

## 2nd Degree Orange Belt

The candidate for 2nd 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 2 throws on non-dominant side Throws when pushed sometimes Counters throws sometimes Defends against pins/turnovers more often than not
<b>Throws</b>	Ko soto gake Tani otoshi
<b>Defense vs Throws</b>	Defense against leg pick up: hook
<b>Turnout skills</b>	Morote gari turnout
<b>Pins</b>	Kata gatame
<b>Escapes</b>	Leg over escape from Yoko shiho gatame Up hill turn escape from Ushiro kesa gatame
<b>Turnovers &amp; Entries</b>	Reversal
<b>Combinations</b>	Ippon seoi nage to Kami shiho gatame Ko soto gake to Tate shiho gatame
<b>Counters</b>	Counter to forward throw: Uki goshi