

Nihon Goshin Karate Do

Dewey's Martial Arts Academy

A Dojo for the Whole Family

Green belt syllabus

Hand Techniques

Morote Nukite - Double Spear Hand Strike
Jodan Ippon Nukite - One Finger Spear Hand Strike
Morote Haito - Double Inner Knife-Hand Strike
Kake Tsuki - Hook Punch
Ushiro Wawashi Uraken Uchi - Spinning Back Punch

Combinations

Combinations Yanju Godo (Kiba Dachi - 45°)
Basic Blocks and Punches - (4 Block Drill; Shuto Drill)
Kokutsu Dachi - Mawashi Stow Uke - Gyaku Tsuki

Stances

Kake Dachi - Hook Stance
Tsuruashi Dachi - Crane Stance
Moroashi Dachi - Fighting Stance

Kicks

Ushiro Mawashi Geri - Back Spinning Kick
Kakato Sakotsu Geri - Driving Heel Kick
All Previous Kicks in multiple combinations

Kata

Green Belt (4th Kyu)- [Pinan III](#), [Pinan IV](#), Seido
Yakusoku Kumite #3
Green Kyu (3rd Kyu)- [Yansu](#) & [Geksai Dai](#)

Self Defense

Green Belt (4th Kyu)- Basic Self Defense # 1-10 with partner, Intermediate Self Defense # [1](#), [2](#), [3](#), [4](#), and [5](#) with partner
Green Kyu (3rd Kyu)- Basic Self Defense - # 1-10 multiple attackers and single attacker opposite side, Intermediate Self Defense # 1-5, [6](#), [7](#), [8](#), [9](#), and [10](#) with partner

Requirements for Testing

Minimum of 50 Classes and 6 months, 2 stripes
Know all previous material

Recommended Reading

- Fighting the Invisible Enemy by Terrence Webster Doyle
- The Book of Five Rings by Myomoto Musashi

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