

2nd Degree Yellow Belt

The candidate for 2nd degree yellow belt must:

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

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 more often than not Uses movement sometimes Does 1 throw on non-dominant side Defends against pins/turnovers sometimes
Throws	Ko uchi gake Ippon seoi nage
Defense vs Throws	Defense against O soto gari: leg back
Turnout skills	Back leg turnout
Grips	Drive through break against collar grip to Koshi guruma
Pins	Kami shiho gatame
Escapes	Leg entangling escape from Kesa gatame Up hill turn escape from Yoko shiho gatame
Turnovers & Entries	Arm and leg turnover
Combinations	O soto gari to Koshi guruma to Kesa gatame