

## 5th Kyu-Orange-Gokyu

The candidate for 5th Kyu must:

1. Achieve all performance goals
2. Demonstrate all technical requirements
3. Demonstrate all technical requirements from previous ranks

<b>Performance Goals</b>	Driver is straight more often than not Goes to the ground more often than not Transitions to Ne waza more often than not Has live toes more often than not Attempts to turn out of throws most of the time Uses movement sometimes Scores with 2 throws Does 1 throw on non-dominant side Throws when pushed sometimes Counters throws sometimes
<b>Throws</b>	Ko soto gake O ouchi gari Tani otoshi Leg pick up (Kuchiki taoshi)
<b>Defense vs Throws</b>	Hopping defense
<b>Turnout skills</b>	Rear turnout
<b>Grips</b>	Wrap around break against sleeve grip
<b>Pins</b>	Yoko shiho gatame to Tate shiho gatame Ushiro kesa gatame
<b>Escapes</b>	Leg entangling escape from Tate shiho gatame Leg over escape from Kesa gatame Up hill turn from Kami shiho gatame
<b>Chokes</b>	Gyaku juji jime from the side Break down to Hadaka jime
<b>Armbars</b>	Waki gatame from top
<b>Turnovers &amp; Entries</b>	Underhook turnover to pin Arm trap and roll turnover to pin
<b>Combinations</b>	O uchi gari to forward throw O soto gari to Ippon seoi nage to Kami shiho gatame Ippon seoi nage to Ko uchi gake
<b>Counters</b>	Counter to forward throw: Ura nage
<b>Movement pattern</b>	Side

