

GOSHIN-RYU KARATE ASSOCIATION

ADULT PROMOTION REQUIREMENTS

Nyumon-sha to 10th kyu (white belt, blue stripe)

- | | |
|--|---------------------------|
| 1) Conditioning 15 push-ups, 45 crunches | 2) Basics |
| 3) Dai nihon ten no kata | 4) Tanshiki kumite drills |
| 5) Taikyoku Dai kata | 6) Flag test |

9th kyu-ho (yellow belt)

- | | |
|---|---------------|
| 1) Conditioning 20 pushups, 60 crunches | 2) Breakfalls |
| 3) Pinan Shodan kata | |

9th kyu (yellow belt, blue stripe)

- | | |
|--|-----------------|
| 1) Conditioning 20 push-ups, 60 crunches | 2) Sanchin Kata |
|--|-----------------|

8th kyu-ho (orange belt)

- | | |
|--|------------------------|
| 1) Conditioning 23 push-ups, 70 crunches | 2) Fuku kata |
| 3) Empi drill | 4) Self defense basics |
| 5) Heavy bag test 2 minutes | |

8th kyu (orange belt, blue stripe)

- | | |
|--|---------------|
| 1) Conditioning 23 push-ups, 70 crunches | 2) Saifa kata |
| 3) Fuku kumite | |

7th kyu (blue belt)

- | | |
|---|---------------------------------|
| 1) Conditioning 25 push-ups, 100 crunches | 2) Gekisai kata |
| 3) Kumite | 4) Heavy bag test 2 1/2 minutes |

6th kyu (purple belt)

- | | |
|---|-----------------------------|
| 1) Conditioning 30 push-ups, 120 crunches | 2) Miyagi Seisan kata |
| 3) Kumite | 4) Self defense |
| 5) Club defense | 6) Heavy bag test 3 minutes |

5th kyu (purple belt, green stripe)

- | | |
|---|---------------------------------|
| 1) Conditioning 30 push-ups, 120 crunches | 2) Anaku kata |
| 3) Self defense | 4) Club defense |
| 5) Kumite | 6) Heavy bag test 3 1/2 minutes |

4th kyu (green belt)

- | | |
|---|----------------------------------|
| 1) Conditioning 35 push-ups, 150 crunches | 2) Bojutsu Ichi |
| 3) Seisan kata | 4) Self defense |
| 5) Club defense | 6) Knife defense |
| 7) Self defense in the dark | 8) 2 man kumite |
| 9) Kumite | 10) Heavy bag test 4 1/2 minutes |

3rd kyu (green belt, brown stripe)

- | | |
|---|-----------------------|
| 1) Conditioning 35 push-ups, 150 crunches | 2) Kunchaba kata |
| 3) Grappling techniques | 4) Goshin Bojutsu Oru |
| 5) Weapons basics (Tonfa & Sai drill) | 6) 2 man kumite |
| (7) Heavy bag test 5 minutes | |

2nd kyu (brown belt)

- | | |
|--|-----------------------------|
| 1) Conditioning 40 pushups, 170 crunches | 2) Seipai kata |
| 3) Sai Saifa kata | 4) Kumite |
| 5) Self defense | 6) Knife defense |
| 7) Club defense | 8) Self defense in the dark |
| 9) Heavy bag test 6 minutes | |

1st kyu (brown belt, black stripe)

- | | |
|---|---------------------------|
| 1) Conditioning 45 push-ups, 180 crunches | 2) Seienchin kata |
| 3) Goshin Bojutsu ni | 4) Goshin Tonfa kata ichi |
| 5) Heavy bag test 7 minutes | |

Shodan (Black Belt)

- | | |
|------------------------------|---|
| 1) Conditioning 50 push-ups | 2) Class instruction technique |
| 3) 3 man kumite | 4) Wansu kata |
| 5) Tensho kata | 6) Gojushiho kata |
| 7) Ne-Jutsu & Grappling | 8) Self defense |
| 9) Self defense in the dark | 10) Club defense |
| 11) Knife defense | 12) Kumite |
| 13) Heavy bag test 8 minutes | 14) Heavy bag training (20 hours logged in) |

*** This promotion requirements chart is designed as an general guide. The master instructor reserves the right to advance or restrict promotions based upon his evaluation of a students general proficiency, attendance, attitude and overall ability.**