

# GOSHIN 1st BROWN BELT STANDARDS

## Seisan

## Passai

## Bunkai

Double strike to occipital (N-I) (adults)  
Raised fist step through & takedown (Passai)  
Tuite give forearm, clasp hand, twist & turn (from cross arm grab) (Passai)  
Hair Point takedown (Passai)

## Combination Techniques

One hand shaking choke  
Arm break over the shoulder  
Reverse arm lock & throw (Shiho Nage)  
V step Right, parry block, grab neck, takedown

## Self Defense Techniques

Rear shoulder grab (locks wrist)  
Two Hand "Fists Up" hand grab ( Circle & Slap)  
"Bum's Rush"  
One Arm Pin Against The Wall - (palm & punch)  
Two hand rear grab (turn to hammerlock & kick)

## JUDO/GRAPPLING

### Chokes

1. Rear choke
2. Single wing choke (Kata Ha Jime)
3. Sliding Lapel Choke (Okuri Eri Jime)

Koshi Garuma

## 20 free sparring hours

Recommended Time: 60 CLASS HOURS

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