



SOUTHERN ARIZONA KODENKAN

MATSUNO RYU GOSHINJITSU STANDARDS

YONEN REQUIREMENTS (JUNIORS AGES 5-11)

MUKYU (BEGINNER)

1. Exercises/Drills

- Standard or modified push-ups x 5
- Standard or modified sit-ups x 7
- Bridging exercise

2. Ukemi Waza (falling techniques – sitting position)

- Back slap exercises
- Right Side Fall
- Left Side Fall

3. Tachi Waza (standing techniques)

- Basic fighting stance
- Shield block
- Taisabaki (body movement) #1-2
- Shiko Dachi (horse stance) / Chudan Zuke (middle punch)

4. Atemi Waza (striking techniques)

- Taisho Uchi (palm heel strike)
- Hiza Geri (knee kick and blocks)

5. Nage Waza (throwing techniques)

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

6. Katame Waza (grappling techniques)

- Kesa Gatame (headlock pin)
- Bridge and Roll Escape (from headlock)
- Push / Pull Takedown (gate exercise)
- Guard Position (closed and open)

7. Hazushi Waza (escaping techniques)

- Katate Dori A (single wrist grab)
- Katate Dori B (cross wrist grab)
- Momijime (front choke)
- Ushiro Jime (rear choke)

Division: YONEN - MUKYU - JRS Age: 5 - 11
 Ryu: GOSHINJITSU - BEGINNER Dojo: KMAA

SOUTHERN ARIZONA KODENKAN

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



Name:			
LIST OF TECHNIQUES	Max	Score	COMMENTS
1. Push - ups x 7	10		
2. Backslaps x 10	10		
3. Right side fall - Sitting position	10		
4. Taisabaki (body movement) # 1 - 2	10		
5. Front shield x 2	10		
6. Taisho Uchi (palm heel strike) x 2	10		
7. Hiza Geri (knee kick) x 2	10		
8. Arashi Otoshi (storm drop)	10		
9. Kesa Gatame (headlock pin)	10		
10. Hazushi Waza (escaping techniques)	10		
Techniques Score	100		
Practical Scene: Yes ☐ No ☒	20		
Appearance / Etiquette	5		
TOTAL SCORE			



SOUTHERN ARIZONA KODENKAN
MATSUNO RYU GOSHINJITSU STANDARDS
YONEN REQUIREMENTS (JUNIORS AGES 5-11)

HACHIKYU (PATCH)

1. Exercises/Drills

- Seated fighting stance to standing position
- Knee to Elbow Exercise (shrimping)
- Bridging exercise

2. Ukemi Waza (falling techniques – sitting position)

- Right / Left Side Fall
- Straight Over Fall
- Back Fall
- Stomach Fall
- Kneeling Right / Left Side Rolls

3. Tachi Waza (standing techniques)

- Tsugiashi (shifting forwards and backwards in basic fighting stance)
- Side Shield blocks (left and right)
- Shizen Dachi / Age Uke (natural stance / rising block)
- Taisabaki (body movement) #1-6

4. Atemi Waza (striking techniques)

- Empi Uchi (elbow strike)
- Mae Geri (front kick and blocks)
- Combination: 1-2 Palm heel strike with shifting in / out

5. Nage Waza (throwing techniques)

- O’Goshi (hip throw)
- De Ashi Harai (foot sweep)

6. Katame Waza (grappling techniques)

- Yoko Shiho Gatame (side control pin)
- Knee to Elbow Escape
- Leg Hook Escape (from a headlock pin)

7. Hazushi Waza (escaping techniques)

- Ryote Dori (double wrist grab)
- Morote Dori (two-on-one wrist grab)
- Eri Dori (single lapel grab)
- Ryo Eri Dori (double lapel grab)

Division: YONEN - 8 KYU - JRS

Age: 5 - 11

Ryu: GOSHINJITSU - PATCH

Dojo: KMAA

SOUTHERN ARIZONA KODENKAN

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Name:			
LIST OF TECHNIQUES	Max	Score	COMMENTS
1. Knee to elbow exercise x 4	10		
2. Left side fall - Sitting position	10		
3. Straight over fall - Sitting position	10		
4. Taisabaki (body movement) # 1 - 6	10		
5. Side shield x 2	10		
6. Empi Uchi (elbow strike) x 2	10		
7. Mae Geri (front kick) x 2	10		
8. Ogoshi (major hip throw)	10		
9. Tatte Shiho Gatame (mount position)	10		
10. Hazushi Waza (escaping techniques)	10		
Techniques Score	100		
Practical Scene: Yes ☐ No ☒	20		
Appearance / Etiquette	5		
TOTAL SCORE			



SOUTHERN ARIZONA KODENKAN
MATSUNO RYU GOSHINJITSU STANDARDS
YONEN REQUIREMENTS (JUNIORS AGES 5-11)
SHICHIKYU (YELLOW BELT)

1. Ukemi Waza (falling techniques – standing position)

- Right / Left Side Fall
- Straight Over Fall
- Back Fall
- Stomach Fall
- Right / Left Side Rolls

2. Tachi Waza (standing techniques)

- Kokutsu Dachi / Uchi Uke (back stance / inside block)
- Happo No Kuzushi (8 ways of off-balancing)
- Taisabaki (body movements) #1-6 with blocking techniques

3. Atemi Waza (striking techniques)

- Eye Gouge / Eye Rake (trap head or stiff arm)
- Yoko Geri (side kick)
- Combination: Left side shield, palm heel strikes, knee kick
- Slipping straight punches (move head outside of jab or straight)

4. Nage Waza (throwing techniques)

- Osoto Gari (outside reap)
- Kubi Nage (headlock throw)
- Arashi Otoshi (storm drop) / Kubi Nage (headlock throw)

5. Katame Waza (grappling techniques)

- Tatte Shiho Gatame (mount pin)
- Bridge escape from mount position
- Kuzure Kesa Gatame (modified headlock, arm under)
- Combination: Side control / modified headlock
- Combination: Kesa Gatame / Kata Gatame (shoulder pin)
- Scissors Sweep (from guard position)

6. Yawara (hand arts) / Hazushi Waza (escaping techniques)

- Ushiro Kakae Dori A (rear body grab)
- Kubi Shime (headlock escape)
- Jodan Tsuke (high punch)
- Mae Geri (front kick)
- ***Know all Hazushi Waza #1 – 13**



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: YONEN - 7 KYU - JRS

Age: 5 - 11

Ryu: GOSHINJITSU - YELLOW

Dojo: KMAA

SOUTHERN ARIZONA KODENKAN

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



Name:			
LIST OF TECHNIQUES	Max	Score	COMMENTS
1. Right side roll - Standing position	10		
2. Back fall - Standing position	10		
3. Happono Kuzushi (8 ways of off-balancing)	10		
4. Taisabaki (body movement) # 1 - 6 with Blocks	10		
5. Combination: Side shield, palm heels, knee kick	10		
6. Osoto Gari (major outside reap)	10		
7. Kubi Nage (headlock throw)	10		
8. Scissors sweep from Guard position	10		
9. Tatte Shiho Gatame (mount position)	10		
10. Hazushi Waza (escaping techniques)	10		
Techniques Score	100		
Practical Scene: Yes ☐ No ☒	20		
Appearance / Etiquette	5		
TOTAL SCORE			



SOUTHERN ARIZONA KODENKAN
MATSUNO RYU GOSHINJITSU STANDARDS

YONEN REQUIREMENTS (JUNIORS AGES 5-11)

ROKKYU (ORANGE BELT)

1. Ukemi Waza (falling techniques – walking position)

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

2. Tachi Waza (standing techniques)

- Rokkyu Kihon Te Kata (6th level basic hand form)
- Zenkutsu Dachi / Gedan Uke (front stance / low block)
- Taisabaki (body movements) #1-6 with blocking/punching techniques

3. Atemi Waza (striking techniques)

- Elbow strike variations (12-6, rising, inside, vertical, spinning)
- Ear grab / slap
- Ushiro Geri (back kick)
- Kintama Geri (groin kick with shin)
- Combination 1-2 / front kick
- Bob and Weave drill (duck under hook punches)

4. Nage Waza (throwing techniques)

- Happo No Kuzushi (8 ways of off-balancing)
- Hidari Seoi Nage (left sided shoulder throw)
- Ouchi Gari (major inside reap)
- Kouchi Gari (minor inside reap)
- Morote Gari (double leg takedown)

5. Katame Waza (grappling techniques)

- Kami Shiho Gatame (north/south pin)
- Yoko Tatte Shiho Gatame (side mount position)
- Ushiro Shiho Gatame (back position with seat belt and hooks)
- Hadaka Jime (rear strangle)
- Guard Pass (shin through pass / standing or kneeling)

6. Yawara (hand arts) / Atemi Waza (striking techniques) #1 – 8



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. Ryoei Dori (double lapel grab)
 - Winding arm escape, palm heel strike to elbow
8. Ushiro Kakaie 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: YONEN - 6 KYU - JRS

Age: 5 - 11

Ryu: GOSHINJITSU - ORANGE

Dojo: KMAA

SOUTHERN ARIZONA KODENKAN

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Name:			
LIST OF TECHNIQUES	Max	Score	COMMENTS
1. Ukemi Waza (falling techniques) - Walking	10		
2. Rokkyu Kihon Te Kata (6th level basic hand form)	10		
3. Bob and weave (duck under hook punches)	10		
4. Taisabaki (body movement) # 1 - 6 with Punches	10		
5. Combination: 1 - 2 front kick x 2	10		
6. Ouchi Gari (major inside reap)	10		
7. Morote Gari (double leg take-down)	10		
8. Kami Shiho Gatame (north/south pin)	10		
9. Hadaka Jime (rear choke)	10		
10. Yawara: Atemi Waza (striking techniques)	10		
Techniques Score	100		
Practical Scene: Yes ☐ No ☒	20		
Appearance / Etiquette	5		
TOTAL SCORE			



SOUTHERN ARIZONA KODENKAN

MATSUNO RYU GOSHINJITSU STANDARDS

YONEN REQUIREMENTS (JUNIORS AGES 5-11)

GOKYU (GREEN BELT)

- 1. Ukemi Waza (falling techniques – walking position)**
- 2. Tachi Waza (standing techniques)**
 - Gokyu Kihon Te Kata (5th level basic hand form)
 - Kihon Dosa (all basic stances blocks/strikes)
 - Taisabaki (body movements) #1-6 with blocking/kicking techniques
- 3. Atemi Waza (striking techniques)**
 - Kicking combination front-side-back kicks (standing still for balance)
 - Basic boxing punches #1-6
 - Combination: 1-2-3 round kick
 - Combination: 1-2 front kick / round kick
- 4. Nage Waza (throwing techniques)**
 - Kosoto Gari (minor outside reap)
 - Tani Otoshi (valley drop/counter to forward throws)
 - Sukui Nage (scooping throw)
 - Combination Ouchi Gari (major inside reap), De Ashi Harai (foot sweep)
 - Combination: Morote Gari (double leg takedown), Kosoto Gari (minor outside reap)
- 5. Katame Waza (grappling techniques)**
 - Combination: Modified headlock to side control (and reverse)
 - Combination: Side control, knee on stomach to mount
 - Hara Gatame (knee on stomach position)
 - Ude Gatame (arm bar from mount)
 - Shiho Gatame (shoulder lock from side control)
 - Hip lift reversal from guard
- 6. Yawara (hand arts) / Atemi Waza (striking techniques) #1 – 15**

**GREEN BELTS AND ABOVE PREPARE A PRACTICAL SCENE FOR TESTING.
COMBINE TECHNIQUES FROM REQUIREMENTS TOGETHER INTO A FIGHT
SCENARIO. MINIMUM OF 5 TECHNIQUES USED.*



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. Ryoei Dori (double lapel grab)
 - Winding arm escape, palm heel strike to elbow
8. Ushiro Kakaie 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: YONEN - 5 KYU - JRS Age: 5 - 11

Ryu: GOSHINJITSU - GREEN BELT Dojo: KMAA

SOUTHERN ARIZONA KODENKAN

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



Name:			
LIST OF TECHNIQUES	Max	Score	COMMENTS
1. Ukemi Waza (falling techniques)	10		
2. Gokyu Kihon Te Kata (5th level basic hand form)	10		
3. Combination: 1 - 2 - 3 Round kick	10		
4. Tani Otoshi (valley drop throw)	10		
5. Morote Gari (double leg take down)	10		
6. Combination: Side control, knee on stomach, mount	10		
7. Hip lift reversal from guard	10		
8. Shiho Gatame (shoulder lock from side control)	10		
9. Atemi Waza: Momijime (front choke)	10		
10. Atemi Waza: Kubi Shime (headlock)	10		
Techniques Score	100		
Practical Scene: Yes ☐ No ☐	20		
Appearance / Etiquette	5		
TOTAL SCORE			



SOUTHERN ARIZONA KODENKAN
MATSUNO RYU GOSHINJITSU STANDARDS
YONEN REQUIREMENTS (JUNIORS AGES 5-11)

YONKYU (4th RANK - BLUE BELT)

- 1. Ukemi Waza (falling techniques – walking)**
- 2. Tachi Waza (standing techniques)**
 - Yonkyu Kihon Te Kata (4th level basic hand form)
 - Kihon Dosa (all basic stances blocks/strikes)
 - Taisabaki (body movements) #1-6 with shield blocking techniques
- 3. Atemi Waza (striking techniques)**
 - Double up on all punches
 - Combination: Fake round kick to side kick
 - Combination: Catch 1-2 punch, Thai clinch, knee kicks to elbow strike
 - Inside stomp to knee
 - Liver punch
- 4. Nage Waza (throwing techniques)**
 - No Gi Grips (collar and elbow, over/under, bicep/wrist control)
 - Pummel Drill
 - Kata Randori (form practice for throws)
 - Step back set up for throws
 - Combination: Ouchi Gari (major inside reap), Deashi Harai (foot sweep)
 - 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)
 - Sankaku Jime (triangle choke)
 - Eri Jime (lapel choke)
 - Gyaku Ude Garami (reverse shoulder lock from guard)
 - Trapped leg sweep (combine with arm bar or triangle)
 - Combination from guard: Scissors sweep to triangle choke
- 6. Yawara (hand arts) / Nage No Kata (forms of throwing)**

**GREEN BELTS AND ABOVE PREPARE A PRACTICAL SCENE FOR TESTING.
COMBINE TECHNIQUES FROM REQUIREMENTS TOGETHER INTO A FIGHT
SCENARIO. MINIMUM OF 5 TECHNIQUES USED.*



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: YONEN - 4TH KYU - JRS Age: 5 -11
 Ryu: GOSHINJITSU - BLUE BELT Dojo: KMAA

SOUTHERN ARIZONA KODENKAN

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



Name:			
LIST OF TECHNIQUES	Max	Score	COMMENTS
1. Ukemi Waza (falling techniques)	10		
2. Yonkyu Kihon Te Kata (4th level basic hand form)	10		
3. Taisabaki #1-6 with shield blocks	10		
4. Combination: 1-2 punch, Thai clinch, knees and elbows	10		
5. Kote Gaeshi (turning hand)	10		
6. Seoi Otoshi (shoulder drop)	10		
7. Sukui Nage (scooping throw)	10		
8. Combination: Ouchi Gari / Deashi Harai (reap / sweep)	10		
9. Pin Combination: modified headlock/side control...	10		
10. Trapped leg sweep / Arm bar	10		
Techniques Score	100		
Practical Scene: Yes ☐ No ☐	20		
Appearance / Etiquette	5		
TOTAL SCORE			



SOUTHERN ARIZONA KODENKAN
MATSUNO RYU GOSHINJITSU STANDARDS
YONEN REQUIREMENTS (JUNIORS AGES 5-11)

SANKYU (PURPLE BELT - 3RD RANK)

- 1. Ukemi Waza (falling techniques – walking or sacrifice – sutemi waza)**
- 2. Tachi Waza (standing techniques)**
 - Sankyu Kihon Te Kata (3rd level basic hand form)
 - One-Step Sparring with Kihon Dosa (all basic stances blocks/strikes)
 - Kumite (sparring-light to no contact)
- 3. Atemi Waza (striking techniques)**
 - Death Mask (face peel from front, back or tackle attempt)
 - Counter jab (slip head outside of opponent's jab and counter)
 - Shadow boxing
 - Mawashi Ushiro Geri (spinning back kick)
 - Spinning Back Fist / Elbow
 - 2-3-2 middle round kick
- 4. Jokyū Nage (advanced throws)**
 - Harai O'Goshi (reaping hip throw)
 - Hane Goshi (springing hip throw)
 - Combination: Osoto Gari to Harai O'Goshi (outside reap to hip reap)
 - Kuchiki Taoshi (single leg takedown)
- 5. Katame Waza (grappling techniques)**
 - Butterfly guard (one or both feet in- sweep to mount)
 - Hook Sweep (from open guard)
 - Mae Hadaka Jime (front choke-guillotine)
 - Guard pass: 1-2-3 Pass (weave thru pass)
 - Combination from guard: Arm Bar to Triangle Choke
 - Combination from side control: shoulder lock, arm lock, reverse shoulder lock
- 6. Yawara (hand arts) / Nage Waza (throwing techniques) #1-15**

**GREEN BELTS AND ABOVE PREPARE A PRACTICAL SCENE FOR TESTING.
COMBINE TECHNIQUES FROM REQUIREMENTS TOGETHER INTO A FIGHT
SCENARIO. MINIMUM OF 5 TECHNIQUES USED.*



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: YONEN - 3 KYU - JRS Age: 5 - 11
Ryu: GOSHINJITSU - PURPLE Dojo: KMAA

SOUTHERN ARIZONA KODENKAN

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



Name:			
LIST OF TECHNIQUES	Max	Score	COMMENTS
1. Ukemi Waza (falling techniques)	10		
2. Sankyu Kihon Te Kata (3rd level basic hand form)	10		
3. Death Mask (face peel)	10		
4. Counter Jab (slip and jab technique) x 3	10		
5. Kuchiki Taoshi (single leg take down)	10		
6. Harai Ogoshi (reaping hip)	10		
7. Hook Sweep from open guard	10		
8. Combination: Arm bar to Triangle Choke	10		
9. Nage Waza: Mae Geri (front kick)	10		
10. Nage Waza: Ryote Dori (double wrist grab)	10		
Techniques Score	100		
Practical Scene: Yes ☐ No ☐	20		
Appearance / Etiquette	5		
TOTAL SCORE			



SOUTHERN ARIZONA KODENKAN
MATSUNO RYU GOSHINJITSU STANDARDS
YONEN REQUIREMENTS (JUNIORS AGES 5-11)

NIKYU (2nd RANK – PURPLE BELT)

- 1. Ukemi Waza (falling techniques – walking or sacrifice – sutemi waza)**
- 2. Tachi Waza (standing techniques)**
 - Nikyu Kihon Te Kata (2nd level basic hand form)
 - Kansetsu Kata Randori (form practice with standing joint locks)
 - Kumite (sparring-light to no contact)
- 3. Atemi Waza (striking techniques)**
 - Throat strikes (punch, knife hand, index finger knuckle, elbows)
 - Overhand counter (slip head outside of opponent's straight and counter)
 - Shadow boxing
 - Combination: 1-2-3 slip straight punch / 3(liver)-3-2 Duck
 - Combination: 2-5-2-3 knee kick, round kick
- 4. Jokyū Nage (advanced throws)**
 - Uchi Mata (inside thigh throw)
 - Tai Otoshi (body drop throw)
 - Morote Seoi Nage (double shoulder throw)
 - Sumi Gaeshi (corner counter)
 - Hontomoe (true circle throw)
 - Combination: Uchi Mata to Tani Otoshi (inside thigh throw to valley drop throw)
- 5. Katame Waza (grappling techniques)**
 - Spider Guard position (sweep or triangle choke)
 - Hook Sweep #2 (failed hook sweep to opposite side leg sweep)
 - Pummel Drill with feet
 - Combination: Failed mount arm bar to opposite side arm bar
 - 180 Degree Arm Bar from knee on stomach position
 - Kataha Jime (single wing choke from side mount or back control)
- 6. Yawara (hand arts) / Osae Waza (pinning techniques) #1-15**

**GREEN BELTS AND ABOVE PREPARE A PRACTICAL SCENE FOR TESTING.
COMBINE TECHNIQUES FROM REQUIREMENTS TOGETHER INTO A FIGHT
SCENARIO. MINIMUM OF 5 TECHNIQUES USED.*



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: YONEN - 2 KYU - JRS Age: 5 11
 Ryu: GOSHINJITSU - 2nd PURPLE Dojo: KMAA

SOUTHERN ARIZONA KODENKAN

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



Name:			
LIST OF TECHNIQUES	Max	Score	COMMENTS
1. Ukemi Waza (falling techniques)	10		
2. Nikyu Kihon Te Kata (2nd level basic hand form)	10		
3. Overhand counter to straight punch (slip and hit) x 3	10		
4. Combination: 2-5-2-3 knee kick, round kick	10		
5. Uchi Mata (inside thigh throw)	10		
6. Sumi Gaeshi (corner counter throw)	10		
7. Spider guard (sweep to mount)	10		
8. Kataha Jime (single wing choke)	10		
9. Osae Waza: Ushiro Jime (rear choke)	10		
10. Osae Waza: Eri Dori (single lapel grab)	10		
Techniques Score	100		
Practical Scene: Yes ☐ No ☐	20		
Appearance / Etiquette	5		
TOTAL SCORE			



SOUTHERN ARIZONA KODENKAN
MATSUNO RYU GOSHINJITSU STANDARDS
YONEN REQUIREMENTS (JUNIORS AGES 5-11)

IKKYU (PURPLE BELT – 1ST RANK)

- 1. Ukemi Waza (falling techniques – walking or sacrifice – sutemi waza)**
- 2. Tachi Waza (standing techniques)**
 - Ikkyu Kihon Te Kata (1st level basic hand form)
 - Kansetsu Kata Randori (form practice with standing joint locks)
 - Kumite (sparring-light to no contact)
- 3. Atemi Waza (striking techniques)**
 - Elbow strikes from head trap
 - Sway Back Counter (head movement for hooks, upper cuts)
 - Side Knee Kick (use overhand grip / counter to punches)
 - Question Mark Kick (fake round kick to front kick)
 - Inside Stomp to knee (oblique kick)
- 4. Jokyū Nage (advanced throws)**
 - Kata Guruma (shoulder wheel / fireman's carry)
 - Sasae Tsurikomi Ashi (lifting foot sweep)
 - Trips from a caught leg (sweep, turn, trip or reap remaining leg)
 - Ashi Kubi Nage (ankle pick throw)
 - Combination: Fireman's carry to Double Leg takedown
- 5. Katame Waza (grappling techniques)**
 - Omo Plata (shoulder lock using legs)
 - Hook Sweep #3 (switch to opposite side and sweep if pass attempted)
 - Taking Back Control from Guard position
 - Ude Sankaku Jime (arm triangle choke / shoulder ball choke)
 - Bicep Choke from north/south position
 - Baseball Bat Choke from knee on stomach position
 - Combination: Show lapel choke from Mount, switch to Side Mount, arm bars (x3)
- 6. Yawara (hand arts) / Kansetsu No Kata (forms of joint locks)**

**GREEN BELTS AND ABOVE PREPARE A PRACTICAL SCENE FOR TESTING.
COMBINE TECHNIQUES FROM REQUIREMENTS TOGETHER INTO A FIGHT
SCENARIO. MINIMUM OF 5 TECHNIQUES USED.*



SOUTHERN ARIZONA KODENKAN

KANSETSU NO KATA (forms of joint locking)

Te Waza (hand techniques)

1. Sankyo (inverted wrist)
2. Tachi Ude Gatame (standing arm lock)
3. Ushiro Katate Gatame (reverse wrist lock)
4. Gyaku Kote Gaeshi (reversed turning hand)
5. Kataha Gatame (single wing lock – chicken wing)
6. Shiho Nage (four points shoulder lock)
7. Waki Gatame (armpit lock)
8. Gyaku Waki Gatame (reverse armpit lock)
9. Yubi Gatame (finger lock)
10. Akushu Ude Gatame (arm lock from a handshake hold)

Ashi Waza (foot/leg techniques)

1. Ashi Kubi Gatame (ankle lock)
2. Gyaku Ashi Kubi Gatame (reverse ankle lock / heel hook)
3. Hiza Gatame (knee bar)
4. Shikano Itsusuko (calf lock from ground fighting)
5. Figure Four Toe Hold (ankle lock / knee bar combination)

Division: YONEN - 1 KYU - JRS Age: 5 - 11
 Ryu: GOSHINJITSU-1st PURPLE Dojo: KMAA

SOUTHERN ARIZONA KODENKAN

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



Name:			
LIST OF TECHNIQUES	Max	Score	COMMENTS
1. Ukemi Waza (falling techniques)	10		
2. Ikkyu Kihon Te Kata (1st level basic hand form)	10		
3. Side Knee Kick (with overhand grip) x 3	10		
4. Sway Back Counter x 3	10		
5. Kata Guruma (fireman's carry)	10		
6. Ashi Kubi Nage (ankle pick)	10		
7. Ude Sankau Jime (arm triangle choke from guard)	10		
8. Bicep choke from north / south position	10		
9. Tachi Ude Gatame (standing arm bar)	10		
10. Waki Gatame (armpit lock)	10		
Techniques Score	100		
Practical Scene: Yes ☐ No ☐	20		
Appearance / Etiquette	5		
TOTAL SCORE			