



Cohoes Judo

Technical Rank Requirements for Junior 4th Degree (Orange Belt w/ Stripe)



- **All Technical Requirements for**
 - Junior 1st Degree (Yellow Belt)
 - Junior 2nd Degree (Yellow Belt w/ Stripe)
 - Junior 3rd Degree (Orange Belt)

Plus the Following:

- **Nage Waza:** Throwing Techniques
 - Tsuri Komi Goshi:** Lifting Pulling Hip
 - Sesae Tsuri Komi Ashi:** Propping Lifting Pulling Foot (Foot Stop Throw)
 - Hiza Guruma:** Knee Wheel
- **Renraku Waza:** Combination Techniques
 - Any 4 Combination Throws
- **Kaeshi Waza:** Counter Techniques
 - Any 4 Counter Throws
- **Osaekomi Waza:** Pinning (Hold-Down) Techniques
 - Tate Shiho Gatame:** Straddling 4-Corner Hold
 - 1 Escape from Tate Shiho Gatame
- **Other Judo Skills**
 - Migi/Hidari Shizen Tai:** Right/Left Natural Posture
 - Migi/Hidari Jigo Tai:** Right/Left Defensive Posture
 - Migi/Hidari Tai Sabaki:** Right/Left Body Turning
 - Katame Waza (Grappling Techniques):** 3 attacks & defenses using the guard position
 - Bogyo (Defense):** demonstrate defenses against the throwing techniques listed above