



**Technical Rank Requirements  
for Junior 1<sup>st</sup> Degree (Yellow Belt)**



- **Nage Waza:** Throwing Techniques
  - O Soto Gari:** Major Outer Reap
  - Ippon Seoi Nage:** One-Arm Shoulder Throw
  - Morote Seoi Nage:** Two-Arm Shoulder Throw
  
- **Renraku Waza:** Combination Techniques
  - Any 2 Combination Throws
  
- **Kaeshi Waza:** Counter Techniques
  - O Soto Gari Gaeshi:** Major Outer Reap Counter
  
- **Osaekomi Waza:** Pinning (Hold-Down) Techniques
  - Kesa Gatame:** Scarf Hold
    - 1 Escape from Kesa Gatame
  - Kata Gatame:** Shoulder Hold
    - 1 Escape from Kata Gatame
  
- **Other Judo Skills**
  - Ukemi:** Falling Skills
  - Za Rei:** Kneeling Bow
  - Ritsu Rei:** Standing Bow
  - Seiza:** Formal Kneeling
  - Anza:** Cross-Legged Sitting
  - Proper Belt Tying**
  - Katame Waza (Grappling Techniques):** 1 entry into matwork when Uke is on hands & knees
  - Bogyo (Defense):** demonstrate defenses against the throwing techniques listed above