

Goshin Advanced Dan Requirements



“Even though we take different roads
to ascend the wooded mountain,
Each of us can achieve our goal and
appreciate the moon when we reach the top.”

Shoshin Nagamine, from an old Okinawan song



Course Selection:

Possible Points

Teaching Hours (full instructor)

30 classes - 5 points
45 classes - 10 points
60 classes - 15 points
75 classes - 20 points
90 classes - 25 points
(25 total this category)

Black Belt Class attendance

30 classes - 5 points
40 classes - 10 points
50 classes - 15 points
60 classes - 20 points
70 classes - 25 points
(25 total this category)

Teaching Hours (assistant instructor)

30 classes - 2 points
45 classes - 4 points
60 classes - 6 points
75 classes - 8 points
90 classes - 10 points
(10 total this category)

Regular Classes

30 classes - 2 points
45 classes - 4 points
60 classes - 6 points
75 classes - 8 points
90 classes - 10 points
(10 total this category)

Sparring Classes

30 classes - 2 points
45 classes - 4 points
60 classes - 6 points
75 classes - 8 points
90 classes - 10 points
(10 total this category)

Leadership Team

30 classes - 2 points
45 classes - 4 points
60 classes - 6 points
75 classes - 8 points
90 classes - 10 points
(10 total this category)

Renzokugeiko Tegumi Exercises #1-12 -

1/2 point per exercise plus
6 for completion of all 12
drills in two - person kata form
(6 total this category)

Kata – Must know history of the kata, some bunkai

Naihanchi Sandan (needed for Nidan)	3 per kata
Seisan (needed for Sandan)	2 points
Kusanku (needed for Yondan)	2 points
Niseishi (needed for Yondan)	2 points
Wansu	2 points
Chinto	3 points
Gojushiho Ichi & Ni	3 points
Rohai	3 points
Aragaki Seisan	3 points
Hakutsuru	4 points
<i>other kata may be added</i>	

In Depth Kata Bunkai

5 points
(15 total this category)

The White Belt Challenge - Start a new style of martial arts, as a white belt.

Green (Intermediate) Belt	10 points
Brown Belt	15 points
Black Belt	<u>25 points</u>
	(25 total this category)

Tournament win:

Maximum Point (local) -	2 point
Maximum + 5 Point (regional) -	4 points
Maximum + 10 Point (national/world) -	<u>6 points</u>

Total Possible:- 10 kata; 10 sparring; 10 kobudo

Weapons - Kobudo -Bo, Sai, Tonfa, Kama, Nunchaku, Eku

2 point per successful completion of any
kobudo course. An additional point will
be awarded if the candidate is able to
perform the designated kobudo kata at
black belt performance level at the time
of application for promotion.

1000 Mile Walk/Run/Swim and/or Bike - 2.5 miles a day	5 points
1000 Repetitions of a Single Form - 2.5 reps	5 points
40000 Push Ups or Crunches – 125 a day <i>(Must be completed within 13 months - documented)</i>	5 points

College Martial Arts Courses

5 points per semester
(Must achieve B or better grade)

Seminar Attendance

(Must give 15 minute presentation to the Black Belt Class on seminar content)	<u>1 point per seminar day</u> (10 total this category)
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Reality-Based Self-Defense Course

5 points

Tom Patire, Bill Kipp, Peyton Quinn, Geoff Thompson, and Tony Blauer all run programs

Testing for a Black Belt should be an experience that requires more than simply a test of physical endurance.

1000 Acts of Kindness	300 acts - 2 points
<i>Must be document on the Acts of Kindness blog</i>	450 acts - 4 points
	600 acts - 6 points
	750 acts - 8 points
	<u>1000 acts - 10 points</u>
	(10 total this category)
CPR, First Aid	<u>2 point per course</u>
	(2 total this category every 2 years)
Independent Research	
Reading Requirements	1-2 points
Books pertaining to Management, Environmentalism, Peace, Philosophy, Motivation, Enlightenment or Anger Management	
Research Paper	1-5 points
Profile Living Heroes	
<i>May not include relatives and/or war heroes</i>	1-2 points
Book Report (from approved book list)	1-2 points
Motivational Course	2 points
Tony Robbins, Wayne Dyer, Earl Nightingale	
Leadership Course	<u>2 points</u>
John C. Maxwell, Dale Carnegie	
	(15 total this category)
Empathy Training	
1 Day Blind, 1 Day Mute, and One Day in a Wheelchair	5 points each
<i>Having empathy for people with less -or who are gifted with something that makes them see, feel, or otherwise engage the world in a unique way -is a fine form of emotional and intellectual self-defense.</i>	
1 hour presentation to the Black Belt class (Instructors – See Teaching Hours)	2 point
Achieve and Document a Personal Victories	2 points
<i>This may be anything that you feel is a noteworthy personal accomplishment.</i>	
Published article	5 points
(Martial arts related, in major martial arts publication) ‘	
Right 3 Wrongs or Mend 3 Relationships Gone Bad – (Document)	
“Make right” three wrongs they have done in their life.	2 points each
The event to “right” is completely up to the tester.	(6 total this category)
<i>This requirement asks the participant to heal and mend issues and/or events from the past that, under different circumstances, he or she would have handled differently.</i>	
Making and Posting of One Film	5 points
Post a film about your experience -or something that relates to your experience as martial artists	
Independent Research	(points TBD)
Students have the option to add a testing component based on their personal interests. (<i>Out-line must be approved</i>)	
Community Service Projects	1 each --10 total this category
The idea that “self-defense” is more than kicks and punches, grappling and reality-based scenario training (and all of that).	
<i>The new definition of “self-defense” is everything that causes harm someone. It is attitude, diet, relationship issues, money management, an, environmental issues. – Goshin is Self Defense</i>	

Books to Consider.

Turning Fear Into Power, by Bill Kipp
Radical Simplicity, by Jim Merkel
The Art of Peace, by Uieshiba
Three Budo Masters, by John Stevens
That Which You Are Seeking is Causing You to Seek, by Cheri Huber
NOW, the Art of Being Truly Present
The New Nuclear Danger, by Dr. Helen Caldicott (one of my living heroes)
How to Make the World a Better Place, by Jeffrey Hollender
How to Change the World, by Borstein (thanks Charles Chi)
The Kids Guide to Service Projects, by Lewis
Rural Studio, Samuel Mockbee and an Architecture of Decency
It's Easy Being Green, by Crissy Trask
Practicing Peace in Times of War, by Pema Chodron
One Can Make a Difference, by Julia Butterfly Hill
Anything written by Thich Nhat Hahn
Unstuck, a Tool for Yourself, Your Team, and Your World, by Yamashita and Spataro
Everyday Warriors-by Ruth Hunter
Black Belt- by Matt Faulkner
Facing The Double-Edged Sword : Art Of Karate For Young People- by Terrence Webster-Doyle
Fight for Honor (Karate Club, No 1)-by Carin Greenberg Baker
Julie the Karate Kid –by Molly Mia Stewart, Francine Pascal
Respect: The Martial Arts Code Of Conduct- by Dr. Terence Webster-Doyle
Angels Don't Know Karate?- by Debbie Dadey, Marcia Thornton Jones, Marcia Thornton Jones, Steven Gurney
(not sure but sound fun)

Legends of the Martial Arts Masters-by Susan Lynn Peterson
The Next Karate Kid-by B. B. Hiller
Dojo Wisdom- by Jenifer Lawler
Time Line of Karate History-by Hokama Tetsuhiro
Karate Chronicles- The History of Okinawan and Japanese Karate- by Harry Cook
A Girl's Guide to Martial Arts- by A. Jablonsky
Karate-do: My Way of Life and the 20 Guiding Principles of Karate by Gichin Funakoshi
Karate-Do Kyohan: The Master Text- by Gichin Funakoshi, Tsutomu Ohshima
Black Belt Karate- by Chris Thompson

5 Ring, by Mushashi
The weaponless warrior, by Richard Kim
Classical man, by Richard Kim
Karate do by Nyuhon, Bubishi
Essential Okinawan Karate-do, by Shoshin Nagamine
Tales of great Okinawan Masters, Shosin Nagamine
In the Dojo by Lowry
36 Habitual Acts of Violence - Anything by Patrick Macarthy
Anything by Harry Cook

In order to be considered for further promotion you must maintain an active role at Goshin Karate & Judo Academy as a student and/or a teacher. Consideration will be provided if you are living away from the greater Phoenix metropolitan area.

Your next step in the Martial Arts is a journey – an opportunity to transform yourself physically, mentally and emotionally. This course of action is about developing well-balanced, compassionate, cognizant, participative human beings. And by performing these tasks it will be an incredible, amazing, life changing event. The point of all this work is to live life as if everyday were a “Black Belt Review” ~ when you need to be at your best, prepared, alive, aware and ready to Rock and Roll. --- See you in class.