

1st Degree Green Belt

The candidate for 1st degree green belt must:

1. Achieve at least 11 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 sometimes</p> <p>Has live toes most of the time</p> <p>Turns out of throws more often than not</p> <p>Uses movement most of the time</p> <p>Climbs into grips sometimes</p> <p>Scores with 3 throws</p> <p>Does 2 throws on non-dominant side</p> <p>Throws when pushed more often than not</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>Attacks from negative situations sometimes</p>
Throws	<p>Tai otoshi</p> <p>Kata guruma</p>
Defense vs Throws	<p>Defense against forward throw: twist and cut</p>
Turnout skills	<p>Tomoe nage turnout to Kami shiho gatame</p>
Grips	<p>Arm pull down break against collar grip</p>
Pins	<p>Sankaku gatame</p>
Escapes	<p>Bridge and roll escape from Kesa gatame</p>
Turnovers & Entries	<p>Cuban roll</p> <p>Trap and roll</p>
Combinations	<p>Tai otoshi to Ko uchi gake/ankle pick</p> <p>Rear throw to Tai otoshi</p>
Counters	<p>Counter to movement pattern: Tani otoshi</p> <p>Counter to leg pick up: hook and throw</p>
Movement pattern	<p>Forward</p>