

2nd Degree Green Belt

The candidate for 2nd degree green belt must:

1. Achieve at least 12 of the performance goals
2. Demonstrate all technical requirements for this rank
3. Demonstrate all technical requirements from previous ranks

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| 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>Harai goshi</p> <p>Te guruma</p> |
| Grips | <p>Arm wrap around break against lapel grip</p> |
| Pins | <p>Kuzure kesa gatame</p> <p>Kuzure yoko shiho gatame</p> |
| Escapes | <p>Leg entangling escape from Yoko shiho gatame</p> <p>Pant grab escape from Kesa gatame</p> <p>Leg over escape from Kesa gatame to Sankaku gatame</p> |
| Turnovers & Entries | <p>Sit out escape to pin</p> <p>Sit out escape to turnover</p> |
| Combinations | <p>O uchi gari to Harai goshi</p> <p>Harai goshi to O soto gari</p> |
| Counters | <p>Counter to O uchi gari: leg spin around</p> |