

Goshin Blue Belt Standards

Kicks

- Spin back kick
- Hook

Stance

- Cat Stance

Self Defenses

- Front bear hug
- Rear bear hug (step behind & lift)
- Ground defenses
 - push pull against the knee
 - rock & roll
- 3. Two hand grab from rear (snap up)

Combination Techniques

- Block head punch, R ridge hand to solar plex, step, then to throat
- Parry trap, V-step right, punch

Pinan One Kata

- 2nd half

Bunkai

- Lapel grab (close in - at turn)
- High Block defense against a rear grab
- Arm break (from down block)
- Cat Stance - finger grab

Grappling

- Ogoshi (hip throw)
- Hey Buddy" Hip Throw
- Kata gatame
- Yoko shiho gatame
- Escape from Kesa Getame

Sparring

- slide up front leg side kick ridge hand

Weapons Defense

- Club Defense -
 - Figure #4
 - Over/Under

TEST INFO

Name _____

Tested By _____

Date _____

PASSED

Work on techniques NOT CHECKED. Bring this sheet back to your next class for retesting

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