



## Cohoes Judo

### Technical Rank Requirements for Junior 2<sup>nd</sup> Degree (Yellow Belt w/ Stripe)



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

#### Plus the Following:

- **Nage Waza:** Throwing Techniques
  - **Goshi:** Major Hip Throw
  - **De Ashi Harai:** Advancing Foot Sweep
  - **Uchi Gari:** Major Inner Reap
- **Renraku Waza:** Combination Techniques
  - Any 2 Combination Throws
- **Kaeshi Waza:** Counter Techniques
  - Any 2 Counter Throws
- **Osaekomi Waza:** Pinning (Hold-Down) Techniques
  - **Kuzure Kesa Gatame:** Modified Scarf Hold
    - 1 Escape from Kuzure Kesa Gatame
- **Other Judo Skills**
  - **Counting:** 1-10 in Japanese
  - **Katame Waza (Grappling Techniques):** 2 entries into matwork when Uke is on hands & knees
  - **Bogyo (Defense):** demonstrate defenses against the throwing techniques listed above