

6th Kyu-Yellow/Orange-Rokkyu

The candidate for 6th 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 sometimes Goes to the ground more often than not Transitions to Ne waza sometimes Has live toes sometimes Attempts to turn out of throws more often than not Uses movement sometimes Scores with 1 throw Does 1 throw on non-dominant side Throws when pushed sometimes
Throws	Ko uchi gake Ura nage Uki goshi
Defense vs Throws	Leg back against O soto gari
Turnout skills	Round off
Grips	Drive through break against a collar grip
Pins	Tate shiho gatame Kami shiho gatame
Escapes	Leg entangling escape from Kesa gatame Rocking escape from Tate shiho gatame
Chokes	Sode guruma jime from Tate shiho gatame Katate jime from behind
Armbars	Ude garami from top
Turnovers & Entries	Leg grab from bottom to pin Arm and leg turnover to pin
Combinations	Ippon seoi nage to Ko uchi gake
Counters	
Movement pattern	