

2nd Kyu-Blue-Nikyu

The candidate for 2nd Kyu must:

1. Achieve at least 15 of the performance goals
2. Demonstrate all technical requirements
3. Demonstrate all technical requirements from previous ranks

Performance Goals	<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 sometimes</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>Scores with 3 throws</p> <p>Does 2 throws on non-dominant side</p> <p>Attacks in 3 directions</p> <p>Throws when pushed most of the time</p> <p>Throws when pulled sometimes</p> <p>Uses hopping (Ken-Ken) attacks more often than not</p> <p>Counters throws more often than not</p> <p>Uses tachi waza combinations sometimes</p> <p>Defends against pins/turnovers most of the time</p> <p>Uses Ne waza combinations sometimes</p> <p>Escapes from pins sometimes</p>
Throws	<p>Tai otoshi</p> <p>De ashi barai</p> <p>Yoko guruma</p> <p>Makikomi</p>
Defense vs Throws	<p>Defense against forward throw: hook and twist and cut</p>
Turnout skills	<p>Back leg turnout from a throw</p>
Grips	<p>Snap out break through against lapel grip</p> <p>Cross lapel and sleeve grip</p>
Pins	<p>Kuzure kesa gatame</p> <p>Kuzure yoko shiho gatame</p>
Escapes	<p>Sit up escape from Kesa gatame</p> <p>Pant grab escape from Yoko shiho gatame</p> <p>Pant grab escape from Kesa gatame</p>
Chokes	<p>Kata juji jime from back</p> <p>Sode guruma jime from Kami shiho gatame</p>
Armbars	<p>Ude garami from bottom</p> <p>Waki gatame from sit out escape</p>

Turnovers & Entries	Rolling entries from guard Reversal from cross face turnover
Combinations	O soto gari to Sasae tsuri komi ashi or reverse Rear throw to Tai otoshi Tai otoshi to Ko uchi gake or ankle pick
Counters	Counter to Ko soto gake: Uchi mata Counter to Sasae tsuri komi ashi: leg grab
Movement pattern	Circle