



Cohoes Judo

Technical Rank Requirements for Junior 5th Degree (Green Belt)



- **All Technical Requirements for:**
 - Junior 1st Degree (Yellow Belt)
 - Junior 2nd Degree (Yellow Belt w/ Stripe)
 - Junior 3rd Degree (Orange Belt)
 - Junior 4th Degree (Orange Belt w/ Stripe)

Plus the Following:

- **Nage Waza:** Throwing Techniques
 - Uki Goshi:** Floating Hip Throw
 - Okuri Ashi Harai:** Sliding Foot Sweep
 - Tai Otoshi:** Body Drop
- **Renraku Waza:** Combination Techniques
 - Any 5 Combination Throws
- **Kaeshi Waza:** Counter Techniques
 - Any 4 Counter Throws
- **Osaekomi Waza:** Pinning (Hold-Down) Techniques
 - Makura Kesa Gatame:** Pillow Scarf Hold
 - 1 Escape from Makura Kesa Gatame
 - Ushiro Kesa Gatame:** Reverse Scarf Hold
 - 1 Escape from Ushiro Kesa Gatame
- **Other Judo Skills**
 - Happo No Kuzushi:** 8 Directions of Unbalancing
 - Randori:** Free Practice of Judo Techniques
 - Katame Waza (Grappling Techniques):** 4 attacks & defenses using the guard Position
 - Bogyo (Defense):** demonstrate defenses against the throwing techniques listed above