lesson 147	Lesson 148	Review 130-135	Review 136 - 141
5 OCT. 9 -15	REVIEW 142 - 148	REVIEW 1-27	REVIEW 28 - 55	YOM KIPPUR	REVIEW 56 - 82	REVIEW 83 - 110	REVIEW 111 - 129
6 OCT. 16 - 22	EREV SUKKOS	REVIEW 1-50	REVIEW 51-100	REVIEW 100-148	TEST ON 6 PARSHIYOS		

Torah Level Competency Program

- The goal of the Torah Level Competency Program is to have full comprehension and recall of the entire Tanach.
 - This is achieved by 1) understanding the logical sequence of the entire Tanach; and 2) Constant review
 - For the first month, this is accomplished through the following steps:
1. Listening to the audio lessons Sunday thru Friday when new material is presented. Each day's lesson is approximately 15 minutes. Each lesson has a PDF with the Pesukim in Hebrew and review questions. The lesson covers an average of 5 Pesukim daily. **For maximum benefit, you should be looking at the Pesukim as the lesson is being heard.** Each lesson has 1) the Pesukim sung 1 time with the trop (cantillation); 2) a thorough explanation of the Pesukim; 3) The Pesukim sung 1 more time; 4) Questions on the Pesukim - with the answers. The questions are very comprehensive; basic questions are often repeated and developed, tracing the step-by step building of each pasuk. It is not necessary to write the answers; simply read and answer mentally.
 2. For optimum results, **immediately** after the lesson, review the day's lesson 4 times, inside the text, on your own or with a chavrusa (study partner). DO NOT cut these 4 reviews short, even if you feel you know the material already. You will gain speed and clarity with each review. Review Time: 15 minutes.
 3. Spend 15 minutes daily on "**cumulative weekly review**," to solidify your memory of previous Pesukim that you've learned during the week. Every day, at any time, review everything you have learned during the week to the present lesson. Although the amount of Pesukim will expand, it will not take longer, because you will develop more fluency, and have not had enough time to forget it. Time: 15 minutes. Even if you can't learn your full new lesson on a certain day, try **NEVER** to miss your "cumulative weekly review."
 4. Shabbos and Sundays are designated for reviewing everything you have learned in the Parsha so far. The amount of Pesukim you review will grow each week, but it will not take longer, as you will gain greater fluency with each review. The review should be done as follows
 5. On Shabbos, review all the pesukim inside the text 4 times. Time: 30 minutes. 2) Study all the review questions one time. Time: 15 minutes.
 6. On Sunday, listen to the song review tape 1 time of all the Pesukim you have learned during the week. By this time, you will **KNOW** the explanation as you review singing the Pesukim. This is the goal of the Torah Level Competency program: fluency and retention. Time: 15 minutes.

To Summarize: You will have learned each day's material once on the audio lesson, 4 more times immediately afterward, and 4 more times on Shabbos & Sunday. (in addition to the cumulative weekly reviews) This insures that you have read and understood the text of each pasuk at least 10 times by week's end (as well as the review questions). If this repetition seems tedious and unnecessary, be assured that this method will solidify your memory and understanding of Tanach, and assure your long term retention of the material.

Tests: Test days are scheduled on Sundays after the entire Parsha has been learned. There are 2 weeks of review before the Tests. The first week reviews the entire new Parsha. The second week reviews all 4 Parshiyos. Time: 30 minutes. On the Shabbos before the test, review the entire Parsha and review the questions once. Time: 45 minutes. You will have now reviewed all the material at least 12 times inside the text. You will receive a copy of the test late Saturday night. If you have followed this system, you should be able to finish the test in 30 minutes or less. This is an open book test. Take the test any time on Sunday and e-mail it back to the Rabbi.

Measure Your Success: You will know 30 new Pesukim each week and the entire Parsha within 5 weeks with a total investment of 45 minutes a day.

All audio classes and texts are on our website. There is no cost to join the program. Just e-mail the rabbi at yossi@rogers.com in order to register for the program.

You will need to have a Tanach or Chumash - with **NO ENGLISH TRANSLATION** - open in front of you while you learn. However, we do provide the daily Pesukim you will be learning each day on our website. You will need a Tanach or Chumash for your major reviews on Shabbos and Sunday.