

Judo Techniques

Judo techniques or “*waza*” are classified into three primary groups:

1. ***Nage-Waza*** - Throwing techniques (69)
2. ***Katame-Waza*** – Grappling techniques
3. ***Atemi-Waza*** – Striking techniques

Nage-Waza, or throwing techniques, are grouped into two major sub-groups with further grouping:

- ***Tachi-Waza (45)*** - standing techniques, that includes:
 - ***Te-Waza*** - hand/arm techniques (15)
 - ***Koshi-Waza*** - hip techniques (11)
 - ***Ashi-Waza*** - foot or leg techniques (19)
- ***Sutemi-Waza (24)*** - sacrifice techniques , that includes:
 - ***Ma-Sutemi-Waza*** - back sacrifice techniques (8)
 - ***Yoko-Sutemi-Waza*** - side sacrifice techniques (16)

Note: some throws listed as an “approved” Kodokan recognized technique may not be permitted for competition. Check your current tournament rules or discuss with your Sensei.

Tachi-Waza – Standing techniques (45)

Te-Waza – Hand / Arm techniques (15)

- | | |
|-------------------|----------------------|
| • Ippon Seoinage | One Arm Shoulder |
| • Kata Guruma | Shoulder Wheel |
| • Kibisu Gaeshi | Heel Reversal |
| • Kuchiki Taoshi | Dead Tree Drop |
| • Morote Gari | Two Hand Leg Reaping |
| • Morote Seionage | Two Hand Shoulder |
| • Obi Otoshi | Belt Drop |
| • Obi Tori Gaeshi | Belt Grab Reversal |
| • Seio Otoshi | Shoulder Drop |
| • Sukuinage | Scoop |

- Sumi Otoshi Corner Drop
- Tai Otoshi Body Drop
- Uchimata Sukashi Inner Thigh Throw Slip
- Uki Otoshi Floating Drop
- Yama Arashi Mountain Storm

Koshi-Waza – Hip techniques (11)

- Daki Age High Lift
- Hane Goshi Spring Hip
- Harai Goshi Sweeping Hip
- Koshi Guruma Hip Wheel
- O Goshi Major Hip
- Sode Tsurikomi Goshi Sleeve Lifting Pulling Hip
- Tsuru Goshi Lifting Hip
- Tsurikomi Goshi Lifting Pulling Hip
- Uki Goshi Floating Hip
- Ushiro Goshi Rear Hip
- Utsuri Goshi Changing Hip

Ashi-Waza – Foot / Leg techniques (19)

- Ashi Guruma Leg Wheel
- Deashi Harai / Barai Advancing / Forward Foot Sweep
- Hane Goshi Gaeshi Spring Hip Counter
- Harai Goshi Gaeshi Sweeping Hip Counter
- Harai Tsurikomi Ashi Lifting Pulling Foot Sweep
- Hiza Guruma Knee Wheel
- Kosoto Gake Minor / Small Outside Hook
- Kosoto Gari Minor / Small Outside Sweep
- Kouchi Gari Minor / Small Inner Reap
- O Guruma Major / Big Wheel
- Okuriashi Harai / Barai Following Foot Sweep
- Osoto Gaeshi Major / Big Outside Reap Counter
- Osoto Guruma Major / Big Outside Wheel
- Osoto Otoshi Major / Big Outside Drop
- Ouchi Gaeshi Major / Big Inner Reversal
- Ouchi Gari Major / Big Inner Reap
- Sasae Tsurikomi Ashi Lifting Pulling Foot / Ankle Prop
- Tsubame Gaeshi Swallow Flight Reversal
- Uchimata Inner Thigh Throw
- Uchimata Gaeshi Inner Thigh Throw Reversal

***Sutemi-Waza* – Sacrifice techniques (24)**

***Ma-Sutemi-Waza* – Hand / Arm techniques (8)**

- Hikikomi Gaeshi Pulling-in Reversal
- Sumi Gaeshi Corner Reversal
- Tani Otoshi Valley Drop
- Tawara Gaeshi Rice Bale Reversal
- Tomoe Nage Circle Throw
- Uchi Makikomi Inner Winding
- Uchimata Makikomi Inner Thigh Winding
- Ura Nage Rear Throw

***Yoko-Sutemi-Waza* – Side Sacrifice techniques (16)**

- Daki Wakare High Lift and Separate
- Hane Makikomi Spring Winding
- Harai Makikomi Sweeping Winding
- Kani Basami Flying Crab / Scissors
- Kawazu Gake Leg Entanglement
- Kouchi Makikomi Minor / Small Inner Winding
- Osoto Makikomi Major / Big Outside Winding
- Soto Makikomi Outside Winding
- Tani Otoshi Valley Drop
- Uchi Makikomi Inner Winding
- Uchimata Makikomi Inner Thigh Winding
- Uki Waza Floating Technique
- Yoko Gake Side Hook
- Yoko Guruma Side Wheel
- Yoko Otoshi Side Drop
- Yoko Wakare Side Separation

Traditionally, ***Nage-Waza*** was classified into the "***Go-Kyo-No-Waza***" or **Five Sets of Techniques** consists of 40 throws grouped into five sets. These throws were grouped together in each ***Kyo*** (set) because they leveraged similar motions or principles, and it was thought that would make learning the judo principles easier. The ***kyo*** classification names use the Japanese numbering system followed by ***kyo***; eg., ***Dai-Ikkyo*** (first set)

Below is the ***Go-Kyo-No-Waza*** with Japanese and English names, along with the throwing sub-grouping:

Dai-Ikkyo

- De Ashi Harai Advancing Foot Sweep Ashi

- Hiza Garuma Knee Wheel Ashi
- Sasae Tsuru Komi Ashi Foot Stop Throw Ashi
- Uki Goshi Floating Hip Koshi
- O Soto Gari Major Outside Reap Ashi
- O Goshi Major Hip Koshi
- O Uchi Gari Major Inner Reap Ashi
- Seoi Nage (Ippon, Morote) Shoulder Throw (1 or 2 Arm) Te

Dai-Nikyo

- Ko Soto Gari Minor Outside Reap Ashi
- Ko Uchi Gari Major Outside Reap Ashi
- Koshi Guruma Hip Wheel Koshi
- Tsuru Komi Goshi Lift Pull Hip Koshi
- Okuri Ashi Harai Sliding Foot Sweep Ashi
- Tai Otoshi Body Drop Te
- Harai Ogoshi Sweeping Hip Koshi
- Uchi Mata Inner Thigh Ashi

Dai-Sankyo

- Ko Soto Gake Minor Outside Hook Ashi
- Tsuru Goshi Lift Hip Koshi
- Yoko Otoshi Side Drop Yoko Sutemi
- Ashi Guruma Foot Wheel Ashi
- Hane Goshi Springing Hip Koshi
- Harai Tsurikomi Ashi Sweeping Lift Pull Foot Ashi
- Tomoe Nage Stomach Throw Ma Sutemi
- Kata Guruma Shoulder Wheel Te

Dai-Yonkyo

- Sumi Gaeshi Corner Counter Ma Sutemi
- Tani Otoshi Valley Drop Yoko Sutemi
- Hane Makikomi Spring Winding Yoko Sutemi
- Sukui Nage Scooping Throw Te
- Utsuri Goshi Changing Hip Koshi
- O Guruma Major Wheel Ashi
- Soto Makikomi Outer Winding Yoko Sutemi
- Uki Otoshi Floating Drop Te

Dai-Gokyo

- O Soto Guruma Major Outside Wheel Ashi
- Uki Waza Floating Technique Ashi
- Yoko Wakare Side Body Separation Yoko Sutemi
- Yoko Guruma Side Wheel Yoko Sutemi
- Ura Nage Rear Throw Ma Sutemi

• Ushiro Goshi	Backward Hip	Koshi
• Sumi Otoshi	Corner Drop	Te
• Yoko Gake	Side Hood	Yoko Sutemi

In addition, other throwing techniques have been officially accepted into the Kodokan “approved” list of ***judo nage-waza*** - see below. However, not all “approved” throws are permitted in tournaments, please check with current tournament rules and regulations, or discuss with your *Sensei*.

Additional “approved” judo techniques:

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

2. *Katame Waza (38)*, or grappling techniques, are classified into three major groups:

- ***Osaekomi Waza*** – Pinning (hold down) techniques (12)
- ***Shime Waza*** – Strangulation (choking – blood / breathing) techniques (14)
- ***Kansetsu Waza*** – Joint-locking (elbow) techniques (12)

There may be confusion with Japanese judo terms such as **Katame waza** versus **Ne waza**. **Katame waza** are all grappling techniques that can be used on the mat, and standing up, that include chokes and joint locks. **Ne waza** is a subset of techniques that refer to on the mat techniques that include pins, chokes and joint locks.

Osaekomi-Waza – Pinning / Holding techniques (12)

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|----------------------------|---------------------------------|
| • Hon Kesa Gatame | Normal Scarf Hold |
| • Kami Shiho Gatame | Upper Four Corner Hold |
| • Kata Gatame | Shoulder Hold |
| • Kesa Gatame | Scarf Hold |
| • Kuzure Kami Shiho Gatame | Modified Upper Four Corner Hold |
| • Kuzure Kata Gatame | Modified Shoulder Hold |
| • Kuzure Kesa Gatame | Modified Scarf Hold |
| • Makura Kesa Gatame | Pillow Scarf Hold |
| • Sankaku Gatame | Triangle Hold |
| • Tate Shiho Gatame | Straddling Four Corner Hold |
| • Yoko Shiho Gatame | Side Four Corner Hold |
| • Uki Gatame | Floating Hold |
| • Ushiro Kesa Gatame | Rear Scarf Hold |

Shime-Waza – Choking techniques (14)

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|--------------------------|---------------------|
| • Gyaku Juji Jime | Reverse Cross Choke |
| • Hadaka Jime | Rear Naked Choke |
| • Jigoku Jime | Hell Choke |
| • Kataha Jime | Single Wing Choke |
| • Kata Te Jime | Single Hand Choke |
| • Kata Juji Jime | Half Cross Choke |
| • Kata Te Jime | One Hand Choke |
| • Koshi Jime | Hip / Clock Choke |
| • Nami Juji Jime | Normal Cross Choke |
| • Okuri Eri Jime | Sliding Lapel Choke |
| • Ryo Te Jime | Two Hand Choke |
| • Sankaku (Sangaku) Jime | Triangle Choke |
| • Sode Guruma Jime | Sleeve Wheel Choke |
| • Tsukkomi Jime | Thrusting Choke |

Kansetsu-Waza – Joint Locking techniques (12) “Ude” means arm

- | | |
|------------------|---|
| • Ashi Gatame | Foot / Leg Lock (applied on foot / leg) |
| • Hiza Gatame | Knee Lock (applied on arm) |
| • Kannuki Gatame | Wrist Lock |

- Mae-geri
- Naname-geri
- Taka-geri
- Ushiro-geri
- Yoko-geri

Front Kick
Crossing / Roundhouse Kick
High Front Kick
Rear Kick
Side Kick