

7th Kyu-Yellow-Shichikyu

The candidate for 7th Kyu must:

1. Achieve all performance goals
2. Demonstrate all technical requirements

Performance Goals	Driver is straight sometimes Goes to the ground sometimes Transitions to Ne waza sometimes Has live toes sometimes Attempts to turn out of throws sometimes Scores with 1 throw
Throws	Koshi guruma O soto gari Ippon seoi nage
Defense vs Throws	Outside leg jump around
Turnout skills	Back leg turnout
Grips	Sleeve and collar grip
Pins	Kesa gatame Yoko shiho gatame
Escapes	Up hill turn escape from Kesa gatame Up hill turn escape from Yoko shiho gatame
Chokes	Hadaka jime
Armbars	Juji gatame from top
Turnovers & Entries	Cross face turnover to pin Swinging knees entry to pin
Combinations	Koshi guruma to O soto gari to Kesa gatame O soto gari to Ippon seoi nage to Kesa gatame
Movement pattern	Backward