

3rd Kyu-Green-Sankyu

The candidate for 3rd Kyu must:

1. Achieve at least 14 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 sometimes Uses movement more often than not Climbs into grips more often than not Scores with 3 throws Does 2 throws on non-dominant side Attacks in 3 directions Throws when pushed more often than not Throws when pulled sometimes Uses hopping (Ken-ken) attacks sometimes Counters throws more often than not Uses Tachi waza combinations sometimes Defends against pins/turnovers more often than not</p>
Throws	<p>Sasae tsuri komi ashi Kata guruma Te guruma Harai goshi</p>
Defense vs Throws	<p>Defense against forward throw: twist and cut</p>
Turnout skills	<p>Back leg turnout from a throw</p>
Grips	<p>Cross sleeve back slap Lapel pull away break from lapel grip</p>
Pins	<p>Sankaku gatame Yoko shiho gatame to Kata gatame</p>
Escapes	<p>Bridge and roll escape from Kesa gatame Leg entangling escape from Yoko shiho gatame Pant grab escape from Kami shiho gatame</p>
Chokes	<p>Kataha jime Nami juji jime from behind</p>
Armbars	<p>Ude gatame from bottom</p>
Turnovers & Entries	<p>Gut wrench/lapel turnover from behind to pin Cross face turnover with post to pin</p>
Combinations	<p>Harai goshi to O soto gari O soto gari to Ko soto gake</p>
Counters	<p>Counter to movement pattern: Tani otoshi Counter to O uchi gari: leg spin around</p>
Movement pattern	<p>Movement-forward</p>