



TECHNIQUES OF KODOKAN JUDO

The many techniques used in Judo have been classified in different ways; this list is one of the ways used to classify Judo techniques and will help you to better understand the techniques you learn in class.

Classification of Judo Techniques

All Judo techniques are classified into one of three groups:

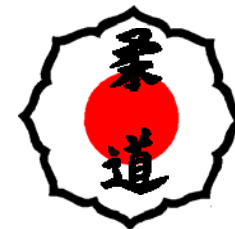
1. *Nage Waza*: Throwing techniques
2. *Katame Waza*: Grappling Techniques
3. *Atemi Waza*: Striking Techniques

This list of techniques will address categories #1 (*Nage Waza*) and #2 (*Katame Waza*). You will learn more about group #3 (*Atemi Waza*) as you attain black belt ranks in Judo.

1. *Nage Waza*: Judo throws are classified into one of two major groups:

- A. *Tachi Waza* (standing techniques), a group that includes “Te Waza” (hand techniques), “Koshi Waza” (hip techniques), and “Ashi Waza” (foot/leg techniques)
- B. *Sutemi Waza* (sacrifice techniques), a group that includes “Ma Sutemi Waza” (back sacrifice techniques) and “Yoko Sutemi Waza” (side sacrifice techniques)

Traditionally, *Nage Waza* were classified into five sets, together called the “*Go Kyo No Waza*”, or “Five Sets of Techniques”. Throws were grouped into these sets because the throws included in each “*Kyo*” (set) often use similar motions or principles, and it was thought that learning the throws in order could help students learn these principles easier (note: instructors in many Dojo do not follow the *Go Kyo No Waza* strictly, instead teaching techniques in a different order). The *Go Kyo No Waza* is as follows; the techniques are listed with Japanese and English names, the category of *Nage Waza* to which they belong, and the approximate rank that our Dojo normally requires students to learn the technique for (but note: these are not necessarily ‘rank requirements’ in our Dojo....your instructors may teach you techniques in a different order):



Dai Ikkyo

<i>De Ashi Harai</i>	Advancing Foot Sweep	Ashi	Gokyu (orange)
<i>Hiza Garuma</i>	Knee Wheel	Ashi	Rokyu (yellow)
<i>Sasae Tsuru Komi Ashi</i>	Foot Stop Throw	Ashi	Gokyu (orange)
<i>Uki Goshi</i>	Floating Hip	Koshi	Gokyu (orange)
<i>O Soto Gari</i>	Major Outside Reap	Ashi	Rokyu (yellow)
<i>O Goshi</i>	Major Hip	Koshi	Rokyu (yellow)
<i>O Uchi Gari</i>	Major Inner Reap	Ashi	Gokyu (orange)
<i>Seoi Nage (Ippon/Morote)</i>	Shoulder Throw (One Arm/Two)	Te	Rokyu (yellow)

Dai Nikyo

<i>Ko Soto Gari</i>	Minor Outside Reap	Ashi	Yonkyu (green)
<i>Ko Uchi Gari</i>	Minor Inside Reap	Ashi	Yonkyu (green)
<i>Koshi Guruma</i>	Hip Wheel	Koshi	Yonkyu (green)
<i>Tsuru Komi Goshi</i>	Lifting Pulling Hip	Koshi	Yonkyu (green)
<i>Okuri Ashi Harai</i>	Sliding Foot Sweep	Ashi	Sankyu (brown)
<i>Tai Otoshi</i>	Body Drop	Te	Sankyu (brown)
<i>Harai Goshi</i>	Sweeping Hip	Koshi	Sankyu (brown)
<i>Uchi Mata</i>	Inner Thigh	Ashi	Sankyu (brown)

Dai Sankyo

<i>Ko Soto Gake</i>	Minor Outside Hook	Ashi	Nikyu (brown)
<i>Tsuru Goshi</i>	Lifting Hip	Koshi	Nikyu (brown)
<i>Yoko Otoshi</i>	Side Drop	Yoko Sutemi	Ikkyu (brown)
<i>Ashi Guruma</i>	Foot Wheel	Ashi	Ikkyu (brown)
<i>Hane Goshi</i>	Springing Hip	Koshi	Nikyu (brown)
<i>Harai Tsurikomi Ashi</i>	Sweeping Lifting Pulling Foot	Ashi	Nikyu (brown)
<i>Tomoe Nage</i>	Stomach throw	Ma Sutemi	Ikkyu (brown)
<i>Kata Guruma</i>	Shoulder Wheel	Te	Ikkyu (brown)



More recently, other throwing techniques have been officially accepted into the approved list of Judo Nage Waza. The following is a list of these techniques:

Additional “Approved” Judo Techniques

<i>Obi Otoshi</i>	Belt Drop	Te
<i>Seoi Otoshi</i>	Shoulder Drop	Te
<i>Yama Arashi</i>	Mountain Storm	Te
<i>Morote Gari</i>	Double Arm reap	Te
<i>Kuchiki Taoshi</i>	Dead Tree Drop	Te
<i>Kibisu Gaeshi</i>	Heel Trip	Te
<i>Uchi Mata Sukashi</i>	Inner Thigh Slip	Te
<i>Ko Uchi Gaeshi</i>	Minor Inner Counter	Te
<i>Daki Age</i>	High Lift	Koshi
<i>Sode Tsurikomi Goshi</i>	Sleeve Grip Lifting Pulling Hip	Koshi
<i>O Soto Otoshi</i>	Major Outer Drop	Ashi
<i>Tsubame Gaeshi</i>	Swallow Counter	Ashi
<i>O Soto Gaeshi</i>	Major Outer Counter	Ashi
<i>O Uchi Gaeshi</i>	Major Inner Counter	Ashi
<i>Hane Goshi Gaeshi</i>	Springing Hip Counter	Ashi
<i>Harai Goshi Gaeshi</i>	Sweeping Hip Counter	Ashi
<i>Uchi Mata Gaeshi</i>	Inner Thigh Counter	Ashi
<i>Hikikomi Gaeshi</i>	Back Fall Reversal	Ma Sutemi
<i>Tawara Gaeshi</i>	Rice Bag Reversal	Ma Sutemi
<i>Daki Wakare</i>	High Separation	Yoko Sutemi
<i>Kani Basami</i>	Crab Claw	Yoko Sutemi
<i>Uchi Makikomi</i>	Inner Winding	Yoko Sutemi
<i>O Soto Makikomi</i>	Major Outer Winding	Yoko Sutemi
<i>Uchi Mata Makikomi</i>	Inner Thigh Winding	Yoko Sutemi
<i>Harai Makikomi</i>	Sweeping Winding	Yoko Sutemi
<i>Kawazu Gake</i>	One-Leg Entanglement	Yoko Sutemi



2. **Katame Waza:** Judo grappling techniques are classified into one of three major groups:

A. Osaekomi Waza: Pinning (hold-down) techniques

B: Shime Waza: Strangulation (choking) techniques

C. Kansetsu Waza: Joint-locking techniques

Osaekomi Waza

<i>Kesa Gatame</i>	Scarf Hold	<i>Kami Shiho Gatame</i>	Upper Four-Corner Hold
<i>Kuzure Kesa Gatame</i>	Modified Scarf Hold	<i>Kuzure Kami Shiho Gatame</i>	Modified Upper Four-Corner Hold
<i>Makura Kesa Gatame</i>	Pillow Scarf Hold	<i>Yoko Shiho Gatame</i>	Side Four-Corner Hold
<i>Ushiro Kesa Gatame</i>	Reverse Scarf Hold	<i>Kuzure Yoko Shiho Gatame</i>	Modified Side Four-Corner Hold
<i>Kata Gatame</i>	Shoulder Hold	<i>Tate Shiho Gatame</i>	Straddling Hold
<i>Uki Gatame</i>	Floating Hold	<i>Sankaku Gatame</i>	Triangle Hold

Shime Waza

<i>Nami Juji Jime</i>	Normal Cross Choke	<i>Sode Guruma Jime</i>	Sleeve Wheel Choke
<i>Gyaku Juji Jime</i>	Reverse Cross Choke	<i>Katate Jime</i>	One Hand Choke
<i>Kata Juji Jime</i>	Half Cross Choke	<i>Ryote Jime</i>	Two Hand Choke
<i>Hadaka Jime</i>	Naked Choke	<i>Tsukikomi Jime</i>	Poking (Thrusting) Choke
<i>Okuri Eri Jime</i>	Sliding Lapel Choke	<i>Sankaku Jime</i>	Triangle Choke
<i>Kataha Jime</i>	One-Wing Choke	<i>Jigoku Jime</i>	Hell Strangle

Kansetsu Waza

<i>Ude Garami</i>	Bent Arm Lock (arm up)	<i>Waki Gatame</i>	Armpit Arm Lock
<i>Ude Garami</i>	Bent Arm Lock (arm down)	<i>Hiza Gatame</i>	Knee Arm Lock
<i>Ude Gatame</i>	Straight Arm Lock	<i>Hara Gatame</i>	Center (Stomach) Arm Lock
<i>Ude Hishigi Ude Gatame</i>	Arm Crush Straight Arm Lock	<i>Ashi Gatame</i>	Leg Arm Lock
<i>Juji Gatame</i>	Cross Arm Lock	<i>Te Gatame</i>	Hand Arm Lock
<i>Ude Hishigi Juji Gatame</i>	Arm Crush Cross Arm Lock	<i>Sankaku Garami</i>	Triangle Arm Lock