

Nihon Goshin Karate Do

Dewey's Martial Arts Academy

A Dojo for the Whole Family

Blue belt syllabus

Hand Techniques

Jun Tsuki (in Kiba Dachi) - Side Thrust Punch
Tettsui (in Kiba Dachi) - Hammer Fist Strike
Tettsui Gammen Uchi - Hammer Fist Strike to Head (outside in strike)
Uraken Sayu Uchi - Inverted Fist Strike to Side
Uraken Furi Uchi - Inverted Fist to Body
Hiji Age - Rising Elbow
Jodan /Chudan Morote Tsuki — high/middle double punch
Shuto Oroshi Uchi - Descending Knife Hand Strike

Blocks

Kake Uke - Downward Forearm Hook Block
Kote Uke - Upward Forearm Block
Chudan Uchi Uke - Gedan Barai - Middle Inside Block & Low Block
Shuto Mawashi Stow Uke (in Kokutsu Dachi) -
Circular Knife-Hand Roundhouse Block
Knowledge of 4 Block Drill

Stances

Heiko Dachi - Parallel Stance
Nekoashi Dachi - Cat Stance

Kicks

Yoko Geri - Side Kick
Ushiro Geri - Back Kick
Kensetsu Geri - Joint Kick
Yoko Keage - Side Stretch Kick
Knowledge of Tobi techniques

Kata

Blue Belt (8th Kyu) [Pinan I](#)
Blue Kyu (7th Kyu) Taikyoku I, II, III,
Pinan I Mikihajime
Knowledge of Mikihajime, Ura-Kata,
Sanwasa
[Seido Yakusoku Kumite #1](#)

Self Defense

Blue Belt (8th Kyu)- [Basic #5](#), [Basic #6](#)
Blue Kyu(7th Kyu)- [Basic #5](#) , [Basic #6](#)
(opposite side)

Requirements for Testing

Minimum of 20 Classes, 2 stripes
Gi patch
Knowledge of all previous material

Recommended Reading

- [Eye of the Hurricane](#) by Terrence Webster-Doyle
- [Zen in the Martial Arts](#) by Joe Ilyams

**3 Normanskill Blvd., Delmar, NY 12054
(518) 475-9641**