Requirements for Gokyu- Green Belt

All Previous Requirements, Plus…

Minimum Classes Trained- 50 Tool Familiarization- Tonfa

Know the rank you are testing for (**Gokyu**) and all ranks.

Katas- Naihanchi Shodan, Nikyu (level 2).

 Practice- Uchi Soto Undo, Nikyu Tonfa, Pinan Tonfa

Terms-

 Hourglass Stance- **Sanchin Dachi** Uppercut- **Agetsuki**

Roundhouse Punch- **Mawashi Tsuki** Heel Kick- **Kakato Geri**

Shadow Block- **Kami Uke** No Mind- **Mushin**

Sticking Hands- **Chi Sau** Kata Secrets- **Bunkai**

Strikes to Pressure Points- **Kyushojitsu** Pressure Points- **Tsubo**

Know all terms, including the *Advanced Terms* section on the Term Sheet.

Endurance Test

Judo-

 One Point Shoulder Throw- **Ippon Seoi Nage**

Two-handed Shoulder Throw- **Morote Seoi Nage**

Body Drop- **Tai Otoshi**

Leg Wheel- **Ashi Guruma**

Jujitsu-

 Four-Corner Ground Lock- **Shiho Gatame**

Aikido-

 **Yonkyo** (Forearm Pin) **Tekubi Osae**

 **Gokyo** (Arm Stretch) **Ude Nobashi**

 **Hachikyo** (Hyper-flexing Wrist Lock “Chicken Wing”) **Tekubi Gatame**

Must demonstrate several **Randori** techniques against multiple knife attacks.