

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

Nidan - Minimum time - 2 years; 50 credits needed

Sandan - Minimum time - 3 years; 75 credits needed

Course Selection:

Possible Points

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 (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)

Teaching Hours (assistant instructor)

30 classes - 2 points
45 classes - 4 points
60 classes - 6 points
75 classes - 8 points
90 classes - 10 points

(25 total this category)

Renzokugeiko Tegumi Exercises #1-12 -

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

Kata - must know history of the kata, some bunkai

Seisan (needed for Nidan)

3 per kata

Naihanchi Sandan (needed for Nidan)

2 points

Kusanku (needed for Sandan)

2 points

Niseishi (needed for Sandan)

2 points

Wansu

2 points

Chinto

3 points

Gojushiho Ichi & Ni

3 points

Rohai

3 points

Aragaki Seisan

3 points

Hakutsuru

4 points

other kata may be added

4 points

Rank in Other Martial Arts (Judo, TKD, Jujitsu, Kobudo, etc.)

Green (Intermediate) Belt	<i>10 points</i>
Brown Belt	<i>15 points</i>
Black Belt	<i><u>25 points</u></i>

(25 total this category - must be attained AFTER most recent Goshin dan promotion - not retroactively)

1st place USKA tournament win:

Maximum Point (local) -	<i>1 point</i>
Maximum + 5 Point (regional) -	<i>2 points</i>
Maximum + 10 Point (national/world) -	<i><u>3 points</u></i>

Total Possible:- 5 kata; 5 sparring; 5 kobudo

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

1 point per successful completion of any four week 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. must be attained AFTER most recent Goshin dan promotion - not retroactively)

CPR, First Aid

*1 point per course
(2 total this category)*

College Martial Arts Courses

*5 points per semester
(must achieve B or better grade)*

Independent Research

Book Report (from approved book list)	<i>1-2 points</i>
1 hour presentation To Black Belt class	<i>1-5 points</i>
Research Paper	<i>1-5 points</i>
Published article (martial arts related, in major martial arts publication)	<i>5 points</i>
In Depth Kata Bunkai	<i><u>5 points</u></i>

(25 total this category)

Seminar Attendance

(must give 15 minute presentation in advanced or Black Belt Class on seminar content)	<i><u>1 point per seminar day</u> (10 total this category)</i>
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Unless you are living away from the greater Phoenix metropolitan area, you must maintain an active role at Goshin as a student and/or teacher in order to be considered for further promotion.