Throwing Techniques of Judo
Nage Waza
Original By Bill Nauta of the Encino Judo Club

Compiled By Sensei Shawn Ritchie
Ashi Guruma - Foot Wheel

Deashi Harai - Advancing Foot Sweep

Hane Goshi - Spring Hip Throw

Hane Makikomi - Spring Wrap Around
Harai Goshi - Sweeping Hip Throw

Harai Tsurikomi Ashi - Lifting Pulling Foot Sweep

Hiza Guruma - Knee Wheel

* Ippon Seoinage - One Arm Shoulder Throw
Kani Basami - Flying Scissors (not legal in tournament)

Kata Guruma - Shoulder Wheel

* Kibisu Gaeshi - Heel Trip Reversal

Koshi Guruma - Hip Wheel
* Kosoto Gake - Minor Outside Hook

Kosoto Gama - Minor Outside Sickle

* Kosoto Gari - Minor Outside Reap

Kouchi Gake - Minor Inner Hook
Kouchi Gari - Minor Inner Reap

Kouchi Makikomi - Minor Inner Winding
Also called kouchi gari, kouchi gake, daki kouchi, or sutemi kouchi

Morote Seoinage - Two Arm Shoulder Throw

Nidan Kosoto Gari - Double Outside Reap
Nidan Kosoto Gake - Double Outside Hook

O Goshi - Major Hip Throw

O Guruma - Major Wheel

Okuri Ashi Harai - Sliding Foot Sweep
Osoto Gake - Major Outer Hook

*Osoto Gari - Major Outer Reaping

Osoto Guruma - Major Outer Wheel

Osoto Makikomi - Major Outer Wrap Around
Osoto Otoshi - Major Outer Drop

Ouchi Gake - Major Inner Hook

Ouchi Gari Major Inner Reaping

Sasae Tsurikomi Ashi - Lifting Pulling Ankle Block
Seoi Otoshi - Shoulder Drop

Sode Tsurikomi Goshi - Sleeve Lifting Pulling Hip

Soto Makikomi - Outer Wrap Around

Sukui Nage - Scoop Throw
Sumi Gaeshi - Corner Reversal

* Tai Otoshi - Body Drop

Tani Otoshi Valley Drop
Tawara Gaeshi - Rice Bag Reversal

Te Guruma - Hand Wheel

*Tomoe Nage - Circle Throw

Tsubame Gaeshi - Swallow Flight Reversal
Tsuri Goshi - Lifting Hip

Tsurikomi Goshi - Lifting Pulling Hip

Uchi Mata - Inner Thigh Throw

Uchi Mata Makikomi - Inner Thigh Wrap Around
Ude Gaeshi - Arm Reversal

Uki Goshi - Floating Hip

Uki Otoshi - Floating Drop

Uki Waza - Floating Technique
Ura Nage - Back Throw

Ushiro Goshi - Rear Hip Throw

Utsuri Goshi - Changing Hip Throw

Yama Arashi - Mountain Storm
Yoko Gake - Side Ho

Yoko Guruma - Side Wheel

Yoko Otoshi - Side Drop

Yoko Wakare - Side Separation