

3rd Degree Orange Belt

The candidate for 3rd 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

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| Performance Goals | Driver is straight more often than not Goes to the ground most of the time Transitions to Ne waza most of the time Has live toes more often than not Turns out of throws sometimes Uses movement more often than not Scores with 3 throws Does 2 throws on non-dominant side Throws when pushed more often than not Counters throws sometimes Defends against pins/turnovers more often than not |
| Throws | Uchi mata Morote gari Ankle pick (Kibisu gaeshi) |
| Defense vs Throws | Defense against forward throw: inside leg jump around |
| Turnout skills | Tomoe nage turnout |
| Pins | Kesa gatame to Kata gatame Yoko shiho gatame to Tate shiho gatame |
| Escapes | Leg over escape from Kesa gatame Up hill turn escape from Kata gatame |
| Turnovers & Entries | Leg grab from bottom |
| Combinations | Uchi mata to Ko uchi gake/ankle pick O uchi gari to ankle pick |
| Counters | Counter to forward throw: jump around to throw |