



SOUTHERN ARIZONA KODOKAN

## MATSUNO RYU GOSHINJITSU STANDARDS

SEINEN (SENIOR) REQUIREMENTS (AGES 16+)

### MUKYU (BEGINNER)

#### 1. Exercises/Drills

- Seated Fighting stance to standing position
- Bridging drill
- Knee to elbow exercise (shrimping)

#### 2. Ukemi Waza (falling techniques – sitting position)

- Back slap exercises
- Right / Left Side Fall
- Straight Over Fall
- Back fall
- Stomach Fall

#### 3. Tachi Waza (standing techniques)

- Fighting Stance (open hand / closed fist)
- Shield block
- Taisabaki (body movement) #1-6
- Shiko Dachi (horse stance) / Chudan Zuke (middle punch)
- Shizen Dachi / Age Uke (natural stance / rising block)

#### 4. Atemi Waza (striking techniques)

- Taisho Uchi (palm heel strike)
- Eye Gouge / Eye Rake (trapping the head or stiff arm to escape)
- Empi Uchi (elbow strike)
- Hiza Geri (knee kick and blocks)

#### 5. Nage Waza (throwing techniques)

- Taisabaki Nage Waza (4 steps for basic throws)
- Jigo Hontai (basic Judo stance) / Kumi Kata (basic throwing grip)
- Arashi Otoshi (storm drop)

#### 6. Katame Waza (grappling techniques)

- Kesa Gatame (headlock pin)
- Tatte Shiho Gatame (mount position)
- Do Jime (body strangle / guard position / open or closed)
- Bridge and roll escape (from headlock or mount position)
- Push / Pull Takedown (gate exercise into headlock pin)

#### 7. YAWARA (hand arts): Hazushi Waza (escaping techniques) #1-13 (Use Yawara Sheet)

*ALL TECHNIQUES LISTED ARE BASIC FORMS. LEARN WAYS TO SET UP YOUR TECHNIQUES, MAINTAIN YOUR POSITIONS, CREATE COMBINATIONS, AND HOW TO DEFEND AGAINST THEM*



SOUTHERN ARIZONA KODENKAN

## YAWARA (HAND ARTS)

### HAZUSHI WAZA (ESCAPING TECHNIQUES)

1. Katate Dori A (outside wrist grab)
  - Two hand grab escape
2. Katate Dori B (inside wrist grab)
  - Two hand grab escape (clasp hand over uke's wrist)
3. Ryote Dori (double wrist grab)
  - Two hand grab escape (either side)
4. Morote Dori (two-on-one wrist grab)
  - Two hand grab escape (grab over uke's wrist)
5. Kata Ude Dori (upper arm grab)
  - Arm thrust escape
6. Eri Dori (single lapel grab)
  - Winding arm escape
7. Ryoeri Dori (double lapel grab)
  - Winding arm escape
8. Ushiro Kakae Dori (high rear body grab)
  - Body drop escape
9. Momijime (front choke)
  - Arm wedge escape
10. Ushiro Jime (rear choke)
  - Duck in escape
11. Kubi Shime (head lock)
  - Duck in escape (use arm post to prevent head lock)
12. Jodan Zuke (high punch)
  - Shield block
13. Mae Geri (front kick)
  - Arm sweep block

*\*COUNTLESS VARIATIONS OF ATTACKS AND GRABS EXIST. EXPERIMENT WITH  
DIFFERENT COMBINATIONS AND GRABS TO ENHANCE YOUR TECHNIQUES*

Division: SHONEN / SEINEN

Age: 12 +

Ryu: GOSHINJITSU

Dojo: KMAA

## SOUTHERN ARIZONA KODENKAN

4825 N. 1st Ave. Tucson, AZ 85718 520-323-9424



| Name: TEST EXAMPLE - BEGINNING                                            |     |       |          |
|---------------------------------------------------------------------------|-----|-------|----------|
| LIST OF TECHNIQUES                                                        | Max | Score | COMMENTS |
| 1. Ukemi Waza (falling technique)                                         | 10  |       |          |
| 2. Ukemi Waza                                                             | 10  |       |          |
| 3. Taisabaki (body movement)                                              | 10  |       |          |
| 4. Tachi Waza (standing technique)                                        | 10  |       |          |
| 5. Atemi Waza (striking technique)                                        | 10  |       |          |
| 6. Atemi Waza (striking technique)                                        | 10  |       |          |
| 7. Nage Waza (throwing technique)                                         | 10  |       |          |
| 8. Katame Waza (grappling technique)                                      | 10  |       |          |
| 9. Yawara (hand arts)                                                     | 10  |       |          |
| 10. Yawara (hand arts)                                                    | 10  |       |          |
| Techniques Score                                                          | 100 |       |          |
| Practical Scene: Yes <input type="checkbox"/> No <input type="checkbox"/> | 20  |       |          |
| Appearance / Etiquette                                                    | 5   |       |          |
| TOTAL SCORE                                                               |     |       |          |

Division:

Age:

Ryu:

Dojo:

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4825 N. 1st Ave. Tucson, AZ 85718 520-323-9424



| Name:                                                                     |     |       |          |
|---------------------------------------------------------------------------|-----|-------|----------|
| LIST OF TECHNIQUES                                                        | Max | Score | COMMENTS |
| 1.                                                                        | 10  |       |          |
| 2.                                                                        | 10  |       |          |
| 3.                                                                        | 10  |       |          |
| 4.                                                                        | 10  |       |          |
| 5.                                                                        | 10  |       |          |
| 6.                                                                        | 10  |       |          |
| 7.                                                                        | 10  |       |          |
| 8.                                                                        | 10  |       |          |
| 9.                                                                        | 10  |       |          |
| 10.                                                                       | 10  |       |          |
| Techniques Score                                                          | 100 |       |          |
| Practical Scene: Yes <input type="checkbox"/> No <input type="checkbox"/> | 20  |       |          |
| Appearance / Etiquette                                                    | 5   |       |          |
| TOTAL SCORE                                                               |     |       |          |





SOUTHERN ARIZONA KODENKAN

## MATSUNO RYU GOSHINJITSU STANDARDS

SEINEN (SENIOR) REQUIREMENTS (AGES 16+)

### ROKKYU (PATCH)

#### 1. Ukemi Waza (falling techniques – standing position)

- Right / Left Side Fall
- Straight Over Fall
- Back fall
- Stomach Fall
- Right/left side rolls (kneeling or standing)

#### 2. Tachi Waza (standing techniques)

- Rokkyu Kihon Te Kata (6<sup>th</sup> level basic hand form)
- Taisabaki (body movement) #1-6 with blocking techniques
- Kokutsu Dachi (back stance) / Uchi Uke (inside block)
- Tsugiashi (slide stepping, forward and back/striking or throwing)

#### 3. Atemi Waza (striking techniques)

- Jab and straight punches (1-2 combination and checks)
- Ear Grab / Slap
- Mae Geri (front kick) / Yoko Geri (side kick) / Ushiro Geri (back kick)
- Basic punches #1-6 (open hand or closed fist)
- Side Shield Blocks
- Elbow strike variations (12-6, rising, inside, vertical, spinning)

#### 4. Nage Waza (throwing techniques)

- Happo No Kuzushi (8 ways of off-balancing)
- O'Goshi (major hip throw)
- Kubi Nage (neck throw)
- De Ashi Harai (foot sweep)

#### 5. Katame Waza (grappling techniques)

- Kata Gatame (shoulder pin)
- Yoko Shiho Gatame (side control)
- Kuzure Kesa Gatame (modified headlock pin)
- Ushiro Shiho Gatame (back position with seatbelt and hooks)
- Scissors sweep from guard
- Knee to elbow escape (from side control / mount)
- Hadaka Jime (rear strangle) from back control position

#### 6. YAWARA (hand arts): Atemi Waza (striking techniques) #1-13 (Use Yawara sheet)

*ALL TECHNIQUES LISTED ARE BASIC FORMS. LEARN WAYS TO SET UP YOUR TECHNIQUES, MAINTAIN YOUR POSITIONS, CREATE COMBINATIONS, AND HOW TO DEFEND AGAINST THEM*



SOUTHERN ARIZONA KODENKAN

## YAWARA (HAND ARTS)

### ATEMI WAZA (STRIKING TECHNIQUES)

1. Katate Dori A (outside wrist grab)
  - Two hand grab escape, elbow strike
2. Katate Dori B (inside wrist grab)
  - Two hand grab escape, elbow strike
3. Ryote Dori (double wrist grab)
  - Two hand grab escape, elbow strike, collarbone strike
4. Morote Dori (two-on-one wrist grab)
  - Two hand grab escape, elbow strike, collarbone strike
5. Kata Ude Dori (upper arm grab)
  - Arm thrust escape, Taisho Uchi (palm heel strike)
6. Eri Dori (single lapel grab)
  - Winding arm escape, palm heel strike to elbow
7. Ryoeri Dori (double lapel grab)
  - Winding arm escape, palm heel strike to elbow
8. Ushiro Kakae Dori A (high rear body grab)
  - Head butt, body drop escape, Empi Uchi (elbow strike)
9. Momijime (front choke)
  - Arm wedge escape, double collarbone strike, head butt, knee kick
10. Ushiro Jime (rear choke)
  - Duck in escape, Tanezuki Uchi (hammer fist strike)
11. Kubi Shime (head lock)
  - Duck in escape, Tanezuki Uchi (hammerfist strike)
12. Jodan Zuke (high punch)
  - Shield block, Taisho Uchi
13. Mae Geri (front kick)
  - Arm sweep block, Mae Geri

*\*COUNTLESS VARIATIONS OF ATTACKS AND GRABS EXIST. EXPERIMENT WITH  
DIFFERENT COMBINATIONS AND GRABS TO ENHANCE YOUR TECHNIQUES*

Division: SHONEN / SEINEN

Age: 12 +

Ryu: GOSHINJITSU

Dojo: KMAA

## SOUTHERN ARIZONA KODENKAN

4825 N. 1st Ave. Tucson, AZ 85718 520-323-9424



| Name: TEST EXAMPLE - BEGINNING                                            |     |       |          |
|---------------------------------------------------------------------------|-----|-------|----------|
| LIST OF TECHNIQUES                                                        | Max | Score | COMMENTS |
| 1. Ukemi Waza (falling technique)                                         | 10  |       |          |
| 2. Ukemi Waza                                                             | 10  |       |          |
| 3. Taisabaki (body movement)                                              | 10  |       |          |
| 4. Tachi Waza (standing technique)                                        | 10  |       |          |
| 5. Atemi Waza (striking technique)                                        | 10  |       |          |
| 6. Atemi Waza (striking technique)                                        | 10  |       |          |
| 7. Nage Waza (throwing technique)                                         | 10  |       |          |
| 8. Katame Waza (grappling technique)                                      | 10  |       |          |
| 9. Yawara (hand arts)                                                     | 10  |       |          |
| 10. Yawara (hand arts)                                                    | 10  |       |          |
| Techniques Score                                                          | 100 |       |          |
| Practical Scene: Yes <input type="checkbox"/> No <input type="checkbox"/> | 20  |       |          |
| Appearance / Etiquette                                                    | 5   |       |          |
| TOTAL SCORE                                                               |     |       |          |

Division:

Age:

Ryu:

Dojo:

## SOUTHERN ARIZONA KODENKAN

4825 N. 1st Ave. Tucson, AZ 85718 520-323-9424



| Name:                                                                     |     |       |          |
|---------------------------------------------------------------------------|-----|-------|----------|
| LIST OF TECHNIQUES                                                        | Max | Score | COMMENTS |
| 1.                                                                        | 10  |       |          |
| 2.                                                                        | 10  |       |          |
| 3.                                                                        | 10  |       |          |
| 4.                                                                        | 10  |       |          |
| 5.                                                                        | 10  |       |          |
| 6.                                                                        | 10  |       |          |
| 7.                                                                        | 10  |       |          |
| 8.                                                                        | 10  |       |          |
| 9.                                                                        | 10  |       |          |
| 10.                                                                       | 10  |       |          |
| Techniques Score                                                          | 100 |       |          |
| Practical Scene: Yes <input type="checkbox"/> No <input type="checkbox"/> | 20  |       |          |
| Appearance / Etiquette                                                    | 5   |       |          |
| TOTAL SCORE                                                               |     |       |          |



SOUTHERN ARIZONA KODENKAN

## MATSUNO RYU GOSHINJITSU STANDARDS

SEINEN (SENIOR) REQUIREMENTS (AGES 16+)

### GOKYU (GREEN BELT)

#### 1. Ukemi Waza (falling techniques – walking position)

- Right / Left Side Fall
- Straight Over Fall / Back fall / Stomach Fall
- Right / Left side rolls / Back Rolls

#### 2. Tachi Waza (standing techniques)

- Gokyu Kihon Te Kata (4<sup>th</sup> level basic hand form)
- Taisabaki (body movement) #1-6 with blocking/punching techniques
- Kihon Dosa (all basic stances / blocks / strikes)
- Shadow Boxing
- Seated fighting stance to standing fighting stance

#### 3. Atemi Waza (striking techniques)

- Head movement (slipping punches left and right)
- Shredder applications (rakes, gouging, biting etc...)
- Kintama Geri (groin kick)
- Mawashi Geri (round kick)
- Combination: Rhino Entry (side shield/palm heel strike)
- Combination: 1 -2 Front kick / round kick

#### 4. Takedowns and throwing applications

- Morote Gari (double leg takedown/sprawl drill counter)
- No Gi Grips (collar and elbow, over-under, biceps/wrist control)
- Pummel drill
- Uchikomi (practice throw)
- Kata Randori (form practice for throws)
- Combination: Ouchi Gari (major inside reap) / De Ashi Harai (foot sweep)

#### 5. Katame Waza (grappling techniques)

- Kami Shiho Gatame (north/south pin)
- Yoko Tatte Shiho Gatame (side mount position)
- Hara Gatame (knee on stomach pin)
- Guard Pass (shin through pass/standing or kneeling)
- Ude Gatame (arm bar from mount position)
- Shiho Gatame (figure four shoulder lock from side control)
- Sankaku Jime (triangle choke)
- Hip lift reversal from guard

#### 6. Yawara : Nage No Kata (forms of throws) \*Use Yawara sheet as a practice guide

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SOUTHERN ARIZONA KODENKAN

## NAGE NO KATA (forms of throwing)

### Te Waza (hand techniques)

- Kote Gaeshi (turning hand)
- Kote Shigarami (shoulder lock)
- Kote Hineri (inverted wrist twist)
- Ushiro Katate Gatame (reverse wrist lock)
- Ude Hishigi Nage (winding arm throw)
- Kubi Nuki Shime (neck lock)
- Tenchi Nage (heaven and earth throw)
- Hiza Gatame (knee lock)
- Sukui Nage (scooping throw)

### Koshi Waza (hip techniques)

- O'Goshi (major hip throw)
- Kubi Nage (neck throw)
- Eri Seoi Nage (shoulder throw)
- Ippon Seoi Nage (one point shoulder throw)
- Seoi Otoshi (shoulder drop)
- Tsurikomigoshi (double sleeve throw)

### Ashi Waza (foot/leg techniques)

- Arashi Otoshi (storm drop)
- De Ashi Harai (foot sweep)
- Uchi Gari (major inside reap)
- Osoto Gari (major outside reap)

### Sutemi Waza (sacrifice techniques)

- Tomoe Nage (great circle throw)
- Tani Otoshi (valley drop)

Division: SHONEN / SEINEN

Age: 12 +

Ryu: GOSHINJITSU

Dojo: KMAA

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4825 N. 1st Ave. Tucson, AZ 85718 520-323-9424



| Name: EXAMPLE TEST - INTERMEDIATE                                         |     |       |          |
|---------------------------------------------------------------------------|-----|-------|----------|
| LIST OF TECHNIQUES                                                        | Max | Score | COMMENTS |
| 1. Ukemi Waza (falling techniques)                                        | 10  |       |          |
| 2. Kihon Te Kata (basic hand form)                                        | 10  |       |          |
| 3. Taisabaki (body movement)                                              | 10  |       |          |
| 4. Tachi Waza (standing technique)                                        | 10  |       |          |
| 5. Atemi Waza (striking technique)                                        | 10  |       |          |
| 6. Nage Waza (throwing technique)                                         | 10  |       |          |
| 7. Nage Waza (throwing technique)                                         | 10  |       |          |
| 8. Katame Waza (grappling technique)                                      | 10  |       |          |
| 9. Yawara (hand arts)                                                     | 10  |       |          |
| 10. Yawara (hand arts)                                                    | 10  |       |          |
| Techniques Score                                                          | 100 |       |          |
| Practical Scene: Yes <input type="checkbox"/> No <input type="checkbox"/> | 20  |       |          |
| Appearance / Etiquette                                                    | 5   |       |          |
| TOTAL SCORE                                                               |     |       |          |

Division:

Age:

Ryu:

Dojo:

## SOUTHERN ARIZONA KODENKAN

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| Name:                                                                     |     |       |          |
|---------------------------------------------------------------------------|-----|-------|----------|
| LIST OF TECHNIQUES                                                        | Max | Score | COMMENTS |
| 1.                                                                        | 10  |       |          |
| 2.                                                                        | 10  |       |          |
| 3.                                                                        | 10  |       |          |
| 4.                                                                        | 10  |       |          |
| 5.                                                                        | 10  |       |          |
| 6.                                                                        | 10  |       |          |
| 7.                                                                        | 10  |       |          |
| 8.                                                                        | 10  |       |          |
| 9.                                                                        | 10  |       |          |
| 10.                                                                       | 10  |       |          |
| Techniques Score                                                          | 100 |       |          |
| Practical Scene: Yes <input type="checkbox"/> No <input type="checkbox"/> | 20  |       |          |
| Appearance / Etiquette                                                    | 5   |       |          |
| TOTAL SCORE                                                               |     |       |          |





SOUTHERN ARIZONA KODENKAN

## MATSUNO RYU GOSHINJITSU STANDARDS

SEINEN (SENIOR) REQUIREMENTS (AGES 16+)

### YONKYU (BLUE BELT)

#### 1. Ukemi Waza (falling techniques – walking position)

#### 2. Tachi Waza (standing techniques)

- Yonkyu Kihon Te Kata (4<sup>th</sup> level basic hand form)
- Taisabaki (body movement) #1-6 with blocking / kicking techniques
- Kihon Dosa (all basic stances / blocks / strikes)
- One-step sparring with Kihon Dosa

#### 3. Atemi Waza (striking techniques)

- Thai clinch to knee and elbow strikes (add shredder applications)
- Head movement: Bob and Weave (ducking hook punches)
- Finishing a downed opponent: stomping, knee drops, soccer kick, focused striking
- Mawashi Ushiro Geri (spinning back kick)
- Spinning back fist / elbow
- 2-3-2, middle round kick
- Combination: Jab, Straight (to solar plexus), Hook, low round kick
- Liver Punch

#### 4. Nage Waza (throwing techniques)

- Kosoto Gari (minor outside reap with Judo Grips or body lock/double leg)
- Osoto Gari (major outside reap)
- Step back set up for throws
- Snap-down from collar and elbow grip (take back, set hooks, choke)
- Arm drag to back control / valley drop throw
- Combination: Seoi Nage (shoulder throw) / Kouchi Gari (minor inside reap)

#### 5. Katame Waza (grappling techniques)

- Pin combination: Modified headlock, side control, north/south, reverse headlock, mount, knee on stomach (both sides)
- Eri jime (lapel strangle from guard or mount)
- Gyaku Ude Garami (reverse shoulder lock from guard position)
- Ude Gatame (arm bar from guard position)
- Mae Hadaka Jime (front choke from guard)
- Trapped leg sweep (combine with arm bar or triangle)

#### 6. Yawara : Nage Waza (throwing techniques) \*Use Yawara sheet

*ALL TECHNIQUES LISTED ARE BASIC FORMS. LEARN WAYS TO SET UP YOUR TECHNIQUES, MAINTAIN YOUR POSITIONS, CREATE COMBINATIONS, AND HOW TO DEFEND AGAINST THEM*



SOUTHERN ARIZONA KODENKAN

## YAWARA (HAND ARTS)

### NAGE WAZA (throwing techniques)

1. Katate Dori A (outside wrist grab)
  - Ude Hishigi Nage (winding arm throw), finishing strike
2. Katate Dori B (inside wrist grab)
  - Ude Hishigi Nage, finishing strike
3. Ryote Dori (double wrist grab)
  - Ude Hishigi Nage, Uke rolls out, Kote Gaeshi (turning wrist), finishing strike
4. Morote Dori (two-on-one wrist grab)
  - Ude Hishigi Nage, Uke rolls out, Kote Gaeshi, finishing strike
5. Kata Ude Dori (upper arm grab)
  - Taisho Uchi (palm heel strike), Arashi Otoshi (storm drop), finishing strike
6. Eri Dori (single lapel grab)
  - Taisho Uchi, Arashi Otoshi, finishing strike
7. Ryoei Dori (double lapel grab)
  - Ude Hishigi Nage, Uke rolls out, Kote Gaeshi, finishing strike
8. Kakae Dori A (front body seizure, arms free)
  - Kubi Nuki Jime (neck lock throw), finishing strike
9. Kakae Dori B (front body seizure, arms pinned)
  - Hiza Geri (knee kick), Koshi Nage (hip throw), finishing strike
10. Ushiro Kakae Dori A (high rear body grab)
  - Arm thrust escape, knee lock throw, finishing strike
11. Momijime (front choke)
  - Kubi Nage (neck throw), finishing strike
12. Ushiro Jime (rear choke)
  - Seoi Otoshi (shoulder drop), finishing strike
13. Kubi Shime (head lock)
  - Sukui Nage (scooping throw), finishing strike
14. Jodan Zuke (high punch)
  - Ippon Seoi Nage (one point shoulder throw), finishing strike
15. Mae Geri (front kick)
  - Leg trap counter, Ouchi Gari (major inside reap), finishing strike

*\*COUNTLESS VARIATIONS OF EACH TYPE OF ATTACK OR GRAB EXIST. EXPERIMENT WITH DIFFERENT COMBINATIONS AND TYPES OF GRABS TO ENHANCE YOUR TECHNIQUES*

Division: SHONEN / SEINEN

Age: 12 +

Ryu: GOSHINJITSU

Dojo: KMAA

## SOUTHERN ARIZONA KODENKAN

4825 N. 1st Ave. Tucson, AZ 85718 520-323-9424



Name: EXAMPLE TEST - INTERMEDIATE

| LIST OF TECHNIQUES                                                        | Max | Score | COMMENTS |
|---------------------------------------------------------------------------|-----|-------|----------|
| 1. Ukemi Waza (falling techniques)                                        | 10  |       |          |
| 2. Kihon Te Kata (basic hand form)                                        | 10  |       |          |
| 3. Taisabaki (body movement)                                              | 10  |       |          |
| 4. Tachi Waza (standing technique)                                        | 10  |       |          |
| 5. Atemi Waza (striking technique)                                        | 10  |       |          |
| 6. Nage Waza (throwing technique)                                         | 10  |       |          |
| 7. Nage Waza (throwing technique)                                         | 10  |       |          |
| 8. Katame Waza (grappling technique)                                      | 10  |       |          |
| 9. Yawara (hand arts)                                                     | 10  |       |          |
| 10. Yawara (hand arts)                                                    | 10  |       |          |
| Techniques Score                                                          | 100 |       |          |
| Practical Scene: Yes <input type="checkbox"/> No <input type="checkbox"/> | 20  |       |          |
| Appearance / Etiquette                                                    | 5   |       |          |
| TOTAL SCORE                                                               |     |       |          |

Division:

Age:

Ryu:

Dojo:

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| Name:                                                                     |     |       |          |
|---------------------------------------------------------------------------|-----|-------|----------|
| LIST OF TECHNIQUES                                                        | Max | Score | COMMENTS |
| 1.                                                                        | 10  |       |          |
| 2.                                                                        | 10  |       |          |
| 3.                                                                        | 10  |       |          |
| 4.                                                                        | 10  |       |          |
| 5.                                                                        | 10  |       |          |
| 6.                                                                        | 10  |       |          |
| 7.                                                                        | 10  |       |          |
| 8.                                                                        | 10  |       |          |
| 9.                                                                        | 10  |       |          |
| 10.                                                                       | 10  |       |          |
| Techniques Score                                                          | 100 |       |          |
| Practical Scene: Yes <input type="checkbox"/> No <input type="checkbox"/> | 20  |       |          |
| Appearance / Etiquette                                                    | 5   |       |          |
| TOTAL SCORE                                                               |     |       |          |



SOUTHERN ARIZONA KODENKAN

## MATSUNO RYU GOSHINJITSU STANDARDS

SEINEN (SENIOR) REQUIREMENTS (AGES 16+)

### SANKYU (BROWN BELT 3<sup>rd</sup> RANK)

#### 1. Ukemi Waza (falling techniques) \*Walking or Sutemi Waza (sacrifice) falls

#### 2. Tachi Waza (standing techniques)

- Sankyu Kihon Te Kata (3rd level basic hand form)
- Kumite (sparring, light to no-contact)
- Kansetsu Kata Randori (form practice for standing joint locks)
- Taisabaki (body movement # 1-6 with shield blocks)

#### 3. Atemi Waza (striking techniques)

- Death Mask (face peel from front or back, tackle attempt)
- Counter jab (slip and jab)
- Counter straight (slip to overhand punch)
- Combination: 1-2-3, slip, 3-3-2, duck
- Combination: 2-5-2-3, knee kick, round kick

#### 4. Jokyū Nage (advanced throws)

- Harai O'Goshi (reaping hip throw)
- Hane Goshi (springing hip throw)
- Uchi Mata (inside thigh throw)
- Sumi Gaeshi (corner counter)
- Kuchiki Taoshi (dead tree drop / single leg takedown)
- Combination: Uchi Mata to Tani Otoshi (inside thigh throw to valley drop)

#### 5. Kansetsu No Kata (forms of jointlocking)

- Sankyo (inverted wrist twist)
- Ushiro Katate Gatame (reverse wrist lock)
- Tachi Ude Gatame (standing arm lock over the shoulder)
- Waki Gatame (armpit lock)
- Yubi Gatame (finger lock)

#### 6. Katame Waza (grappling techniques)

- Hook sweep from open guard (pass to pinning technique)
- Butterfly Guard (one or both feet in / sweep to mount)
- Guard Pass: 1-2-3 Pass (weave through pass)
- Gyaku Ude Garami (reverse shoulder lock from north/south position)
- Kataha Jime (single wing choke from side mount or back control)
- 180 Degree arm bar from knee on stomach
- Combination from guard: Arm bar to triangle choke
- Failed mount arm bar to opposite side mount arm bar
- Combination from side control: shoulder lock, straight arm lock, reverse shoulder lock

#### 7. Yawara : Osae Waza (pinning techniques) # 1 – 15 (Use Yawara sheet)



SOUTHERN ARIZONA KODENKAN

## YAWARA (HAND ARTS)

### OSAE WAZA (PINNING TECHNIQUES)

1. Katate Dori A (outside wrist grab)
  - Tenchi Nage (collarbone strike throw), Kesa or Kata Gatame
2. Katate Dori B (inside wrist grab)
  - Ude Hishigi Nage (winding arm throw), Kata Ude Gatame (arm hold down)
3. Ryote Dori (double wrist grab)
  - Ude Hishigi Nage, Kata Ude Gatame
4. Morote Dori (two-on-one wrist grab)
  - Ude Hishigi Nage, Kata Ude Gatame
5. Kata Ude Dori (upper arm grab)
  - Taisho Uchi, Arashi Otoshi, Kesa Gatame
6. Eri Dori (single lapel grab)
  - Taisho Uchi, Arashi Otoshi, Kesa Gatame
7. Ryoei Dori (double lapel grab)
  - Ude Hishigi Nage, Kata Ude Gatame
8. Kakae Dori A (front body seizure, arms free)
  - Kubi Nuki Jime, Kesa Gatame
9. Kakae Dori B (front body seizure, arms pinned)
  - Hiza Geri, Koshi Nage, Kesa Gatame
10. Ushiro Kakae Dori A (high rear body grab)
  - Eri Seoi Nage, Kami Shiho Gatame (upper four corners hold)
11. Momijime (front choke)
  - Kubi Nage / Kubi Otoshi (neck throw / drop), Kesa Gatame
12. Ushiro Jime (rear choke)
  - Ippon Seoi Nage, Kami Shiho Gatame
13. Kubi Shime (head lock)
  - Tani Otoshi, Yoko Shiho Gatame or Tatte Shiho Gatame
14. Jodan Zuke (high punch)
  - Block punch, Ippon Seoi Nage, Kami Shiho Gatame
15. Mae Geri (front kick)
  - Outside leg trap, Ashi Harai (foot sweep), Yoko Shiho Gatame

*\*COUNTLESS VARIATIONS OF EACH TYPE OF ATTACK OR GRAB EXIST. EXPERIMENT WITH DIFFERENT COMBINATIONS AND TYPES OF GRABS TO ENHANCE YOUR TECHNIQUES*

Division: SHONEN / SEINEN

Age: 12 +

Ryu: GOSHINJITSU

Dojo: KMAA

## SOUTHERN ARIZONA KODENKAN

4825 N. 1st Ave. Tucson, AZ 85718 520-323-9424



Name: EXAMPLE TEST - ADVANCED

| LIST OF TECHNIQUES                                                        | Max | Score | COMMENTS |
|---------------------------------------------------------------------------|-----|-------|----------|
| 1. Sutemi Waza (sacrifice falls)                                          | 10  |       |          |
| 2. Kata (forms)                                                           | 10  |       |          |
| 3. Goshin Waza (self-defense techniques)                                  | 10  |       |          |
| 4. Atemi Waza (striking technique)                                        | 10  |       |          |
| 5. Nage Waza (throwing technique)                                         | 10  |       |          |
| 6. Nage Oku (throwing combination)                                        | 10  |       |          |
| 7. Katame Waza (grappling technique)                                      | 10  |       |          |
| 8. Katame Oku (grappling combination)                                     | 10  |       |          |
| 9. Yawara (hand arts)                                                     | 10  |       |          |
| 10. Weapon Defense (gun, knife, club)                                     | 10  |       |          |
| Techniques Score                                                          | 100 |       |          |
| Practical Scene: Yes <input type="checkbox"/> No <input type="checkbox"/> | 20  |       |          |
| Appearance / Etiquette                                                    | 5   |       |          |
| TOTAL SCORE                                                               |     |       |          |

Division:

Age:

Ryu:

Dojo:

## SOUTHERN ARIZONA KODENKAN

4825 N. 1st Ave. Tucson, AZ 85718 520-323-9424



| Name:                                                                     |     |       |          |
|---------------------------------------------------------------------------|-----|-------|----------|
| LIST OF TECHNIQUES                                                        | Max | Score | COMMENTS |
| 1.                                                                        | 10  |       |          |
| 2.                                                                        | 10  |       |          |
| 3.                                                                        | 10  |       |          |
| 4.                                                                        | 10  |       |          |
| 5.                                                                        | 10  |       |          |
| 6.                                                                        | 10  |       |          |
| 7.                                                                        | 10  |       |          |
| 8.                                                                        | 10  |       |          |
| 9.                                                                        | 10  |       |          |
| 10.                                                                       | 10  |       |          |
| Techniques Score                                                          | 100 |       |          |
| Practical Scene: Yes <input type="checkbox"/> No <input type="checkbox"/> | 20  |       |          |
| Appearance / Etiquette                                                    | 5   |       |          |
| TOTAL SCORE                                                               |     |       |          |





SOUTHERN ARIZONA KODENKAN

## MATSUNO RYU GOSHINJITSU STANDARDS

SEINEN (SENIOR) REQUIREMENTS (AGES 16+)

### NIKYU (BROWN BELT 2nd RANK)

1. **Ukemi Waza (falling techniques): Walking or Sutemi Waza (sacrifice falls)**
2. **Tachi Waza (standing techniques)**
  - Nikyu Kihon Te Kata (2nd level basic hand form)
  - Kata Randori (form practice, throw-for-throw drill)
  - Shredder combinations with Yawara attacks
3. **Atemi Waza (striking techniques)**
  - Throat strikes (punches, elbows, index finger knuckle, knife hands)
  - Sway back (counter to hooks, uppers), 1-2 counter
  - Side knee kicks with overhand grip (counter to wide hooks)
  - Combination: Upper, hook, middle or high round kick
  - Combination: Jab, hook (1-4), round kick to liver
  - Double / Triple up on all punches
4. **Jokyu Nage (advanced throws)**
  - Maki Komi (winding throw)
  - Tai Otoshi (body drop)
  - Hontomoe (true circle throw)
  - Okuri Ashi Harai (sliding foot sweep)
  - Morote Seoi Nage (double shoulder throw)
  - Ashi Kubi Nage (ankle pick throw)
  - Combination: Jump Osoto Gari to Harai Ogoshi
5. **Kansetsu No Kata (forms of jointlocking)**
  - Ashi Kubi Gatame (ankle lock)
  - Gyaku Ashi Yubi Gatame (reverse ankle lock / heel hook)
  - Hiza Gatame (knee lock)
  - Shikano Itsusuko (calf lock from ground fighting)
  - Figure Four Toe Hold / Ankle lock
6. **Katame Waza (grappling techniques)**
  - Leg Wrap Sweep (entry to ankle locks/knee bars)
  - Spider guard position (sweep or triangle choke)
  - Pummel drill with feet
  - Hook Sweep #2 (failed hook sweep to opposite side leg sweep)
  - Bicep choke from north / south position
  - Ude Sankaku Jime (arm triangle from guard, headlock, mount, side control, back control)
  - Arm Bar from Side Control (snap arm bar)
  - Counters to locked hands on arm bars (muscle lock with figure four, wrist lock, kick off, pull opposite arm in, fall towards head, climb ladder, relax / explode, striking etc...)
7. **Yawara : Kansetsu Waza (joint locking techniques) # 1 – 15 (Use Yawara sheet)**



SOUTHERN ARIZONA KODENKAN

## YAWARA (HAND ARTS)

### KANSETSU WAZA (JOINTLOCKING TECHNIQUES)

1. Katate Dori A (outside wrist grab)
  - Winding arm throw, shoulder lock
2. Katate Dori B (inside wrist grab)
  - Kote Gaeshi escape, ax kick, turn uke over, shoulder lock
3. Ryote Dori (double wrist grab)
  - Shiho Nage, shoulder lock with knee press
4. Morote Dori (two-on-one wrist grab)
  - Winding arm throw, shoulder lock
5. Kata Ude Dori (upper arm grab)
  - Palm heel strike, wrist lock with elbow press
6. Eri Dori (single lapel grab)
  - Winding arm trap, palm heel strike, storm drop, figure four arm lock
7. Ryoeri Dori (double lapel grab)
  - Winding arm escape, shoulder lock
8. Kakae Dori A (front body seizure, arms free)
  - Neck lock throw, figure four arm lock
9. Kakae Dori B (front body seizure, arms pinned)
  - Knee kick, hip throw, arm lock
10. Ushiro Kakae Dori A (high rear body grab)
  - Head butt, ankle pick throw, knee lock
11. Ushiro Kakae Dori B (low rear body grab, arms free)
  - Thumb peel, rolling knee bar
12. Momijime (front choke)
  - Double sleeve throw, arm lock
13. Ushiro Jime (rear choke)
  - Shoulder throw, arm lock
14. Kubi Shime (head lock)
  - Valley drop throw, frame escape, arm lock
15. Jodan Zuke (high punch) x 3
  - (1) Headlock throw, (2) Winding arm throw, (3) Kote Gaeshi (wrist break)
16. Mae Geri (front kick)
  - Leg scoop throw, knee bar

Division: SHONEN / SEINEN

Age: 12 +

Ryu: GOSHINJITSU

Dojo: KMAA

## SOUTHERN ARIZONA KODENKAN

4825 N. 1st Ave. Tucson, AZ 85718 520-323-9424



Name: EXAMPLE TEST - ADVANCED

| LIST OF TECHNIQUES                                                        | Max | Score | COMMENTS |
|---------------------------------------------------------------------------|-----|-------|----------|
| 1. Sutemi Waza (sacrifice falls)                                          | 10  |       |          |
| 2. Kata (forms)                                                           | 10  |       |          |
| 3. Goshin Waza (self-defense techniques)                                  | 10  |       |          |
| 4. Atemi Waza (striking technique)                                        | 10  |       |          |
| 5. Nage Waza (throwing technique)                                         | 10  |       |          |
| 6. Nage Oku (throwing combination)                                        | 10  |       |          |
| 7. Katame Waza (grappling technique)                                      | 10  |       |          |
| 8. Katame Oku (grappling combination)                                     | 10  |       |          |
| 9. Yawara (hand arts)                                                     | 10  |       |          |
| 10. Weapon Defense (gun, knife, club)                                     | 10  |       |          |
| Techniques Score                                                          | 100 |       |          |
| Practical Scene: Yes <input type="checkbox"/> No <input type="checkbox"/> | 20  |       |          |
| Appearance / Etiquette                                                    | 5   |       |          |
| TOTAL SCORE                                                               |     |       |          |

Division:

Age:

Ryu:

Dojo:

## SOUTHERN ARIZONA KODENKAN

4825 N. 1st Ave. Tucson, AZ 85718 520-323-9424



| Name:                                                                     |     |       |          |
|---------------------------------------------------------------------------|-----|-------|----------|
| LIST OF TECHNIQUES                                                        | Max | Score | COMMENTS |
| 1.                                                                        | 10  |       |          |
| 2.                                                                        | 10  |       |          |
| 3.                                                                        | 10  |       |          |
| 4.                                                                        | 10  |       |          |
| 5.                                                                        | 10  |       |          |
| 6.                                                                        | 10  |       |          |
| 7.                                                                        | 10  |       |          |
| 8.                                                                        | 10  |       |          |
| 9.                                                                        | 10  |       |          |
| 10.                                                                       | 10  |       |          |
| Techniques Score                                                          | 100 |       |          |
| Practical Scene: Yes <input type="checkbox"/> No <input type="checkbox"/> | 20  |       |          |
| Appearance / Etiquette                                                    | 5   |       |          |
| TOTAL SCORE                                                               |     |       |          |



SOUTHERN ARIZONA KODENKAN

## MATSUNO RYU GOSHINJITSU STANDARDS

SEINEN (SENIOR) REQUIREMENTS (AGES 16+)

### IKKYU (BROWN BELT 1st RANK)

- 1. Ukemi Waza (falling techniques): Walking or Sutemi Waza (sacrifice falls)**
- 2. Tachi Waza (standing techniques)**
  - Ikkyu Kihon Te Kata (1st level basic hand form)
  - Kata Randori (free practice, throws or standing)
  - Kumite (sparring, light to no-contact)
  - Shredder combinations with Yawara attacks
- 3. Atemi Waza (striking techniques)**
  - Elbow strikes with head trap
  - Superman Punch (either hand)
  - Inside stomp to knee (oblique kick)
  - Question mark kick (fake round kick to front kick)
  - Combination: Front kick, side kick, spinning back kick
  - Combination: 1-3-2-3, round kick
  - Catch and release: check or block a punch, counter with same hand
- 4. Jokyū Nage (advanced throws)**
  - Kata Guruma (shoulder wheel / fireman's carry)
  - Uki O'Goshi (floating hip throw)
  - Sasae Tsurikomi Ashi (lifting foot sweep)
  - Kanebasami (flying scissors)
  - Combination: Fireman's throw to double leg
  - Takedowns from a single leg or caught kick (sweep, turn, trip or reap remaining leg)
- 5. Katame Waza (grappling techniques)**
  - Hook Sweep #3 (switch to opposite side if pass attempted)
  - Taking back control from guard position
  - Omo Plata (shoulder lock with legs)
  - Combination from Guard: Arm bar, Omo Plata, Triangle choke
  - Baseball Bat choke from knee on stomach position
  - Jigoku Jime (hell strangle / lapel choke braced with arms or legs)
  - Anaconda Choke (figure four choke from head to head 4 points, roll to finish)
  - Reversed Arm Triangle from side control (counter to knee to elbow escape)
  - Crucifix Position from side control (trap arm with shin, strikes or submissions)
  - Combination: Show lapel choke from mount, switch to side mount, arm bars (x3)
  - Ne Waza Kata Randori (free practice with mat techniques – little to no resistance)
- 6. Yawara : Shime Waza (strangling / choking techniques) # 1 – 15 (Use Yawara sheet)**



SOUTHERN ARIZONA KODENKAN

## YAWARA (HAND ARTS)

### SHIME WAZA (STRANGLING TECHNIQUES)

1. Katate Dori A (outside wrist grab)
  - Temple strike, reverse wrist lock, Sokuto Jime
2. Katate Dori B (inside wrist grab)
  - Kote Gaeshi escape, Sokuto Jime
3. Ryote Dori (double wrist grab)
  - Groin kick, elbow strikes, Mae Hadaka Jime
4. Morote Dori (two-on-one wrist grab)
  - Winding arm throw, ax kick to shoulder, Tatsumaki Jime
5. Kata Ude Dori (upper arm grab)
  - Throat strike, storm drop, Momijime
6. Eri Dori (single lapel grab)
  - Block punch, Tora Katsu Jime, storm drop
7. Ryoei Dori (double lapel grab)
  - Head slam, Momijime
8. Kakae Dori A (front body seizure, arms free)
  - Tora Katsu Jime with shin rake
9. Kakae Dori B (front body seizure, arms pinned)
  - Knee kick, hip throw, Hiraken Jime strike
10. Ushiro Kakae Dori A (high rear body grab)
  - Head butt, ankle pick throw, Sokuto Jime
11. Momijime (front choke)
  - Tomoe Nage, roll to mount, collarbone strike, Ryohiraken Jime
12. Ushiro Jime (rear choke)
  - Shoulder throw, pull uke up, step into back control, Hadaka Jime
13. Kubi Shime (head lock)
  - Valley drop throw, mount, collarbone strike, Ryohiraken Jime
14. Jodan Zuke (high punch)
  - Parry punch to the outside, take back position to ground, Hadaka Jime
15. Mae Geri (front kick)
  - Leg scoop throw, Sokuto Jime

*\*COUNTLESS VARIATIONS OF EACH TYPE OF ATTACK OR GRAB EXIST. EXPERIMENT WITH DIFFERENT COMBINATIONS AND GRABS TO ENHANCE YOUR TECHNIQUES*

Division: SHONEN / SEINEN

Age: 12 +

Ryu: GOSHINJITSU

Dojo: KMAA

## SOUTHERN ARIZONA KODENKAN

4825 N. 1st Ave. Tucson, AZ 85718 520-323-9424



Name: EXAMPLE TEST - ADVANCED

| LIST OF TECHNIQUES                                                        | Max | Score | COMMENTS |
|---------------------------------------------------------------------------|-----|-------|----------|
| 1. Sutemi Waza (sacrifice falls)                                          | 10  |       |          |
| 2. Kata (forms)                                                           | 10  |       |          |
| 3. Goshin Waza (self-defense techniques)                                  | 10  |       |          |
| 4. Atemi Waza (striking technique)                                        | 10  |       |          |
| 5. Nage Waza (throwing technique)                                         | 10  |       |          |
| 6. Nage Oku (throwing combination)                                        | 10  |       |          |
| 7. Katame Waza (grappling technique)                                      | 10  |       |          |
| 8. Katame Oku (grappling combination)                                     | 10  |       |          |
| 9. Yawara (hand arts)                                                     | 10  |       |          |
| 10. Weapon Defense (gun, knife, club)                                     | 10  |       |          |
| Techniques Score                                                          | 100 |       |          |
| Practical Scene: Yes <input type="checkbox"/> No <input type="checkbox"/> | 20  |       |          |
| Appearance / Etiquette                                                    | 5   |       |          |
| TOTAL SCORE                                                               |     |       |          |

Division:

Age:

Ryu:

Dojo:

## SOUTHERN ARIZONA KODENKAN

4825 N. 1st Ave. Tucson, AZ 85718 520-323-9424



| Name:                                                                     |     |       |          |
|---------------------------------------------------------------------------|-----|-------|----------|
| LIST OF TECHNIQUES                                                        | Max | Score | COMMENTS |
| 1.                                                                        | 10  |       |          |
| 2.                                                                        | 10  |       |          |
| 3.                                                                        | 10  |       |          |
| 4.                                                                        | 10  |       |          |
| 5.                                                                        | 10  |       |          |
| 6.                                                                        | 10  |       |          |
| 7.                                                                        | 10  |       |          |
| 8.                                                                        | 10  |       |          |
| 9.                                                                        | 10  |       |          |
| 10.                                                                       | 10  |       |          |
| Techniques Score                                                          | 100 |       |          |
| Practical Scene: Yes <input type="checkbox"/> No <input type="checkbox"/> | 20  |       |          |
| Appearance / Etiquette                                                    | 5   |       |          |
| TOTAL SCORE                                                               |     |       |          |