

Nihon Goshin Karate Do

Dewey's Martial Arts Academy

A Dojo for the Whole Family

Intermediate Self defense #1

Green Belt

4th Kyu

1. step forward and out with left foot yanju godo putting both arms up at sides, trapping opponent's right arm with your right arm at your elbow, pivot 90° on left foot, pulling right foot parallel to left foot, left high area outside in forearm strike (jodan kote soto uchi) arm break;
2. left high area punch past opponent's head (jodan tsuki);
3. sweep opponent's right leg using arch of left foot against opponent's right heel while pushing opponent across chest with left arm
4. grab opponents right wrist with left hand, palm facing out; pull opponent down; pin opponent's hip with your right knee while bending opponent's right elbow over your left shin just under your knee; right punch to head or ribs; recoil (Kiai).

Intermediate Self defense #2

Green Belt

4th Kyu

1. right foot back into front leaning stance (zenkutsu dachi), right high area block (jodan uke);
2. right knife hand turning block (shuto enkei take) and grab opponent's right arm;
3. pull opponent's arm down hard as you slide your right foot up to your left foot; step up left foot so you stand directly behind opponent, left arm across opponent's neck
4. twist left arm so palm faces out, step around 180 with your left foot pulling opponent's head up and back laying opponent across your right leg while cradling opponent's head in your biceps;
5. right palm heel strike (shotei uchi) to opponent's jaw; pull right hand back to ear (Kiai).

Intermediate Self defense #3

Green Belt

4th Kyu

1. right foot back into front leaning stance (zenkutsu dachi), left high area block (jodan uke);
2. grab opponent's wrist with left hand, right forefist high area punch (seiken jodan gyaku tsuki) past right side of opponent's head;
3. grab back of opponent's gi with right hand and pull down as you execute right knee kick (hiza geri) to opponent's chest; land right foot next to opponents right leg, hip to hip;
4. sweep opponent's right leg by moving in to right zenkutsu dachi as you pull down on opponent's wrist with left hand and use your right hand to push opponent's shoulder taking opponent down;
5. pin opponent's hip with your right knee while bending opponent's elbow over your left shin just under your knee; right punch to head or ribs; recoil (Kiai).

Intermediate Self defense #4

Green Belt

4th Kyu

1. right foot back into front leaning stance (zenkutsu dachi), left high area block (jodan uke);
2. grab opponent's wrist with left hand, right forefist middle area punch to opponent's chest (seiken chudan gyaku tsuki);
3. right middle area front kick (chudan mae geri), right foot comes down to the outside of and behind opponent's right foot, yanju godo;
4. left leg steps up and out on same yanju godo line;
5. using arch of left foot against opponent's right heel sweep while left hand pulls opponent's right hand downward using a circular motion to take opponent down;
6. pin opponent's hip with your right knee while bending opponent's elbow over your left shin just under your knee; right punch to head or ribs; recoil (Kiai).

Intermediate Self defense #5

Green Belt

4th Kyu

1. left foot back into right front leaning stance (zenkutsu dachi), left high area block (jodan gyaku uke);
2. right forefist low area lunge punch (seiken gedan oi tsuki);
3. slide left foot up to right foot then out left 45 to horse stance (kiba dachi), right inner knife hand strike (haito uchi) to back of opponent's right knee, left body strike to opponent's upper body throwing opponent over;
4. follow opponent to ground and dig your right knee into opponent's hip while pushing opponent's right shoulder down with your left hand; right punch to head, (Kiai).

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