



Cohoes Judo

Technical Rank Requirements for Senior Nikyu (Brown Belt)



- **All Technical Requirements for Senior Gokyu (Yellow Belt), Senior Yonkyu (Green Belt), and Senior Sankyu (Brown Belt), Plus the Following:**
- **Nage Waza: Throwing Techniques**
 - Ko Soto Gake:** Minor Outer Hook
 - Tsuri Goshi:** Lifting Hip
 - Hane Goshi:** Springing Hip
 - Harai Tsuru Komi Ashi:** Sweeping Lifting Pulling Foot
- **Renraku Waza: Combination Techniques**
 - Any 6 Combination Throws
- **Kaeshi Waza: Counter Techniques**
 - Any 5 Counter Throws
- **Osaekomi Waza: Pinning (Hold-Down) Techniques**
 - Sankaku Gatame:** Triangle Hold
 - 1 Escape from Sankaku Gatame
 - Kuzure Kami Shiho Gatame:** Variant Side 4-Corner Hold
 - 1 Escape from Kuzure Kami Shiho Gatame
- **Shime Waza: Choking/Strangulation Techniques**
 - Sode Guruma Jime:** Sleeve Wheel Choke
 - Hadaka Jime:** 2 additional variants (positions)
- **Kansetsu Waza: Joint Locking Techniques**
 - Hara Gatame:** Stomach Arm Lock
 - Waki Gatame:** Arm-Pit Arm Lock
 - Te Gatame:** Hand Arm Lock
- **Other Judo Skills**
 - Transition Techniques:** 6 transitions from Nage Waza (throwing techniques) to Katame Waza (grappling techniques)
 - Bogyo (Defense):** demonstrate defenses against 6 throwing techniques