

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

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/Grappling

Ippon Seoi Nage
Escape from Yoko Shiho Getame

Sparring Techniques

Uppercut Kick