

## 4th Kyu-Orange/Green-Yonkyu

The candidate for 4th Kyu must:

1. Achieve all 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>Transitions to Ne waza most of the time</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 sometimes</p> <p>Scores with 2 throws</p> <p>Does 2 throws on non-dominant side</p> <p>Throws when pushed more often than not</p> <p>Uses hopping (Ken-Ken) attacks sometimes</p> <p>Counters throws sometimes</p> <p>Defends against pins/turnovers sometimes</p>
<b>Throws</b>	<p>Uchi mata</p> <p>Ankle pick (Kibisu gaeshi)</p> <p>Morote gari</p>
<b>Defense vs Throws</b>	<p>Defense against leg pick up</p>
<b>Turnout skills</b>	<p>Head/elbow roll</p>
<b>Grips</b>	<p>Arm pull down against collar grip</p> <p>Arm wrap around against lapel grip</p>
<b>Pins</b>	<p>Transition between 3 pins</p> <p>Kata gatame</p>
<b>Escapes</b>	<p>Leg over escape from Yoko shiho gatame</p> <p>Up hill turn escape from Ushiro kesa gatame</p> <p>Up hill turn escape from Kata gatame</p>
<b>Chokes</b>	<p>Sankaku jime from guard</p>
<b>Armbars</b>	<p>Juji gatame from bottom</p>
<b>Turnovers &amp; Entries</b>	<p>Legs dominant turnover from back to pin</p> <p>Stack entry from guard to pin</p>
<b>Combinations</b>	<p>Uchi mata to Ko uchi gake/ankle pick</p> <p>O uchi gari to ankle pick</p>
<b>Counters</b>	<p>Counter to forward throw: jump around to throw</p> <p>Counter to O soto gari: O soto gari</p>