

GSMA Green Belt Review and Test for next rank (page 1)

Green Belt – Yonkyu

All of these arts are written in your note book_____

Nage

#2 Sasae Ashi - shin stop throw

Date of solo and throwing dummy live or Video submitted_____

#15 Hane Goshi - springing hip throw

Date of solo and throwing dummy live or Video submitted_____

#6 Soto Momo Harai - outside thigh sweep, right elbow in Uke's left armpit

Date of solo and throwing dummy live or Video submitted_____

#7 Uchi Momo Harai - inside thigh sweep

Date of solo and throwing dummy live or Video submitted_____

#9 Utsuri Goshi - changing hip, counter to a countered Ogoshi

Date of solo and throwing dummy live or Video submitted_____

#19 Tomoe Nage - circle throw, foot in stomach throw

Date of solo (laying down on your back) Video submitted_____

#1 - #14 Goshin Jitsu

#'s of arts

Date of solo and throwing dummy live or Video submitted_____

Date of solo and throwing dummy live or Video submitted_____

Date of solo and throwing dummy live or Video submitted_____

#1 - #10 Yasu Nage

#'s of arts

Date of solo and throwing dummy live or Video submitted_____

Date of solo and throwing dummy live or Video submitted_____

Date of solo and throwing dummy live or Video submitted_____

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Shime

All of these arts are written in your note book_____

#5 Sankaku Gatame - triangle leg choke hold down

Date of solo and throwing dummy live or Video submitted_____

#14 Dakikubi Jime - embracing neck constriction, head lock throw

Date of solo and throwing dummy live or Video submitted_____

#17 Tenada Jime - arm blade constriction, armbar from a countered cross choke

Date of solo and throwing dummy live or Video submitted_____

#19 Ashikarami Jime - leg lock constriction, grapevine constriction

Date of solo and throwing dummy live or Video submitted_____

#22 Momo Jime - thigh constriction, escape Dho Jime

Date of solo and throwing dummy live or Video submitted_____

#23 Shikano Itsusoku Jime - deer's one leg constriction, leg and hammer lock

Date of solo and throwing dummy live or Video submitted_____

#25 Tatsumaki Jime - dragon winding constriction

Date of solo and throwing dummy live or Video submitted_____

#20 Ashi Nada Jime - leg blade constriction, Japanese leg bar

Date of solo and throwing dummy live or Video submitted_____

#21 Ashi Yubi Jime - toe constriction, ankle lock

Date of solo and throwing dummy live or Video submitted_____

#16 Kote Jime – forearm constriction, hold from countered Juju Gatame

Date of solo and throwing dummy live or Video submitted_____

Honbo - Bo - Bokken

Date of solo live or Video submitted_____

Basic Kappo

Resuscitation from Nose bleed, spasmed diaphragm, Choke out, groin kick

Date of solo Video submitted_____

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Oku

All of these arts are written in your note book_____

#1 Deashi Hayanada – advanced foot quick blade, throw Deashi Harai one foot over
Date of solo and throwing dummy live or Video submitted_____

#2 Ogoshi Hayanada - major hip quick blade, throw Ogoshi both feet over
Date of solo and throwing dummy live or Video submitted_____

#3 Seoi Hayanada - back carry quick blade, throw Seoi Nage both feet under
Date of solo and throwing dummy live or Video submitted_____

#8 Komi Iri – pulling enter, leg split take down
Date of solo and throwing dummy live or Video submitted_____

#11 Gyakute Nage – reverse hand throw, counter Ogoshi arm bar
Date of solo and throwing dummy live or Video submitted_____

Free style and combination arts

Date of solo and throwing dummy live or Video submitted_____

Thank You for your dedication

Prof, Bobasan and Alicia, Sensei Ni
Golden Sage Martial Arts
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