

Nihon Goshin Karate Do

Dewey's Martial Arts Academy

A Dojo for the Whole Family

White belt syllabus

Hand Techniques

Chudan Tsuki - Middle Punch
Gedan Tsuki - Low Punch
Jodan Tsuki - High Punch
Jodan Morote Tsuki - Double Punch
Shuto Uchi Uke - Inner Knife Hand Strike
Uraken Shomen Uchi - Inverted Fist Strike
Seiken Ago Uchi - Jab To Head
Shotei-Uchi - Palm Heel Strike
Hiji Ushiro Ate - Back Elbow Strike

Blocks

Chudan Soto Uke - Middle Outside In Block
Gedan Barai - Low Block
Jodan Uke - High Block
Chudan Uchi Uke - Middle Inside Out Block

Stances

Fudo Dachi - Normal Stance
Kiba Dachi - Horse Straddle Stance
Kokutsu Dachi - Back Leaning Stance
Heisoku Dachi - Closed Stance (Used in Kyotskai)
Zenkutsu Dachi - Front Leaning Stance

Kicks

Mae Geri - Front Snap Kick
Mae Keage - Front Stretch Kick
Kin Geri - Low Kick
Mawashi Geri - Roundhouse Kick
Hiza Geri - Knee Kick

Kata

White Belt (10th Kyu) - [Taikyoku I](#), [Taikyoku II](#)
White Kyu (9th Kyu) - [Taikyoku III](#)

Self Defense

White Belt (10th Kyu) - [Basic #1](#), [Basic #2](#), [Basic #3](#), & [Basic #4](#)
White Kyu (9th Kyu) - Basic #1 - #4 (opposite side)

Requirements for Testing

Minimum of 20 Classes, 2 stripes
Gi patch

Recommended Reading

- [Facing the Double-Edged Sword](#) by Terrence Webster-Doyle
- [Karate Dojo](#) by Peter Urban
- [Karate Do-My Way of Life](#) by Gichin Funakoshi

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