



Cohoes Judo

Technical Rank Requirements for Junior 9th Degree (Purple 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)
- Junior 7th Degree (Blue Belt)
- Junior 8th Degree (Blue Belt w/ Stripe)

Plus the Following:

➤ **Nage Waza:** Throwing Techniques

- Tomoe Nage:** Stomach Throw
- Sumi Gaeshi:** Corner Counter
- Tani Otoshi:** Valley Drop

➤ **Renraku Waza:** Combination Techniques

- Any 6 Combination Throws

➤ **Kaeshi Waza:** Counter Techniques

- Any 4 Counter Throws

➤ **Shime Waza:** Choking/Strangulation Techniques

- Hadaka Jime:** Naked Choke

➤ **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