

## 7th Kyu-Yellow-Shichikyu

The candidate for 7th Kyu must:

1. Achieve all performance goals
2. Demonstrate all technical requirements

<b>Performance Goals</b>	Driver is straight sometimes Goes to the ground sometimes Transitions to Ne waza sometimes Has live toes sometimes Attempts to turn out of throws sometimes Scores with 1 throw
<b>Throws</b>	Koshi guruma O soto gari Ippon seoi nage
<b>Defense vs Throws</b>	Outside leg jump around
<b>Turnout skills</b>	Back leg turnout
<b>Grips</b>	Sleeve and collar grip
<b>Pins</b>	Kesa gatame Yoko shiho gatame
<b>Escapes</b>	Up hill turn escape from Kesa gatame Up hill turn escape from Yoko shiho gatame
<b>Chokes</b>	Hadaka jime
<b>Armbars</b>	Juji gatame from top
<b>Turnovers &amp; Entries</b>	Cross face turnover to pin Swinging knees entry to pin
<b>Combinations</b>	Koshi guruma to O soto gari to Kesa gatame O soto gari to Ippon seoi nage to Kesa gatame
<b>Counters</b>	
<b>Movement pattern</b>	Movement-back