



Cohoes Judo

Technical Rank Requirements for Senior Ikkyu (Brown Belt)



- **All Technical Requirements for Senior Gokyu (Yellow Belt), Senior Yonkyu (Green Belt), Senior Sankyu (Brown Belt), and Senior Nikyu (Brown Belt), Plus the Following:**
- **Nage Waza:** Throwing Techniques
 - Yoko Otoshi:** Side Drop
 - Ashi Guruma:** Foot Wheel
 - Tomoe Nage:** Stomach Throw
 - Kata Guruma:** Shoulder Wheel
- **Renraku Waza:** Combination Techniques
 - Any 7 Combination Throws
- **Kaeshi Waza:** Counter Techniques
 - Any 6 Counter Throws
- **Shime Waza:** Choking/Strangulation Techniques
 - Jigoku Jime:** Hell Strangle
 - Katate Jime:** One-Hand Choke
 - Ryote Jime:** Two-Hand Choke
- **Kansetsu Waza:** Joint Locking Techniques
 - Hiza Gatame:** Knee Arm Lock
 - Ashi Gatame:** Leg Arm Lock
 - Ude Hishigi Ude Gatame:** Arm Crush (Straight) Arm Lock
- **Other Judo Skills**
 - Transition Techniques:** 8 transitions from Nage Waza (throwing techniques) to Katame Waza (grappling techniques)
 - Bogyo (Defense):** demonstrate defenses against 8 throwing techniques