

# 1st Kyu-Brown-Ikkyu

The candidate for 1st Kyu must:

1. Achieve at least 17 of the performance goals
2. Demonstrate all technical requirements
3. Demonstrate all technical requirements from previous ranks

<b>Performance Goals</b>	<p>Driver is straight more often than not</p> <p>Goes to the ground most of the time</p> <p>Successfully transitions to Ne waza more often than not</p> <p>Has live toes most of the time</p> <p>Turns out of throws more often than not</p> <p>Uses movement most of the time</p> <p>Climbs into grips most of the time</p> <p>Throws within 2-3 touches</p> <p>Scores with 4 throws</p> <p>Does 2 throws on non-dominant side</p> <p>Attacks in 4 directions</p> <p>Throws when pushed most of the time</p> <p>Throws when pulled more often than not</p> <p>Uses hopping (Ken-Ken) attacks most of the time</p> <p>Counters throws more often than not</p> <p>Uses tachi waza combinations more often than not</p> <p>Defends against pins/turnovers most of the time</p> <p>Defends against chokes/armbars sometimes</p> <p>Uses Ne waza combinations sometimes</p> <p>Escapes from pins sometimes</p> <p>Attacks from negative situations sometimes</p>
<b>Throws</b>	<p>Uki waza</p> <p>Tomoe nage</p> <p>Sode tsuri komi goshi</p> <p>Okuri ashi barai</p>
<b>Defense vs Throws</b>	<p>Defense against forward throw: inside leg jump around</p>
<b>Turnout skills</b>	<p>Head/elbow roll from a throw</p>
<b>Grips</b>	<p>2 arm push away against lapel or collar grip</p>
<b>Pins</b>	<p>Kuzure tate shiho gatame</p> <p>Kuzure kami shiho gatame</p>
<b>Escapes</b>	<p>Bridge and roll escape from Tate shiho gatame</p> <p>Bridge and roll escape from Yoko shiho gatame</p> <p>Legs over escape from Kata gatame</p>
<b>Chokes</b>	<p>Sankaku jime from top</p> <p>Koshi jime from top</p>

<b>Armbar</b>	Standing Ude gatame Standing Waki gatame
<b>Turnovers &amp; Entries</b>	Chicken wing turnover Sit out escape turnover
<b>Combinations</b>	Sasae tsuri komi ashi to forward throw Rear throw to opposite side forward throw Ko uchi gake to rolling entry to pin
<b>Counters</b>	Counter to forward throw: Te guruma Counter to forward throw: Yoko guruma
<b>Movement pattern</b>	Circle and switch