



## Cohoes Judo

### Technical Rank Requirements for Junior 8<sup>th</sup> Degree (Blue Belt w/ Stripe)



➤ **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)
- Junior 7<sup>th</sup> Degree (Blue Belt)

**Plus the Following:**

➤ **Nage Waza:** Throwing Techniques

- Yoko Otoshi:** Side Drop
- Ashi Guruma:** Foot Wheel
- Kata Guruma:** Shoulder Wheel

➤ **Renraku Waza:** Combination Techniques

- Any 7 Combination Throws

➤ **Kaeshi Waza:** Counter Techniques

- Any 7 Counter Throws

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

- Sankaku Gatame:** Triangle Hold
- 1 Escape from Sankaku Gatame

➤ **Other Judo Skills**

- Transition Techniques:** 3 transitions from Nage Waza (throwing techniques) to Katame Waza (grappling techniques)
- Bogyo (Defense):** demonstrate defenses against the throwing techniques listed above