

1st Dan-Black-Shodan

The candidate for 1st Dan must:

1. Achieve at least 17 of the performance goals
2. Demonstrate all technical requirements for this rank
3. Demonstrate all technical requirements from previous ranks

Performance Goals	<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 most of the time Uses movement most of the time Climbs into grips most of the time Throws within 1 touch Attacks from 2 of 4 grip ranges Scores with 5 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 most of the time Uses Tachi waza combinations more often than not Defends against pins/turnovers most of the time Defends against chokes/armbars more often than not Uses Ne waza combinations more often than not Escapes from pins more often than not Attacks from negative situations more often than not</p>
Throws	<p>Yoko kata guruma Kata ashi dori Yoko gake Sumi gaeshi</p>
Grips	<p>Modified snap out break against lapel grip Hand behind the knee break</p>
Pins	<p>Kuzure kesa gatame- 2 versions Kuzure yoko shiho gatame- 2 versions</p>
Escapes	<p>Turn away escape from Yoko shiho gatame Legs over escape from Kami shiho gatame</p>
Chokes	<p>Rolling Katate jime with pant grab Tsukkomi jime</p>
Armbars	<p>Ude gatame from top Spinning juji gatame from top</p>
Turnovers & Entries	<p>Knee in entry into mat work Gamba turnover</p>
Combinations	<p>Kata ashi dori to forward throw Yoko gake to Uchi mata</p>
Counters	<p>Tsubame gaeshi</p>
Movement pattern	<p>Spinning entry</p>