

# Goshin

## 3RD BROWN BELT JUDO STANDARDS

### THROWS

Uchi Mata  
Kata Garuma  
Make Komi  
Hane Makikomi

### CHOKES

Hadaka jime (Naked choke)  
Okurieri jime (Sliding collar)  
Kataha jime (Single wing)

### COMBINATION THROWS

Kouchi gari to Seoi Nage  
Seoi Nage to Kouchi gari  
Harai goshi to Osoto gari  
Osoto gari to Harai goshi

### ARMBARS

Ude garami-Entangled Armlock  
Juji gatame-Cross Body Armlock  
Kesure Juji gatame-Modified Cross Body  
Armlock - (foot behind head)

### KATA

You will need to demonstrate the 1st set of Nage No Kata, which consists of 1 set of 3 throws, done throwing both right and left sided. The first set is Hand Techniques. The first three throws of the kata are:

Set 1) •Uki-otoshi •Seoi-nage •Kata-guruma.

### GENERAL INFORMATION

### VOCABULARY

Holder of any rank below Black Belt - Mudansha  
Swallow-flight counter throw - Tsubami Gaishi

Holder of any Black Belt rank - Yudansha  
Sliding foot sweep throw - Oku

**MINIMUM TIME: 50 HOURS**

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