



# Goshin Jutsu **KARATE**

護身

**“GoshinJutsu”** - where the name came from.

**“Goshin”** – Defence / Combat (Armed or Unarmed)

**“Jutsu”** – Technique, Art, Technical Strategy

Technically, Goshin Jutsu can involve all kinds of techniques, from bare hand striking, grappling, locking and to the use of improvised weapons, but the emphasis is always on incapacitating an opponent long enough for you to escape rather than winning matches or simply causing injury. In addition Goshin Jutsu also teaches soft skills, such as threat awareness, communication, personal safety and avoidance.

Goshin Jutsu does not involve any kind of competitive or sporting formats, instead devotes its training time to elements such as awareness skills, verbal de-escalation, and scenario training. Goshin Jutsu training will also involve some of the trapping of more traditional Japanese martial arts, such as uniforms, respect, bowing, meditation etc.

While martial arts provide the self defence techniques, it can also be an under laying vehicle to provide the training environment for the whole person in terms of spirit, emotion, fitness and character..... to become a better person.

### **Code of Conduct**

We expect all Black Belt and Kyu grade students of Goshin Jutsu Martial Arts, to adhere strongly to the honourable code of conduct as a good citizen and as an exemplary Martial Artist.

However any in-fractional behaviour and attitude which is felt inappropriate and improper shall constitute the immediate and permanent dismissal of membership, and shall invalidate all privileges immediately.

The Goshin Jutsu Martial Arts do not tolerate any disrespectful, dishonourable, illegal or immoral conduct.

### **Oath**

I promise to uphold the true spirit of Martial Virtues and never use the skills that I am taught against any persons, except for the defence of myself, family and friends in the instance of extreme danger or unprovoked attack, or in support of Law and Order, and within the law.

Signed \_\_\_\_\_

Date \_\_\_\_\_

## Grading Examinations

As a Goshin Jutsu student progresses upon completion of the skills tests, each succeeding rank may be awarded. Criteria for the promotion will be based on overall objective evaluation of the student inside and outside the Dojo.

Physical and intellectual progress, knowledge of Goshin Jutsu history and philosophy, demonstration of skills levels, attendance and participation in classes and events, free sparring, maturity of disposition, teaching ability, loyalty, gentle and courteous attitude and respect and honour for general citizenship.

From the beginning it will take approximately 3 years of constant devoted training before the beginner Black Belt rank will be awarded. Advancement in the Black Belt rank will be based not only upon formal examination, but also on one's contribution to the field of Martial Arts and sincere dedication to the Philosophy of Budo.

## Rank System - Colour Belts

<b>Kyu</b>	<b>Colour Belt</b>	<b>Meaning</b>	<b>Examiner</b>
10 <sup>th</sup>	White	Signifies innocence, as that of the beginning student with no previous knowledge.	
9 <sup>th</sup>	White / Yellow Strip		
8 <sup>th</sup>	Yellow	Signifies earth, from which a plant sprouts as the martial arts foundation is being laid.	
7 <sup>th</sup>	Yellow / Green Stripe		
6 <sup>th</sup>	Green	Signifies the plants growth, as martial arts skills begin to develop.	
5 <sup>th</sup>	Green / Blue Stripe		
4 <sup>th</sup>	Blue	Signifies heaven, towards which the plant matures into a towering tree as training in martial arts progresses.	
3 <sup>rd</sup>	Blue / Brown Stripe		
2 <sup>nd</sup>	Brown	Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.	
1 <sup>st</sup>	Brown / Black Stripe		
1 <sup>st</sup> Dan	Black	Opposite of white, therefore signifies maturity and proficiency in martial arts. Also indicates the wearer's imperviousness to darkness and fear.	

### Rank System - Black Belts

<b>Approximate years in consistent training</b>	<b>(Degree) Dan</b>	<b>Belt Colour</b>	<b>Examiner</b>
2 – 3 years	1st Dan Shodan	Black	
3 – 5 years	2nd Dan Ni-Dan	Black	
5 – 8 years	3rd Dan San-Dan	Black	
8 – 10 years	4th Dan Yon-Dan	Black	
10 – 15 years	5th Dan Go-Dan	Black	
15 – 20 years	6 <sup>th</sup> Dan Roku-Dan	Black or Red / White	
20 -25 years	7 <sup>th</sup> Dan Schichi- Dan	Black or Red / White	
25 – 40 years	8th Dan Hachi-Dan	Black or Red / White	
40 – 60 years	9th Dan Ku-Dan	Black or Red	
60 years plus	10th Dan Ju-Dan Highest Honour	Black or Red	

### Technical Awards Titles

#### **SHI - Means Samurai Warrior**

<b>Title</b>	<b>Date</b>	<b>Examiner</b>
DOSHI (Teacher of basics)		
RENSHI (Man of high attainment)		
KYOSHI (Master Instructor)		
HANSHI (Master of the way)		