



Cohoes Judo

Technical Rank Requirements for Junior 12th Degree (Brown Belt w/ Stripe)



➤ **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)
- Junior 5th Degree (Green Belt)
- Junior 6th Degree (Green Belt w/ Stripe)
- Junior 7th Degree (Blue Belt)
- Junior 8th Degree (Blue Belt w/ Stripe)
- Junior 9th Degree (Purple Belt)
- Junior 10th Degree (Purple Belt w/ Stripe)
- Junior 11th Degree (Brown Belt)

Plus the Following:

- **Nage Waza:** Throwing Techniques
 - Soto Makikomi:** Outer Winding Throw
 - Hane Makikomi:** Springing Winding Throw
- **Renraku Waza:** Combination Techniques
 - Any 7 Combination Throws
- **Kaeshi Waza:** Counter Techniques
 - Any 6 Counter Throws
- **Shime Waza:** Choking/Strangulation Techniques
 - Kataha Jime:** Single Wing Choke
- **Other Judo Skills**
 - Transition Techniques:** 8 transitions from Nage Waza (throwing techniques) to Katame Waza (grappling techniques)
 - Bogyo (Defense):** demonstrate defenses against the throwing techniques listed above