



## Technical Rank Requirements for Senior Shodan (Black Belt)



- **All Technical Requirements for Senior Gokyu (Yellow Belt), Senior Yonkyu (Green Belt), Senior Sankyu (Brown Belt), Senior Nikyu (Brown Belt), and Senior Ikkyu (Brown Belt), Plus the Following:**
- **Nage Waza:** Throwing Techniques
  - Sumi Gaeshi:** Corner Counter
  - Tani Otoshi:** Valley Drop
  - Hane Makikomi:** Springing Winding Throw
  - Sukui Nage:** Scooping Throw
  - Utsuri Goshi:** Changing Hip
  - O Guruma:** Major Wheel
  - Soto Makikomi:** Outer Winding Throw
  - Uki Otoshi:** Floating Drop
- **Renraku Waza:** Combination Techniques
  - Any 8 Combination Throws
- **Kaeshi Waza:** Counter Techniques
  - Any 8 Counter Throws
- **Shime Waza:** Choking/Strangulation Techniques
  - Demonstrate various applications of Shime Waza
- **Kansetsu Waza:** Joint Locking Techniques
  - Sankaku Garami:** Triangle Arm Lock
  - Sit-Out Entry** into Waki Gatame
- **Other Judo Skills**
  - Transition Techniques:** 10 transitions from Nage Waza (throwing techniques) to Katame Waza (grappling techniques)
  - Teaching:** Demonstrate understanding by teaching 1 Nage Waza
  - Nage No Kata:** Demonstrate the “Forms of Throwing”