

## 6th Kyu-Yellow/Orange-Rokkyu

The candidate for 6th Kyu must:

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

<b>Performance Goals</b>	Driver is straight sometimes Goes to the ground more often than not Transitions to Ne waza sometimes Has live toes sometimes Attempts to turn out of throws more often than not Uses movement sometimes Scores with 1 throw Does 1 throw on non-dominant side Throws when push sometimes
<b>Throws</b>	Ko uchi gake Ura nage Uki goshi
<b>Defense vs Throws</b>	Defense against O soto gari: leg back
<b>Turnout skills</b>	Round off
<b>Grips</b>	Drive through break against collar grip
<b>Pins</b>	Tate shiho gatame Kami shiho gatame
<b>Escapes</b>	Leg entangling escape from Kesa gatame Rocking escape from Tate shiho gatame
<b>Chokes</b>	Sode guruma jime from Tate shiho gatame Katate jime from behind
<b>Armbars</b>	Use garami from top
<b>Turnovers &amp; Entries</b>	Leg grab turnover from bottom to pin Arm and leg turnover to pin
<b>Combinations</b>	Ippon seoi nage to Ko uchi gake