

## 3rd Degree White Belt

The candidate for 3rd 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

<b>Performance Goals</b>	Goes to the ground sometimes
<b>Throws</b>	O soto gari
<b>Pins</b>	Yoko shiho gatame
<b>Escapes</b>	Up hill turn escape from Yoko shiho gatame
<b>Turnovers &amp; Entries</b>	Swinging knees entry