

## 3rd Degree Yellow Belt

The candidate for 3rd 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

<b>Performance Goals</b>	Driver is straight more often than not Goes to the ground most of the time Transitions to Ne waza more often than not Has live toes more often than not Turns out of throws sometimes Uses movement more often than not Scores with 2 throws Does 1 throw on non-dominant side Throws when pushed sometimes Defends against pins/turnovers sometimes
<b>Throws</b>	Uki goshi Ura nage
<b>Turnout skills</b>	Rear turnout
<b>Grips</b>	Drive through break against collar grip to O soto gari
<b>Pins</b>	Tate shiho gatame
<b>Escapes</b>	Rocking escape from Tate shiho gatame Up hill turn escape from Kami shiho gatame
<b>Turnovers &amp; Entries</b>	Pipe wrench turnover Undertook turnover
<b>Combinations</b>	Ippon seoi nage to Ko uchi gake