

# 1st Kyu-Brown-Ikkyu

The candidate for 1st Kyu must:

1. Achieve at least 16 of the performance goals
2. Demonstrate all technical requirements for this rank
3. Demonstrate all technical requirements from previous ranks

<b>Performance Goals</b>	<p>Driver is straight more often than not          Goes to the ground most of the time          Successfully transitions to Ne waza more often than not          Has live toes most of the time          Turns out of throws more often than not          Uses movement most of the time          Climbs into grips most of the time          Throws within 2-3 touches          Scores with 4 throws          Does 2 throws on non-dominant side          Attacks in 4 directions          Throws when pushed most of the time          Throws when pulled more often than not          Uses hopping (Ken-ken) attacks most of the time          Counters throws more often than not          Uses Tachi waza combinations more often than not          Defends against pins/turnovers most of the time          Defends against chokes/armbars sometimes          Uses Ne waza combinations sometimes          Escapes from pins sometimes          Attacks from negative situations sometimes</p>
<b>Throws</b>	<p>Uki waza          Tomoe nage          Sode tsuri komi goshi          Okuri ashi barai</p>
<b>Defense vs Throws</b>	<p>Defense against forward throw: inside leg jump around</p>
<b>Turnout skills</b>	<p>Head/elbow roll turnout from throw</p>
<b>Grips</b>	<p>2 arm push away against lapel or collar grip</p>
<b>Pins</b>	<p>Kuzure tate shiho gatame          Kuzure kami shiho gatame</p>
<b>Escapes</b>	<p>Bridge and roll escape from Tate shiho gatame          Bridge and roll escape from Yoko shiho gatame          Legs over escape from Kata gatame</p>
<b>Chokes</b>	<p>Sankaku jime from top          Koshi jime from top</p>
<b>Armbars</b>	<p>Standing Ude gatame          Standing Waki gatame</p>
<b>Turnovers &amp; Entries</b>	<p>Chicken wing turnover          Sit out escape turnover</p>
<b>Combinations</b>	<p>Sasae tsuri komi ashi to forward throw          Rear throw to opposite side forward throw          Ko uchi gake to rolling entry to pin</p>
<b>Counters</b>	<p>Counter to forward throw: Te guruma          Counter to forward throw: Yoko guruma</p>
<b>Movement pattern</b>	<p>Movement- circle and switch</p>