

1st Degree Blue Belt

The candidate for 1st degree blue belt must:

1. Achieve at least 15 of the performance goals
2. Demonstrate all technical requirements for this rank
3. Demonstrate all technical requirements from previous ranks

Performance Goals	<p>Driver is straight most of the time</p> <p>Goes to the ground most of the time</p> <p>Successfully transitions to Ne waza more often than not</p> <p>Has live toes most of the time</p> <p>Turns out of throws most of the time</p> <p>Uses movement most of the time</p> <p>Climbs into grips more often than not</p> <p>Scores with 4 throws</p> <p>Does 2 throws on non-dominant side</p> <p>Attacks in 3 directions</p> <p>Throws when pushed most of the time</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 most of the time</p> <p>Uses Ne waza combinations sometimes</p> <p>Attacks from negative situations more often than not</p>
Throws	<p>De ashi barai</p> <p>Sasae tsuri komi ashi</p>
Defense vs Throws	<p>Hook and twist and cut</p>
Grips	<p>Cross sleeve back slap</p>
Escapes	<p>Sit up escape from Kesa gatame</p>
Chokes	<p>Hadaka jime</p> <p>Sode guruma jime from Tate shiho gatame</p>
Armbars	<p>Juji gatame from top</p>
Turnovers & Entries	<p>Legs dominant turnover from back</p>
Combinations	<p>O soto gari to Sasae tsuri komi ashi</p>
Counters	<p>Counter to Ko soto gake: Uchi mata</p>
Movement pattern	<p>Circle</p>