



Golden Sage Martial Arts Kyu Rank Guidelines

4-2-2022

Recommended reading for the new students- Jonathan Livingston Seagull by Richard Bach
Jujitsu Techniques & Tactics by Doug Musser and Thomas Lang

Order of ranks- White belt /3rd Blue belt /2nd Blue belt/1st Blue belt-Gokyu/ Green belt-Yonkyu
3rd Brown belt-Sankyu/ 2nd brown belt-Nikyu/ 1st Brown belt-Ikkyu // Black Belt Ranks 1-10

For GSMA Rank Videos go to www.bobasan.net then to the GSMA Students Resource page

<p>3rd Blue belt Basic rolls and falls Strikes and blocks Defensive stance Yawara Katate Hazushi Ichi Katate Hazushi Ni Ryote Hazushi Morote Hazushi Yubi Tori Hazushi Momiji Hazushi Yubi Tori Nage Deashi Harai Soto Gama Uchi Gama Ogoshi</p>	<p>2nd Blue belt More advanced Rolls and falls More strikes and blocks Defensive strategies Yawara Ryoeri Hazushi Ryote Tori Tekubi Tori Ichi Tekubi Tori Ni Imon Tori Ryoeri Tori Akushu Kote Tori Akushu Ude Tori Akushu Kotemaki Tori Kubi Nuki Shime Hagai Shime</p>	<p>2nd Blue continued Nage Okuri Harai Seoi Nage Ushiro Goshi Seoi Goshi Yama Arashi Shime Eri Gatame Kata Gatame Juji Gatame Shiho Gatame Namijuji Shime Gyakujuji</p>	<p>1st Blue belt-Gokyu More rolls and falls All previous arts Nage Tsurikomi Goshi Harai Goshi Uki Otoshi Makikomi Kane Sute Shime Ushiro Gatame Hadaka Jime Ichi Hadaka Jime Ni Hadaka Jime San Osaegami Jime Shidare Fuji Jime Atemi-Uke Te- Keri Te</p>	<p>Green belt-Yonkyu Nage Sasae Ashi Hane Goshi Soto Momo Hari Uchi Momo Harai Utsuri Goshi Tomoe Nage 1-14 Goshin Jitsu 1-10 Yasu Nage Basic Hanbo/Bo/ Bokken Katas Basic Kappo Shime Sankaku Gatame Dakikubi Jime Tenada Jime Ashikarami Jime Dho Jime Momo Jime Shikano Itsusoku Jime Tatsumaki Jime Ashi Nada Jime Ashi Yubi Jime Kote Jime Free style and combination arts Oku Deashi Hayanada Ogoshi Hayanada Seoi Hayanada Komi Iri Gyakute Nage</p>
<p>3rd Brown belt Sankyu Norimi Sumigaeshi Tora Nage Mizukuguri Kotegaeshi Katate Tomoe Gyaku Shigarami Arashi Otoshi Hiki Otoshi Kazaguruma All Goshin Jitsu All Yasu Nage</p>	<p>2nd Brown belt Nikyu Oku Mae Yama Kage Sakanuki Hon Tomoe Shigarami Kote Shigarami Koguruma Tora Katsugi Kin Katsugi Jigoku Otoshi Tanju and Tanto No Maki</p>	<p>1st Brown Belt Ikkyu Selected Kiai no Maki Kappo arts Basic Okazaki Massage - free style advanced Zenyō – First 10 of Shinnin</p>		