

Goshin Waza - Self Defense Techniques

Entries from Cover- do one of the 2 options for the test

A. Set 1- Green belt

1. Double Elbow, Kaiten Nage or Hadaka Shime Ichi (attack body going forward)
2. Double Elbow, Osoto Gari or Attack Center line (attack body going back)
3. Double Elbow, Hijishime or Shihonage (attack arm over or under)
4. Parry/Hit and Hara Gatame, Katate Tori or Claw takedown (attack arm or body)

B. Set 2- Green belt 1st degree

1. Hook & Palm, Ikkajo/Hijikime or Ude Garamme (attack the arm)
2. Hook & Palm, Hadaka Shime San or Sokumen (attack the body if arm retracts)
3. Hook & Palm, Sankajo or Kaiten Nage (follow the retreat step to the arm or body)