

Goshin Orange Belt Standards

Kicks

- Front Kick (rear leg)
- Side (step behind)
- Roundhouse (rear leg)
- Knee Strike

Self Defenses

- Little snakes against
 - one wrist
 - two wrists
 - 1 & 2 elbow grab
 - two handed throat grab

| |
|------------------|
| TEST INFO |
| Name _____ |
| Tested By _____ |
| Date _____ |

Combination Techniques

- "The Four 'C's - Cover, Coil, Clear, Counter
- Parry grab, V-step, r. r-house

Strikes

- Jab
- Cross (Reverse punch)
- Palm Strike
 - Straight to face
 - Uppercut to chin (chin Jab)

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|---|
| <input type="checkbox"/> PASSED |
| <input type="checkbox"/> Work on techniques NOT CHECKED. Bring this sheet back to your next class for retesting |

Blocks

- Parry/Block
- Cover Block

Grappling/Ground Defense

- Mount
- Escape from mount - arms pinned
- Escape from mounted choke
- back fall
- how to get up

Knowledge of "Seven Home Rules"
(Youth Class members)

Minimum Time: 20 class hours

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