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
- Kata Guruma
- Kibisu Gaeshi
- Kuchiki Taoshi
- Morote Gari
- Morote Seionage
- Obi Otoshi
- Obi Tori Gaeshi
- Seio Otoshi
- Sukuinage
- One Arm Shoulder
- Shoulder Wheel
- Heel Reversal
- Dead Tree Drop
- Two Hand Leg Reaping
- Two Hand Shoulder
- Belt Drop
- Belt Grab Reveral
- Shoulder Drop
- 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 Tsuri 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
- Tsuri 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
- Tsuri 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)

- 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)

- Gyaku Juji Jime Reverse Cross Choke
- Hadaka Jime Rear Naked Choke
- Jiguku 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
• Ude Hishigi Ashi Gatame  Leg Lock
• Ude Hishigi Hara Gatame  Center / Stomach Lock
• Ude Hishigi Hiza Gatame  Knee Lock
• Ude Hishigi Juji Gatame  Cross Lock
• Ude Hishigi Sankaku Gatame  Triangle Lock
• Ude Hishigi Te Gatame  Hand Lock
• Ude Hishigi Ude Gatame  Straight Arm Lock
• Ude Hishigi Waki Gatame  Armpit Lock
• Ude Garami  Entangled Arm Lock

3. **Atemi-Waza (22)**, or striking techniques, are classified into two major groups:

- **Ude Ate Waza** – Arm / Hand striking techniques (17)
- **Ashi Ate Waza** – Leg / Foot striking techniques (5)

*Atemi Waza* has its roots from the martial art of jujitsu and is not legal in tournaments and would result in *Hansokumake* or disqualification, and is therefore generally not taught today. In the **Ude Ate Waza** several Japanese words are used interchangeably for striking, cut and blows – *Uchi, Ate, and Tsuki*.

**Ude Ate Waza** – Arm / Hand striking techniques (17)

- Empi-uchi  Elbow Blow
- Kami-ate  Upward Blow
- Kiri-oroshi  Downward / Knife Hand Blow
- Naname-ate  Crossing Blow
- Naname-uchi  Front Side (Carotid) Blow
- Ryogan-tsuki  Upperward Throat Strike; Finger Tips to Eyes
- Shimo-tsuki  Downward Blow
- Tsuki-age  Uppercut
- Tsuki-dashi  Thrusting Fingers Blow to Stomach
- Tsukkake  Straight Punch
- Uchi-oroshi  Downward Strike
- Ushiro-ate  Rear Elbow Strike
- Ushiro-sumi-tsuki  Rear Corner Blow
- Ushiro-tsuki  Rear Blow
- Ushiro-uchi  Rear Blow
- Yoko-ate  Side Blow
- Yoko-uchi  Side Blow

**Ashi Ate Waza** – Leg / Foot striking techniques (5)

- Mae-ate  Front Knee
• Mae-geri  Front Kick
• Naname-geri  Crossing / Roundhouse Kick
• Taka-geri  High Front Kick
• Ushiro-geri  Rear Kick
• Yoko-geri  Side Kick