

2nd Degree White Belt

The candidate for 2nd degree white belt must:

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

Miscellaneous	Tie belt Sitting positions
Throws	Koshi guruma
Defense vs Throws	Defense against Koshi guruma: jump around
Turnout skills	Round off
Grips	Sleeve and collar grip
Pins	Kesa gatame
Escapes	Up hill turn escape from Kesa gatame