

2nd Dan-Black-Nidan

The candidate for 2nd Dan must:

1. Achieve at least 18 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 most of the time 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 with no starting grip Attacks from 3 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 most of the time Uses hopping (Ken-ken) attacks most of the time Counters throws most of the time Uses Tachi waza combinations most of the time Defends against pins/turnovers most of the time Defends against chokes/armbars most of the time Uses Ne waza combinations more often than not Escapes from pins more often than not Attacks from negative situations most of the time</p>
Throws	<p>Yoko tomoe nage Sukui nage Tsuru komi goshi Differences between gari, gake and barai actions</p>
Defense vs Throws	
Turnout skills	
Grips	
Pins	<p>Kuzure tate shiho gatame- 2 versions Kuzure kami shiho gatame- 2 versions</p>
Escapes	Two hand clasp escape from Kesa gatame
Chokes	Waki juji jime
Armbars	<p>Juji gatame from back straddle Ashi gatame (Uke on all fours)</p>
Turnovers & Entries	<p>Dvoynikov roll Lapel turnover from front</p>
Combinations	Hip switch
Counters	Counter to O uchi gari: Sasae tsuri komi ashi
Movement pattern	