

4th Kyu-Orange/Green-Yonkyu

The candidate for 4th Kyu must:

1. Achieve all 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 Transitions to Ne waza most of the time Has live toes most of the time Turns out of throws sometimes Uses movement more often than not Climbs into grips sometimes Scores with 2 throws Does 2 throws on non-dominant side Throws when pushed more often than not Uses hopping (Ken-ken) attacks sometimes Counters throws sometimes Defends against pins/turnovers sometimes</p>
Throws	<p>Uchi mata Ankle pick (Kibisu gaeshi) Morote gari</p>
Defense vs Throws	<p>Defense against leg pick up: hook</p>
Turnout skills	<p>Head/elbow roll</p>
Grips	<p>Arm pull down against collar grip Arm wrap around against label grip</p>
Pins	<p>Transition between three pins Kata gatame</p>
Escapes	<p>Leg over escape from Yoko shiho gatame Up hill turn escape from Ushiro kesa gatame Up hill turn escape from Kata gatame</p>
Chokes	<p>Sankaku jime from guard</p>
Armbars	<p>Juji gatame from bottom</p>
Turnovers & Entries	<p>Legs dominant turnover from back to pin Stack entry from guard to pin</p>
Combinations	<p>Uchi mata to Ko uchi gake and/or ankle pick O uchi gari to ankle pick</p>
Counters	<p>Counter to forward throw: jump around to throw Counter to O soto gari: O soto gari</p>
Movement pattern	