



## Cohoes Judo

### Technical Rank Requirements for Junior 3<sup>rd</sup> Degree (Orange Belt)



- **All Technical Requirements for**
  - Junior 1<sup>st</sup> Degree (Yellow Belt)
  - Junior 2<sup>nd</sup> Degree (Yellow Belt w/ Stripe)

#### Plus the Following:

- **Nage Waza:** Throwing Techniques
  - Ko Soto Gari:** Minor Outer Reap
  - Ko Uchi Gari:** Minor Inner Reap
  - Koshi Guruma:** Hip Wheel
- **Renraku Waza:** Combination Techniques
  - Any 4 Combination Throws
- **Kaeshi Waza:** Counter Techniques
  - Any 3 Counter Throws
- **Osaekomi Waza:** Pinning (Hold-Down) Techniques
  - Yoko Shiho Gatame:** Side 4-Corner Hold
    - 1 Escape from Yoko Shiho Gatame
  - Kami Shiho Gatame:** Upper 4-Corner Hold
    - 1 Escape from Kami Shiho Gatame
- **Other Judo Skills**
  - Shizen Hon Tai:** Basic Natural Posture
  - Jigo Hon Tai:** Basic Defensive Posture
  - Ayumi Ashi:** Normal Walking
  - Tsugi Ashi:** Follow-Foot Walking
  - Katame Waza (Grappling Techniques):** 2 attacks & defenses using the guard position
  - Bogyo (Defense):** demonstrate defenses against the throwing techniques listed above