

# Goshinkan Kids Requirements

# Yellow Tip

- Japanese Terms:
  - Counting 1-10
  - Gi
  - Obi
  - Rei
  - Shihan, Kancho, Sensei, Sempai
- Classroom Protocol
- Training Exercises
  - Proper: Jumping Jacks, Pushups, and Situps
- Use of Gi and Belt
- Proper Horse Stance (Kiba Dachi)
- Blocks
  - High
  - Low
  - Wedge
- Straight Punch
- Front Snapping Kick
- Ukemi (Falling Ways)
  - Forward Roll
  - Sit-Fall-Tap (Back Tap)
- Walk and Talk



# Yellow Belt

- Increased knowledge of previous rank level techniques, and Japanese vocabulary
- Better performance of training exercises
- Proper display of classroom protocol
- Intro to forward stance (Zenkutsu Dachi)
  - 3 stances in a series forward and backward in use with 1 block and strike
- Fighting Stance
  - Stepping back into fighting stance
  - Fighting Combo #1: Jab, Jab Punch
  - Fighting Combo #2: Jab, Jab, Punch, Front Snapping Kick
- Improved High, Low, and Wedge Block
  - In both Horse and Forward Stances
- Kicks:
  - Rear/Back Thrusting Kick (Ushiro-Kekomi Geri)
- Strikes:
  - Hammerfist (tetsui)
  - Palm Blow (Sho-te)
- Basic Self Defense Techniques:
  - Front Choke (5 P's)
    - Point
    - Pivot
    - Pocket
    - Pin
    - Power



# Orange Tip



- Increased knowledge of previous rank level techniques
- Increased knowledge of Forward Stance
  - Forward, Back, and Pivot Steps
- Tai Sabaki (Body Movement)
  - Left and Right
- Back Fist (Uraken)
- Shuto (Knife Hand/Chop)
  - Roundhouse
  - Downward
  - Forward
  - Reverse
  - Three Quarter
- Roundhouse Kick (Mawashi Geri)
- Four Corner Movements
  1. Left front corner
  2. Back to center
  3. Right front corner
  4. Back to center
  5. Left rear corner
  6. Back to center
  7. Right rear corner
  8. Back to center
  9. Left side
  10. Back to center
  11. Right side
  12. Back to center

# Orange Tip (continued)

- Walking the Body (Hammerfist Strike)

1. Top of the head
2. Nose
3. Side of Head
4. Collarbone
5. Ribs
6. Groin
7. Thigh



- Basic Self Defense Techniques

- Rear Choke
- Side Choke

# Orange Belt

- Increased knowledge of previous rank level techniques
- Chest Block (Chudan Uke)
- Side Thrusting Kick (yoko kekomi geri)
- Reflex Blocking
- Fighting Combos
  - #3 Backfist, shuffle in, sidekick
  - #4 Rear leg fake front kick, high roundhouse kick
- Increased knowledge of Forward stance
  - In combo with 2 blocks and strikes
  - Wasu Step
- Ogoshi (Major Hip Throw)
  - From Roundhouse punch
- Improved Ukemi (Falling Ways)
  - Forward Rolls for distance
  - Forward rolls for height (over pad)
- Sparring Experience



# Green Tip



- Increased knowledge of previous rank level techniques
- Blocking/Striking Series
  1. Left Hand High Block
  2. Right Hand High Block
  3. Left Hand Chest Block
  4. Right Hand Chest Block
  5. Left Hand Low Block
  6. Right Hand Low Block
  7. Wedge Block
  8. Double Straight Punch to front
  9. Double Elbows to the rear
  10. Double Palms to the front
- Elbow Strikes
  - Upward
  - Downward
  - Three quarter
  - Roundhouse
  - Reverse
  - Side
  - Rear
- Basic Self Defense Techniques
  - Straight Wrist Grab
  - Cross Wrist Grab
- More Advanced Ukemi (Falling Ways)
  - Taking falls from Basic Judo

# Green Tip (continued)

- Beginning Knowledge of Hakko Dori (Escapes) from Straight Wrist Grab
  1. Upwards
  2. Across
  3. Outside and Down
  4. Step and Peel
  5. Under the Arm
- Intro to Shodan (1st level) Wrist Lock
  - From Straight and Cross Wrist Grab
  - Going under the arm
  - Going outside the arm





# Green Belt

- Increased knowledge of previous rank level techniques
- Knee Strikes
  - Upward
  - Forward
  - Roundhouse
- Spinning Back Kick
- Ippon Seio Nage (One arm shoulder throw)
- Basic Self Defense Techniques
  - Forearm choke
  - Straight Sleeve Grab
  - Lapel Grabs (Single and Double)
  - Hammerlock
- Fighting Combinations
  - #5: Roundhouse Kick, Spinning Back Kick
  - #6: Spinning Back Kick, Roundhouse Kick
  - #7: Rear Corner Tai Sabaki, Counter Kick
  - #8: Front Corner Tai Sabaki, Counter Hand Strike
- Arm bar to floor, add 3 floor pins
- Increased Knowledge of Shodan Wrist Lock
  - From ALL attacks
- Sparring Experience



# Blue Tip

- Increased knowledge of previous rank level techniques
- Side Kick (Yoko Kekomi Geri)
  - For Power & Form into pads
- Crescent Kick (into pads)
  - Inside (Uchi Mawashi Geri)
  - Outside (Soto Mawashi Geri)
- Osoto Gari (Outer Reaping Thr)
  - From Roundhouse Punch
- Armbar to floor with 5 Floor pin
- Advanced Hakko Dori
  - From Front Choke
  - From Side Choke
  - From Back Choke



- Basic Self Defense Techniques
  - Headlocks: Front to front and Side to Side
  - Bearhugs:
    - Rear Under and over arm
    - Front Over Arm
  - Full Nelson
    - Stopping the Attack
    - From Full hold
- Floor Fighting:
  - Front Kick
  - Side Kick
  - Back Kick
  - Spinning back kick
  - Leg Pick Takedown

# Blue Belt

- Increased knowledge of past techniques
- Leg Sweeps #1 and #2
  - From Fighting Stance
- Club Defense to Ogoshi
  - From Roundhouse and Backhand attacks
  - With Lock and Disarm
- Advanced Falling Ways
  - Rolling for height and distance with control
  - Ukemi from all Judo throws and wrist locks
  - Side Tap
  - Intro to Aerial: Break tap from Shoulder Roll
- Koto-geshi
  - From cross wrist grab to all 9 directions
- Armbars from all Attacks
  - With emphasis on position and control
  - Take down on face, apply 7 floor pins
  - Rolling attacker over while maintaining control
- Basic Self Defense Techniques:
  - Whipping Headlock
- Increased Sparring Experience
  - Ability to use advanced combos during sparring
  - Ability to use kicking and faking combos



# Brown Tip

- Increased Knowledge of previous rank level techniques
- Increased knowledge of Koto-geshi
  - In depth emphasis on control and direction of throw
  - From ALL attacks
- Intro to Reverse (Gyaku) Koto geshi
  - From roundhouse punch (going under the arm)
- Fan blocks from High and Low attacks
- Intro to Shiho Nage (4 directional throw)
  - From cross wrist grab
- Hand Strikes:
  - Bear Claw (Kumite)
  - Spear Hand (nukite)
  - Tiger Mouth (Koko)
  - Ridge Hand (Haito)
  - Fore Knuckle Strike (Yonponken, or Hiraken)
  - One Knuckle Strike (Ippon ken)



# Brown Belt



- Increased level of previous rank level techniques
- Increased knowledge of Reverse Koto Gaeshi
  - From straight wrist grab to all 5 positions
- Increased knowledge of Shiho Nage
  - In depth emphasis on control and direction of throw
  - With floor pin and dislocation
- Leg Scissors Takedown
  - From standing armbar
  - Throwing attacker forwards and backwards

- Advanced Ukemi
  - In depth emphasis on control and body positioning
- Basic Self Defense Techniques
  - 2 on 2 wrist grab from the front
    - Treat as Straight Wrist Grab
    - Treat as Cross Wrist Grab
  - Cross sleeve grab
- Valley of Fatigue Throw
  - From armbar
- Punching Block
- Scissors Punch
- Demo of 5 Freestyle Techniques

# Sendosha



- Must show COMPLETE working knowledge of the techniques and principles of the previous rank requirements
- COMPLETE knowledge of required Japanese terminology
- Intro to Muchi Mawari
  - From straight and cross wrist grabs
- Intro to Irimi Nage (Entering Throw):
  - From straight and cross wrist grabs
- From all attacks:
  - Armbar
  - Shodan
  - Koto-Gaeshi
  - Reverse Koto-Gaeshi
  - Shiho Nage
- Advanced judo throws
  - Koshi Garuma
  - Morote Seio Nage
- Advanced understanding of ALL basic self defense techniques
- Armbar to Floor
  - Apply 10 Floor Pins while maintaining control
- Advanced Ukemi:
  - Aerial Break Falls
- Demonstration of 10 Freestyle Techniques