

Nihon Goshin Karate Do

Dewey's Martial Arts Academy

A Dojo for the Whole Family

Yellow belt syllabus

Hand Techniques

Nukite - Spear Hand
Shuto Hiza Uchi - Knife-Hand Strike to inner knee area
Shuto Gammen Uchi - Knife-Hand Roundhouse Strike to Head
Shuto Sakotsu Uchi - Downward Knife-Hand Collarbone Strike
Shuto Sakotsu Uchikomi - Driving Knife-Hand Collarbone Strike
Uraken Mawashi Uchi - Roundhouse Inverted Fist Strike
Haito - Inner Knife Hand Strike (both descending and high)
Hiji Yoko Ate - Side Elbow Strike
Hiji Mawashi Ate - Roundhouse Elbow Strike
Toho - Sword Peak Hand
Uraken Shita Uchi - Forefist Inverted Short Punch
Shuto Mawashi Uchi — Circular Knife-Hand Strike
Knowledge of Shuto Drill

Blocks

Enki Uke - Open Hand Block
Koken Uke - Wrist Block
Soete Uke - Power Block

Stances

Musubi Dachi - Open Toe Stance
Sanchin Dachi - Three Point Stance

Kicks

Kake Geri - Hook Kick
Kakato Ushiro Geri - Rising Back Heel Kick
Uchi Mawashi Geri - Inside Out Crescent Kick
Soto Mawashi Geri - Outside in Crescent Kick

Kata

Yellow Belt (6th Kyu) - [Pinan II](#), Seido
Yakusoku Kumite #2
Yellow Kyu(5th Kyn) - [Sanchin](#) Kata

Self Defense

Yellow Belt (6th Kyu) - [Basic #7](#) & [Basic #8](#), both sides
Yellow Kyu (5th Kyu) - [Basic #9](#) & [Basic #10](#), both sides

Additional Techniques for 5th Kyu

Introduce Falling, Rolling and Sweeping

Requirements for Testing

Minimum 20 Classes
2 stripes
Gi patch
Know all previous material

Recommended Reading

- [Tug of War](#) by Terrence Webster-Doyle
- [The Fighting Spirit of Japan](#) by E.J. Harrison

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