



Cohoes Judo

Technical Rank Requirements for Junior 7th Degree (Blue Belt)



➤ **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)

Plus the Following:

➤ **Nage Waza:** Throwing Techniques

- Tsuri Goshi:** Lifting Hip
- Hane Goshi:** Springing Hip
- Harai Tsuri Komi Ashi:** Sweeping Lifting Pulling Foot

➤ **Renraku Waza:** Combination Techniques

- Any 6 Combination Throws

➤ **Kaeshi Waza:** Counter Techniques

- Any 6 Counter Throws

➤ **Osaekomi Waza:** Pinning (Hold-Down) Techniques

- Kuzure Yoko Shiho Gatame:** Variant Side 4-Corner Hold
- 1 Escape from Kuzure Yoko Shiho Gatame
- Kuzure Kami Shiho Gatame:** Variant Side 4-Corner Hold
- 1 Escape from Kuzure Kami Shiho Gatame

➤ **Other Judo Skills**

- Transition Techniques:** 2 transitions from Nage Waza (throwing techniques) to Katame Waza (grappling techniques)
- Bogyo (Defense):** demonstrate defenses against the throwing techniques listed above