



## Cohoes Judo

### Technical Rank Requirements for Junior 4<sup>th</sup> Degree (Orange 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)

#### Plus the Following:

- **Nage Waza:** Throwing Techniques
  - Tsuri Komi Goshi:** Lifting Pulling Hip
  - Sesae Tsuri Komi Ashi:** Propping Lifting Pulling Foot (Foot Stop Throw)
  - Hiza Guruma:** Knee Wheel
- **Renraku Waza:** Combination Techniques
  - Any 4 Combination Throws
- **Kaeshi Waza:** Counter Techniques
  - Any 4 Counter Throws
- **Osaekomi Waza:** Pinning (Hold-Down) Techniques
  - Tate Shiho Gatame:** Straddling 4-Corner Hold
    - 1 Escape from Tate Shiho Gatame
- **Other Judo Skills**
  - Migi/Hidari Shizen Tai:** Right/Left Natural Posture
  - Migi/Hidari Jigo Tai:** Right/Left Defensive Posture
  - Migi/Hidari Tai Sabaki:** Right/Left Body Turning
  - Katame Waza (Grappling Techniques):** 3 attacks & defenses using the guard position
  - Bogyo (Defense):** demonstrate defenses against the throwing techniques listed above