



Cohoes Judo

Technical Rank Requirements for Junior 8th Degree (Blue Belt w/ Stripe)



➤ **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)
- Junior 7th Degree (Blue Belt)

Plus the Following:

➤ **Nage Waza:** Throwing Techniques

Yoko Otoshi: Side Drop

Ashi Guruma: Foot Wheel

Kata Guruma: Shoulder Wheel

➤ **Renraku Waza:** Combination Techniques

Any 7 Combination Throws

➤ **Kaeshi Waza:** Counter Techniques

Any 7 Counter Throws

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

Sankaku Gatame: Triangle Hold

1 Escape from Sankaku Gatame

➤ **Other Judo Skills**

Transition Techniques: 3 transitions from Nage Waza (throwing techniques) to
Katame Waza (grappling techniques)

Bogyo (Defense): demonstrate defenses against the throwing techniques listed above