

## 1st Degree Orange Belt

The candidate for 1st degree orange belt must:

1. Achieve all performance goals
2. Demonstrate all technical requirements for this rank
3. Demonstrate all technical requirements from previous ranks

<b>Performance Goals</b>	Driver is straight more often than not Goes to the ground most of the time Transitions to Ne waza more often than not Has live toes more often than not Turns out of throws sometimes Uses movement more often than not Scores with 2 throws Does 1 throw on non-dominant side Throws when pushed sometimes Defends against pins/turnovers sometimes
<b>Throws</b>	O uchi gari Leg pick up (Kuchiki taoshi)
<b>Defense vs Throws</b>	Defense against O uchi gari: leg up
<b>Turnout skills</b>	Head roll
<b>Grips</b>	Wrap around break against sleeve grip
<b>Pins</b>	Ushiro kesa gatame
<b>Escapes</b>	Leg entangling escape from Tate shiho gatame
<b>Turnovers &amp; Entries</b>	Gut wrench turnover Cross face turnover with post
<b>Combinations</b>	O uchi gari to forward throw
<b>Counters</b>	Counter to forward throw: Ura nage
<b>Movement pattern</b>	Side