

# Goshin Purple Belt Standards

## Combination Techniques

- #1 - Arm break, uppercut
- #2 - Parry kick, rear takedown
- #3 - Block, step behind, elbow to throat, twist & throw

## Self Defenses

- 1. Rear Choke -
  - bow
  - overhead throw
- 2. One hand choke against the wall
- 3. Bear hug under arms
- 4. rear hammerlock
  - step out turn
  - turn & elbow strike
- 5. Two handed rear grab - (turn into hammerlock & kick)

## Weapon Defense

Block one hand club, trap, twist, & throw

- Left hand block
- Right hand block

## Judo & Grappling

- Morote Seoi Nage
- Guard
- Passing the guard
  - Elbow to inner thigh
  - Through the triangle

## Pinan Sandan Kata

## Naihanchi Shodan Kata

## Bunkai

- #1 - Hammerlock
- #2 - Catch Chest Punch, Elbow Attack, Strike Rib
- #3 - Naihanchi trap & step (optional)
- #4 - Catch Grab, uppercut to eyebrow (N-1)

## Sparring Technique -

- Foot Switch Sweep

**Minimum Time: 40 Class Hours**

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<b>TEST INFO</b>
Name _____
Tested By _____
Date _____

<input type="checkbox"/> <b>PASSED</b>
<input type="checkbox"/> Work on techniques NOT CHECKED. Bring this sheet back to your next class for retesting

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