

1st Degree Yellow Belt

The candidate for 1st degree yellow belt must:

1. Achieve all performance goals
2. Demonstrate all technical requirements for this rank

Performance Goals	Driver is straight sometimes Goes to the ground more often than not Transitions to Ne waza sometimes Has live toes sometimes Attempts to turn out of throws sometimes
	Uses movement sometimes
Throws	Koshi guruma O soto gari
Defense vs Throws	Defense against Koshi guruma: jump around
Turnout skills	Round off
Grips	Sleeve and collar grip
Pins	Kesa gatame Yoko shiho gatame
Escapes	Up hill turn escape from Kesa gatame
Turnovers & Entries	Swinging knees entry Cross face turnover
Combinations	Koshi guruma to O soto gari to Kesa gatame
Movement pattern	Back