



# Goshin Jitsu

## Fundamental Certification

Name: \_\_\_\_\_

### SHIKI REI (FORMAL BOWING)

- Keosuke (Attention)
- Seiza (Kneel)
- Sensei Nei (Face Instructors)
- Rei (Bow)

### STRIKING: DEFENSE

- Catch / Parry
- Cover (High / Side)
- Evade (Slip / Bob & Weave / Duck)
- Spear

### STRIKING: OFFENSE

- Jab — 1 / Double
- Cross — 2 (J / C)
- Hook — 3 (J / C / H)
- Uppercut — 4 (J / C / U)
- Elbow (Snap / Up / Down)
- Snap Kick
- Kneeing (Straight / Skip)

*Boxing strikes may be performed close handed, as a punch, or open handed, as a palm heel strike.*

### THROWING: BREAKFALLS

- Back fall (with roll if possible)
- Side fall
- Front fall
- Forward roll
- Backward roll  
(offensive/defensive)

*All breakfalls must include proper return to fighting stance.*

### THROWING: STATIC OGOSHI

- Ogoshi from side clinch position
- Ogoshi from front

### THROWING: LEG LEVER

- Lock-up
- Street Punch
- Roundhouse Kick

### SELF-DEFENSE TECHNIQUES

#### Attacks from the Front

- Two Handed Push
- Lapel Grab
- Bear Hug from Front
- Wrist Grabs
- Two Hand Choke
- Wrestling Shoot
- Front Wall / Corner Pin

#### Attacks from the Rear

- Bear Hug from Rear
- Mugger's Attack
- Full Nelson
- Rear Wall / Corner Pin

#### Attacks from the Side

- Bear Hug from Side
- Side Headlock
- Arm Across Shoulders / Arm Grab

#### Attacks on the Ground

- Pin on the Ground:
  - w/ Arms Unpinned-Face Up
  - w/ Arms Pinned-Face Up
  - w/ Arms Unpinned-Face Down
  - w/ Arms Pinned-Face Down
- Side Mount
- Head Lock (*Kesa Gatame*)
- Push Down

#### Striking Attacks

- Boxing Jab / Cross
- Street (Hooking) Punch
- Front / Side Kick
- Circular (Roundhouse) Kick
- Club Attack