

2nd Kyu-Blue-Nikyu

The candidate for 2nd Kyu must:

1. Achieve at least 15 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 sometimes 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 Scores with 3 throws Does 2 throws on non-dominant side Attacks in 3 directions Throws when pushed most of the time Throws when pulled sometimes Uses hopping (Ken-ken) attacks more often than not Counters throws more often than not Uses Tachi waza combinations sometimes Defends against pins/turnovers most of the time Uses Ne waza combinations sometimes Escapes from pins sometimes</p>
Throws	<p>Tai otoshi De ashi barai Yoko guruma Maki komi</p>
Defense vs Throws	<p>Defense against forward throw: hook and twist and cut</p>
Turnout skills	<p>Turnout from Tomoe nage</p>
Grips	<p>Snap out break through against lapel grip Cross lapel and sleeve grip</p>
Pins	<p>Kuzure kesa gatame Kuzure yoko shiho gatame</p>
Escapes	<p>Sit up escape from Kesa gatame Pant grab escape from Yoko shiho gatame Pant grab escape from Kesa gatame</p>
Chokes	<p>Kata juji jime from back Sode guruma jime from Kami shiho gatame</p>
Armbars	<p>Ude garami from bottom Waki gatame from sit out escape</p>
Turnovers & Entries	<p>Rolling entries from guard Reversal from cross face turnover</p>
Combinations	<p>O soto gari to Sasae tsuri komi ashi or reverse Rear throw to Tai otoshi Tai otoshi to Ko uchi gake or ankle pick</p>
Counters	<p>Counter to Ko soto gake: Uchi mata Counter to Sasae tsuri komi ashi: leg grab</p>
Movement pattern	<p>Movement- circle</p>