

3rd Kyu-Green-Sankyu

The candidate for 3rd Kyu must:

1. Achieve all 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 sometimes</p> <p>Uses movement more often than not</p> <p>Climbs into grips more often than not</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 more often than not</p> <p>Throws when pulled sometimes</p> <p>Uses hopping (Ken-Ken) attacks sometimes</p> <p>Counters throws more often than not</p> <p>Uses tachi waza combinations sometimes</p> <p>Defends against pins/turnovers more often than not</p>
Throws	<p>Sasae tsuri komi ashi</p> <p>Kata guruma</p> <p>Te guruma</p> <p>Harai goshi</p>
Defense vs Throws	<p>Defense against forward throw: twist and cut</p>
Turnout skills	<p>Back leg turnout from a throw</p>
Grips	<p>Cross sleeve back slap</p> <p>Lapel pull away break against lapel grip</p>
Pins	<p>Sankaku gatame</p>
Escapes	<p>Leg entangling escape from Yoko shiho gatame</p> <p>Bridge and roll escape from Kesa gatame</p> <p>Pant grab escape from Kami shiho gatame</p>
Chokes	<p>Kataha jime</p> <p>Nami juji jime from behind</p>
Armbars	<p>Ude gatame from bottom</p>
Turnovers & Entries	<p>Gut wrench/lapel turnover from behind to pin</p> <p>Cross face turnover with post to pin</p>
Combinations	<p>Harai goshi to Osoto gari</p> <p>O soto gari to Ko soto gari/gake</p>

Counters	Counter to movement pattern: Tani otoshi Counter to O uchi gari: leg spin around
Movement pattern	Forward