

# Goshin Karate Yudansha Requirements

*These requirements are designed to motivate, reward and recognize Goshin Black Belts who invest in their Martial Art's "continuing Education."*

*All time requirements have been removed*

## **2<sup>nd</sup> Degree Black Belt – Nidan**

1 focus unit and 1 project from focus unit  
30 pts from page 1  
20 pts from pages 2-3 that are not requirements  
Self Defense Test  
Naihanchi Sandan  
Ground defenses



## **3<sup>rd</sup> Degree Black Belt – Sandan**

1 focus unit and 1 projects from focus unit  
40 pts from page 1  
25 pts from pages 2-3 that are not requirements  
Self Defense Test  
Seisan  
Clubbed weapon defenses



## **4<sup>th</sup> Degree Black Belt – Yondan**

1 focus unit and 1 projects from focus unit  
50 pts from page 1  
30 pts from pages 2-3 that are not requirements  
Self Defense Test  
Kusanku & Niseishi  
Gun/Knife Defenses



### **Self Defense Test –**

This test will be a brief (30 minutes to 1 hour) review test of all previously studied self defenses. Anything from the past will be valid testing material. The format will be the tori will be attacked by the uki several times for the each attack (chosen at random) and will need to demonstrate clearly that the applied self defense is effective as well as efficient and can be performed at a relative & reasonable level for that tori.

### **Focus Unit –**

The focus units are a grouping of one subject matter that yudansha will study in depth and “master” that topic. Each focus unit need only be completed once. Each focus unit is comprised of the core material as well as a project. There is a provided list of projects and the number of projects required is dependent on rank testing for. A project not listed can be suggested and reviewed by the judge committee and if approved be used. The projects will need to be completed and presented at the appropriate level for corresponding rank.

***Your goal is to develop training routines (practice routines, etc) These Focus Units need to be documented on video and text for future reference – All Information and progress must be memorialized on the New Goshin Black Belt website***

# Focus Unit Table

Focus Unit	Core Material	Projects
<b>History</b>	The Evolution of Martial Arts	History of Karate, Jujitsu, Judo, Hapkido or Aikido, etc. Early Pioneers How changes occurs What is the Future
<b>Philosophy</b>	Fundamental Beliefs Moral Values Theory's Harmony, Water, Circles Technical Principles Re-directions of force Constant movement, circular and varied rhythm Live-hands	Universal Law of (Tao) Law of Change (Ying-Yang) Universal life force Types of Ki Eastern concepts of organs concepts of Spirit and Essence Bruce Lee
<b>Anatomy/ General Medicine</b>	Concepts of the Human Body Names of bones, muscles, joints, where veins are etc.	Vital Targets Skeletal system Muscular system Nervous system Circulatory system
Meridians	What is the Meridian System Meridian Charts Summary report Scientific basis for Meridians	Meridians – 12 Regular, 8 Extraordinary, 14 Major Connection vessels 12 divergent channels 12 Muscle channels 12 Cutaneous regions
East Asian Medicine/Acupoints	Names & Functions Relationship between Acupoints, nerves and blood vessels Summary Report	Special Acupoint grouping Locating Acupoints
Pressure Points	Overview Historical development of pressure points Pressure point targets	Front, Rear, Side & Head and Neck Attack purposes & principles Safe practice sessions & Revival Techniques
Breathing & Meditation	Breathing Methods & Exercise Why Kiai  Mediation Typical posture Chi development	General well being. and stamina, Focusing our attention and channeling our energy.  What is the meaning of life?" or "How do we achieve peace in ourselves and our lives?" "inside ourselves"

<b>Kata</b>	3 Okinawan Kempo katas from the list on page 2 (any three are acceptable as long as they are not a required kata)  1 kata from a different style of martial arts (only advanced kata acceptable)	1. Complete bunkai of an advanced kata (listed on page 2)  1. Detailed history of a line of katas (10-15 pages, must cite sources) 10 versions of a kata (versions from other martial arts styles)
Stances	Terminology and Summary	Terminology and Summary Relaxed –vs.- Fighting –vs.- Traditional Stance Physics
Movement	Types of Movement Standing Ground Transition	Type of footwork Basic steps Combination steps Footwork practice ~~~~ Entering a Ground Position Recovering a Standing Position
Attack Points	Effect of Clothing Safe use of Force Summary Report	Power Attacks, Soft Tissue Attacks, Attack points
Strikes	Overview or Summary Report Training and conditioning Appropriate use of force Attack points Accuracy of hitting targets, & balance Stylistic qualities	Strike Mechanics, Variables, Method of execution, Strike selection, accupoints Arm Strikes Hand, Arms & Elbow Leg Strikes – Kicks Standing kicks, Spinning kicks, knee strikes, Ground kicks, Jump kicks Head Strikes & Body Strikes
<b>Combinations</b>	Develop 10 combinations that result in a submission, perform at full speed One step, two step or three step combinations	Arm strikes combinations Kick combination Mixed combinations
Avoiding & Blocking	Overview or Summary Types and Methods, Blending movement,	Long vs. Short Avoiding Techniques Soft vs. Hard Block Shielding Blocks against kicks vs. kicks used as blocks
<b>Sparring</b>	40 sparring hours (do not count towards pts from page 1) Movement Attack Points, Strikes, - Avoid and Block,	Striking Mechanics Striking Variation Footwork Methods of Execution Training and Conditioning Appropriate use of force

Tournament	Can we make this work? Attend 10 tournaments  Maybe something else	Tournaments Rules Create and manage an Inter-Dojo Tournament
<b>Holds/Joint locks/Chokes/Tuite</b>	Overview & Summary Types of Holds Historical development & basic principles Methods of Execution Training Consideration	5 Wrist locks 5 Arm locks 5 Shoulder locks 5 Finger locks Leg locks (Ankles & knees) Nerve Holds Escapes for all
Chokes/ Head Locks	Overview and Summary Practical concerns Types of chokes/ Major targets/ Attack points Entry & Wrist action & Grip Type of Chokes Body positioning	5 choke Holds 5 Head locks Escapes for all
<b>Judo</b>	Overview and Summary Historical Development Principles Competition	Achieve Green Belt, Achieve Brown Belt Achieve Black Belt
Throws	Overview and Summary Historical Development Type of throws & Throwing Principles Method of Execution Training Considerations	Shoulder throws Hip Throws Leg Throws Hand Throws Sacrifice Throws Kick-Counter Throws
<b>Self Defense</b>	Learn Defense Against Multiple Attackers Learn all targets of the body  Provide detailed analysis of the pros/cons of 10 self defense techniques  Perform Self Defense Test in street clothes Determining what is practical	1. Research local crimes and common attacks 2. Teach a charitable self defense class 3. Defense against a punch, Kick, Grabs, Chokes, Joint locks, Throws, Ground Defenses, using one or no arms, attacking techniques Protecting another person Attacking & Counter Attacking
Self Defense against a Kick	Basic Methods of Self Defense Timing the Counter Avoiding Footwork Technique Summary	60 Typical Techniques Block and Strike Holds against kick Throws against kick
Self Defense against a Punch	Overview Basic Methods of Self Defense Counter Striking Technique Summary	120 Typical Techniques Block and Strike Block and Kick Using one hand Avoid and Strike Holds against punch Throws against punch

Self Defense against Holds	Overview Basic Methods of Self Defense Basic Leading Motions Basic Escapes Technique Summary	148 Typical Techniques Wrist Grabs Cross-wrist grab and False Hand Shake Double Grab to one hand Grab to both wrist Clothing grab Chest push Grab from behind Bear-Hug Head Holds
Self Defense against Chokes	Overview Basic Defense Theory Preventing the Entry Once the Choke is Applied Technique Summary	20 Typical Techniques Front Choke Front Choke (Arms Crossed) Front Chokes Side Chokes Rear Chokes Naked Chokes
Self Defense against Joint Locks	Overview Basic Defense Theory Simple Defensive Actions Technique Summary	40 Typical Techniques
Self Defense Against Throws	Types of Counters Timing of the counter Basic Defensive Actions Technique Summary	40 Typical Techniques
Self Defense from the Ground	Ground Fighting Basic Positions Overview Basic Defense Theory Simple Defensive Actions Technique Summary	54 Typical Defense Techniques Guard Position Mount Position Side Position Seated Position Kneeling Position On your back On your Stomach
Self Defense using one or no arms	Overview Basic Defense Theory Simple Defensive Actions Technique Summary	20 Typical Defense Techniques One Arm Defense No Arm Defense
Attacking Techniques	Types of Attacks Method of Entry Tactics	50 Typical Defense Techniques Offensive Strike Offensive Holds Offensive Throws
Multiple Attackers	Overview Basic Defense Theory Simple Defensive Actions Technique Summary	36 Typical Defense Techniques Against Wrist Grabs Against arm + Body Grabs Seated Defenses Attacking First Against Strikes and Kicks

Protecting another person	Overview Basic Defense Theory Simple Defensive Actions Technique Summary	7 Typical Defense Techniques
<b>Weapons</b>	Learn 2 okinawan weapons (knife, short stick, Bo, Cane, Sword, Rope,), and for each weapon must present 1 advanced kata 1 bunkai of any weapons kata Guns and common everyday weapons	1. Learn 1 non okinawan weapon (1 advanced kata, 1 bunkai of any kata) 2. Make a weapon 3. Detailed history of a weapon (uses, people, etc. 10-15 pages, cite sources)
Kama	Overview & History Common Grips & Stances Use of the Kama Technique Summary	Strikes & Blocks Movement & Footwork Combinations Kata
Sai	Overview & History Common Grips Stances Use of the Sai Technique Summary	Flipping Strikes & Blocks Movement & Footwork Combinations Kata
Tonfa	Overview & History Common Grips & Stances Use of the Tonfa Technique Summary	Strikes & Blocks Movement & Footwork Combinations Kata
Sword/Bokken	Overview Common Grips Stances Use of the Sword Technique Summary	Frontal Cutting Motions Sword Strikes Sword Blocks Sword Defense Against sword Unarmed against the sword
Jo/Short Stick/Escrima Techniques	Overview Types of Short Sticks Common Grip Carrying and drawing the short stick Stances Technique Summary	Short Stick Strikes & Blocks Strike and Block Drills Combination Strikes Short stick defenses Against Strike Against Holds Against Kicks Attacking First
Bo/Long Staff	Overview Types of Bo/Staff Common Grip Maneuvering the Bo Stances Technique Summary	Bo/staff Strikes & Blocks Strike and Block Drills Combination Strikes Bo defenses Against Strike Against kicks Against Bo Against Bo/Grab Against Multiple attackers Attacking sword Unarmed against the Bo

Rope/Belt/ Obi	Overview Rope Characteristics Common grips Stances Technique Summary	Rope Strikes & Blocks Typical wrapping motions Robe Defenses Against Strike Against Kick Attack First
Cane	Overview Cane Anatomy Common grips Stances Technique Summary	Cane Strikes Combination Strikes Cane Blocks Cane Defense Against Strike Against kicks Attacking First
Common Objects as Weapons	Overview Basic Theory Technique Summary	Types of Weapons Held Objects Thrown Objects Key Chain Self Defense Stick Typical Defense Techniques
Self Defense against Knife Techniques	Overview Types of knives Common Grip Stances Technique Summary	Use of the knife Types of Attacks Knife Strikes Unarmed defense against a knife Defense Principles Basic knife Blocks Typical Defense Techniques
Self Defense against Handguns or Rife	Overview Types of Guns Gun Safety Storing & Cleaning Use of Force Arizona Law Technique Summary	Use of the Guns Types of Attacks Defensive Principles Mechanical Arrests – Obstruct the Hammer Typical Defense Techniques Firearm Safety Course Basic Pistol Shooting Course Basic Rifle Shooting Course Home Firearm Safety Course Range Safety Officer Course Concealed Weapons Permit
<b>Teaching</b>	Teach 10 of each of the following classes (youth colors, adult beginning & intermediate, black belt, tiny tigers, judo)( do not count towards points needed in page 1)  Attend 1 teaching seminar Read 2 teaching book Watch 3 teaching video (these above items must be applied to your teaching, please show proof or list goals)	1. Present teaching techniques to leadership team in 3 class seminar 2. Teach an outside course relating to Goshin Mentor 5 students/assistant instructors  Women’s Self Defense Course