

Goshin Green Belt Standards

KICKS

- Spinning Crescent
- Spinning Hook Kick
- Spinning Heel Kick

SELF DEFENSES

1 Full nelson

- a. forehead resistance
- b. punch, Kick & stomp
- c. prior to lock-in (trap & elbow strike)
- d. Step behind &
 - 1. lift
 - 2. turn

- 2 Lapel grab (Buddha)
- 3. One hand rear collar grab

PINAN TWO KATA

BUNKAI (AGES 12+)

- shuto block application (inside block & strike)
- augmented block application (arm bar)
- HiBlock (Lapel Grab)

COMBINATION TECHNIQUES

- Inside parry, shuto, wrap head, knee strike
- Parry grab, arm bar
- Roundhouse kick defense
- V step, parry grab, neck wrap takedown

JUDO

- Ippon Seoi Nage
- Escape from Yoko Shiho Getame

Sparring Techniques

- Uppercut Kick

TEST INFO

Name _____

Tested By _____

Date _____

PASSED

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

Minimum Time: 40 Class Hours

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