

# 1st Dan-Black-Shodan

The candidate for 1st Dan must:

1. Achieve at least 18 of the performance goals
2. Demonstrate all technical requirements
3. Demonstrate all technical requirements from previous ranks

<p><b>Performance Goals</b></p>	<p>Driver is straight most of the time          Goes to the ground most of the time          Successfully transitions to Ne waza more often than not          Has live toes most of the time          Turns out of throws most of the time          Uses movement most of the time          Climbs into grips most of the time          Throws within 1 touch          Attacks from 2 or 4 grip ranges          Scores with 5 throws          Does 2 throws on non-dominant side          Attacks in 4 directions          Throws when pushed most of the time          Throws when pulled more often than not          Uses hopping (Ken-Ken) attacks most of the time          Counters throws most of the time          Uses tachi waza combinations more often than not          Defends against pins/turnovers most of the time          Defends against chokes/armbars more often than not          Uses Ne waza combinations more often than not          Escapes from pins more often than not          Attacks from negative situations more often than not</p>
<p><b>Throws</b></p>	<p>Yoko kata guruma          Kata ashi dori          Yoko gake          Sumi gaeshi</p>
<p><b>Grips</b></p>	<p>Modified snap out break against lapel grip          Hand behind the knee break</p>
<p><b>Pins</b></p>	<p>Kuzure kesa gatame- 2 versions          Kuzure yoko shiho gatame- 2 versions</p>
<p><b>Escapes</b></p>	<p>Turn away escape from Yoko shiho gatame          Legs over escape from Kami shiho gatame</p>
<p><b>Chokes</b></p>	<p>Rolling Katate jime from the top          Tsukkomi jime</p>

<b>Armbars</b>	Ude gatame from top Spinning Juji gatame from top
<b>Turnovers &amp; Entries</b>	Knee in entry into ne waza Gamba turnover
<b>Combinations</b>	Kata ashi dori to forward throw Yoko gake to Uchi mata
<b>Counters</b>	Tsubame gaeshi
<b>Movement pattern</b>	Spinning entry