

5th Kyu-Orange-Gokyu

The candidate for 5th 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	Driver is straight more often than not Goes to the ground most of the time Transitions to Ne waza more often than not Has live toes more often than not Attempts to turn out of throws most of the time Uses movement sometimes Score with 2 throws Does 1 throw on non-dominant side Throws when pushed sometimes Counters throws sometimes
Throws	Ko soto gake O uchi gari Tani otoshi Leg pick up (Kuchiki taoshi)
Defense vs Throws	Hopping defense
Turnout skills	Rear turnout
Grips	Wrap around break against sleeve grip
Pins	Yoko shiho gatame to Tate shiho gatame Ushiro kesa gatame
Escapes	Leg entangling escape from Tate shiho gatame Leg over escape from Kesa gatame Up hill turn escape from Kami shiho gatame
Chokes	Gyaku juji jime
Armbars	Waki gatame from top
Turnovers & Entries	Underhook turnover to pin Arm trap roll to pin
Combinations	O uchi gari to forward throw
Counters	Ura nage against forward throw
Movement pattern	Movement-side