

3rd Degree Green Belt

The candidate for 3rd degree green belt must:

1. Achieve at least 13 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 4 throws</p> <p>Does 2 throws on non-dominant side</p> <p>Throws when pushed most of the time</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>Attacks from negative situations sometimes</p> |
| Throws | <p>Tomoe nage</p> <p>Yoko guruma</p> |
| Grips | Lapel pull away break against lapel grip |
| Pins | <p>Kuzure kami shiho gatame</p> <p>Kuzure tate shiho gatame</p> |
| Escapes | <p>Pant grab escape from Kesa gatame</p> <p>Pant grab escape from Yoko shiho gatame</p> |
| Turnovers & Entries | Lapel turnover from front |
| Combinations | Rear throw to Tomoe nage |
| Counters | Counter to O soto gari: O soto gari |