

# GOSHIN 2nd Brown Belt Standards

## Combination Techniques

Front Kick Opening Defense  
Ground Defense - roll & takedown  
Spin & Choke  
Rotation block, strike & throw (not on tape)

## JUDO/GRAPPLING

Arm Bars  
1. Cross body Arm bar from throw  
2. Figure four arm bar  
    from top  
    from side

Sode Tsuru Kome Goshi

## Pinan #5

## Naihanchi Sandan

## Bunkai

Inward Block Takedown - P5  
One Handed Sleeve Grab - N2  
Middle block interpretation  
Knifehand block interpretation

## Knife Defense Techniques

Knife point under throat from front, Hoteikan  
Knife blade to throat from front  
Knife to throat from rear

## 20 free sparring hours

Recommended Time: 60 CLASS HOURS

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