

# Goshin 3rd Brown Belt Standards

## Combination Techniques

- 1 --Block, Grab, Side Thrust Kick Under Arm
- 2 - Under arm Choke w/Takedown
- 3.- Reverse Arm Bar w/Takedown

## Judo/Grappling

1. Close The Gap, Takedown  
hip throw  
rear takedown
2. Tomoe nage
3. Grapevine

## Self Defenses

- Front headlock
- Front Choke w/wristlock (push neck & twist wrist)

## Pinan Four Kata

## Naihanchi Nidan

## Bunkai

1. Tuite -
  - A. grab hand
  - B. lock hand
2. X Block -
  - A. Wrist grabbed, bend wrist, activate release point, kick leg. (P-4)
  - B. Wrist grabbed, turn wrist upward, punch it off
3. Simultaneous blocks, front kick (P-4)
4. Side-on wrist grab
5. Elbow strike w/ hair grab (N-1)

## Combination Techniques

- 1 --Block, Grab, Side Thrust Kick Under Arm
- 2 - Under arm Choke w/Takedown
- 3.- Reverse Arm Bar w/Takedown

## Disarms

- Hostage Pistol Disarm
- Pistol to head from front

3rd

# Goshin 3rd Brown Belt Standards

## Combination Techniques

- 1 --Block, Grab, Side Thrust Kick Under Arm
- 2 - Under arm Choke w/Takedown
- 3.- Reverse Arm Bar w/Takedown

## Judo/Grappling

1. Close The Gap, Takedown  
hip throw  
rear takedown
2. Tomoe nage
3. Grapevine

## Self Defenses

- Front headlock
- Front Choke w/wristlock (push neck & twist wrist)

## Pinan Four Kata

## Naihanchi Nidan

## Bunkai

1. Tuite -
  - A. grab hand
  - B. lock hand
2. X Block -
  - A. Wrist grabbed, bend wrist, activate release point, kick leg. (P-4)
  - B. Wrist grabbed, turn wrist upward, punch it off
3. Simultaneous blocks, front kick (P-4)
4. Side-on wrist grab
5. Elbow strike w/ hair grab (N-1)

## Combination Techniques

- 1 --Block, Grab, Side Thrust Kick Under Arm
- 2 - Under arm Choke w/Takedown
- 3.- Reverse Arm Bar w/Takedown

## Disarms

- Hostage Pistol Disarm
- Pistol to head from front

3rd

