



## Cohoes Judo

### Technical Rank Requirements for Junior 7<sup>th</sup> Degree (Blue Belt)



➤ **All Technical Requirements for**

- Junior 1<sup>st</sup> Degree (Yellow Belt)
- Junior 2<sup>nd</sup> Degree (Yellow Belt w/ Stripe)
- Junior 3<sup>rd</sup> Degree (Orange Belt)
- Junior 4<sup>th</sup> Degree (Orange Belt w/ Stripe)
- Junior 5<sup>th</sup> Degree (Green Belt)
- Junior 6<sup>th</sup> Degree (Green Belt w/ Stripe)

**Plus the Following:**

➤ **Nage Waza:** Throwing Techniques

**Tsuri Goshi:** Lifting Hip

**Hane Goshi:** Springing Hip

**Harai Tsuri Komi Ashi:** Sweeping Lifting Pulling Foot

➤ **Renraku Waza:** Combination Techniques

Any 6 Combination Throws

➤ **Kaeshi Waza:** Counter Techniques

Any 6 Counter Throws

➤ **Osaekomi Waza:** Pinning (Hold-Down) Techniques

**Kuzure Yoko Shiho Gatame:** Variant Side 4-Corner Hold

1 Escape from Kuzure Yoko Shiho Gatame

**Kuzure Kami Shiho Gatame:** Variant Side 4-Corner Hold

1 Escape from Kuzure Kami Shiho Gatame

➤ **Other Judo Skills**

**Transition Techniques:** 2 transitions from Nage Waza (throwing techniques) to Katame Waza (grappling techniques)

**Bogyo (Defense):** demonstrate defenses against the throwing techniques listed above