



Technical Rank Requirements for Senior Shodan (Black Belt)



- **All Technical Requirements for Senior Gokyu (Yellow Belt), Senior Yonkyu (Green Belt), Senior Sankyu (Brown Belt), Senior Nikyu (Brown Belt), and Senior Ikkyu (Brown Belt), Plus the Following:**
- **Nage Waza:** Throwing Techniques
 - Sumi Gaeshi:** Corner Counter
 - Tani Otoshi:** Valley Drop
 - Hane Makikomi:** Springing Winding Throw
 - Sukui Nage:** Scooping Throw
 - Utsuri Goshi:** Changing Hip
 - O Guruma:** Major Wheel
 - Soto Makikomi:** Outer Winding Throw
 - Uki Otoshi:** Floating Drop
- **Renraku Waza:** Combination Techniques
 - Any 8 Combination Throws
- **Kaeshi Waza:** Counter Techniques
 - Any 8 Counter Throws
- **Shime Waza:** Choking/Strangulation Techniques
 - Demonstrate various applications of Shime Waza
- **Kansetsu Waza:** Joint Locking Techniques
 - Sankaku Garami:** Triangle Arm Lock
 - Sit-Out Entry** into Waki Gatame
- **Other Judo Skills**
 - Transition Techniques:** 10 transitions from Nage Waza (throwing techniques) to Katame Waza (grappling techniques)
 - Teaching:** Demonstrate understanding by teaching 1 Nage Waza
 - Nage No Kata:** Demonstrate the “Forms of Throwing”