



## Cohoes Judo

### Technical Rank Requirements for Junior 6<sup>th</sup> Degree (Green 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)

#### Plus the Following:

- **Nage Waza**: Throwing Techniques
  - Harai Goshi**: Sweeping Hip
  - Uchi Mata**: Inner Thigh
  - Ko Soto Gake**: Minor Outer Hook
- **Renraku Waza**: Combination Techniques
  - Any 5 Combination Throws
- **Kaeshi Waza**: Counter Techniques
  - Any 5 Counter Throws
- **Osaekomi Waza**: Pinning (Hold-Down) Techniques
  - Uki Gatame**: Floating Hold
    - 1 Escape from Uki 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)**:
    - 1 entry into matwork when Tori is on hands & knees
    - 4 attacks & defenses using the guard position
  - Bogyo (Defense)**: demonstrate defenses against the throwing techniques listed above