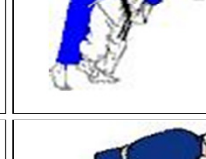
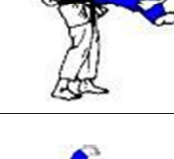
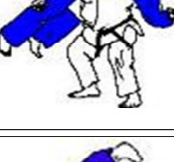
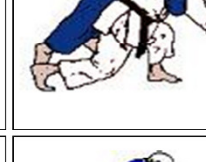
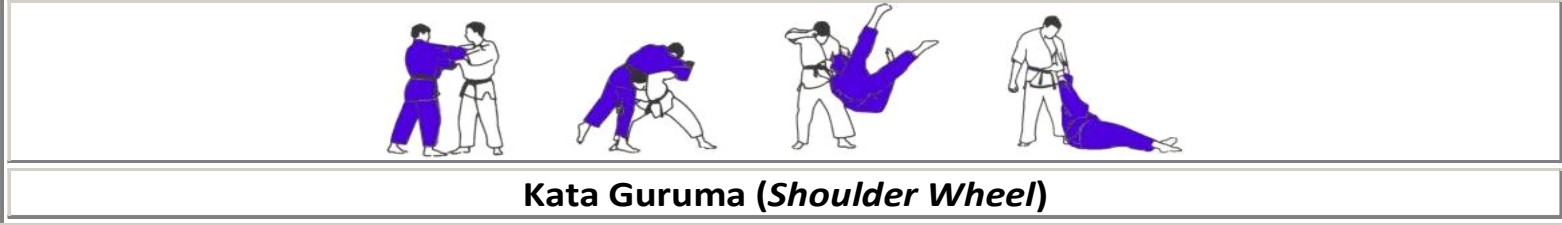
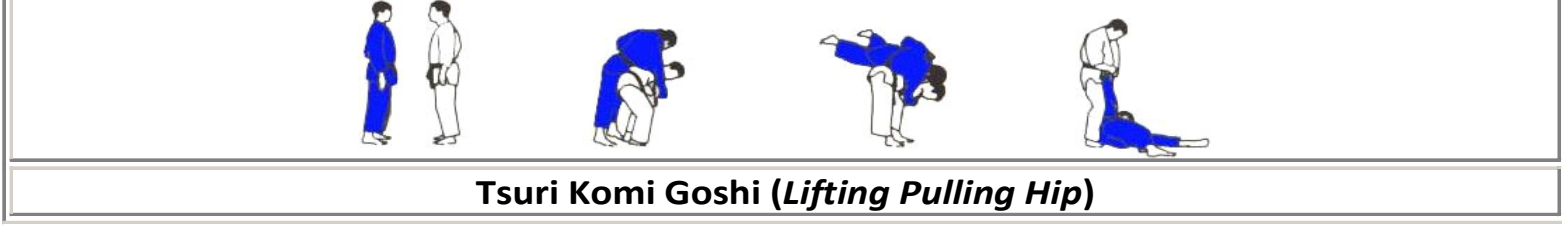


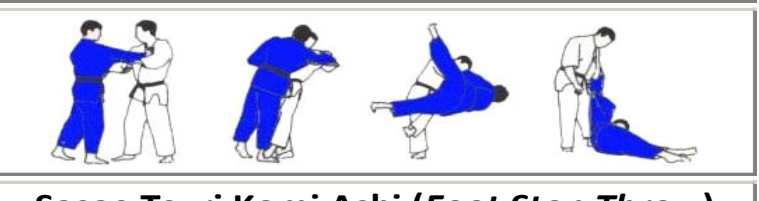
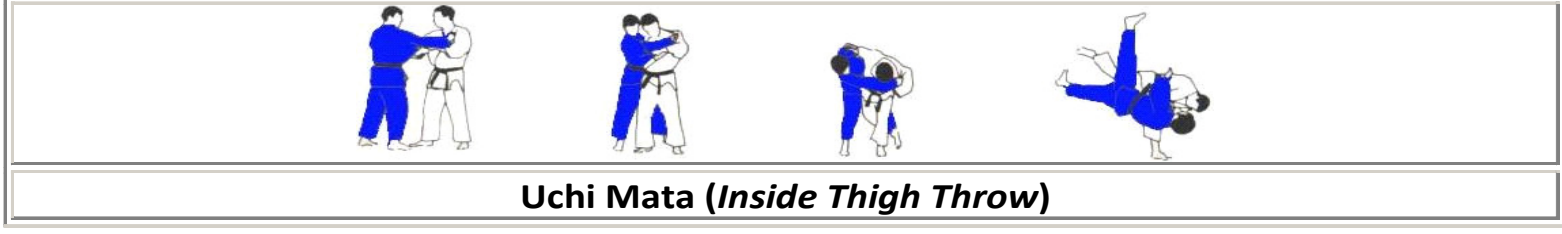
The Traditional Gokyo no Waza of Kodokan Judo

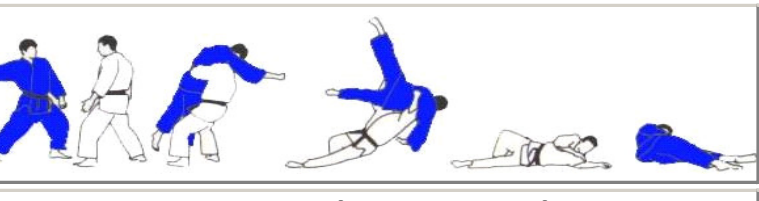
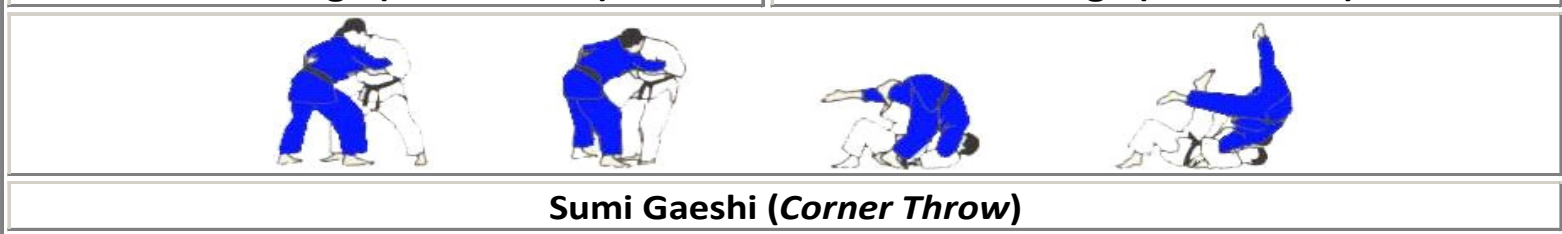
Dai Ikkyo			Dai Nikyo			Dai Sankyo			Dai Yonkyo			Dai Gokyo		
大外刈	O Soto Gari (Major Outer Reap)		小外刈	Ko Soto Gari (Minor Outer Reap)		小外掛	Ko Soto Gake (Minor Outer Hook)		隅返	Sumi Gaeshi (Corner Throw)		大外車	O Soto Guruma (Major Outer Wheel)	
大内刈	O Uchi Gari (Major Inner Reap)		小内刈	Ko Uchi Gari (Minor Inner Reap)		釣腰	Tsuri Goshi (Pulling Hip)		谷落	Tani Otoshi (Valley Drop)		浮技	Uki Waza (Floating Technique)	
大腰	O Goshi (Major Hip Throw)		腰車	Koshi Guruma (Hip Wheel)		横落	Yoko Otoshi (Side Body Drop)		大車	O Guruma (Major Wheel)		横分	Yoko Wakare (Side Separation)	
一本背負投	Ippon Seoi Nage (One Arm Shoulder Throw)		送足払	Okuri Ashi Harai (Gathering Foot Sweep)		足車	Ashi Guruma (Leg Wheel)		掬投	Sukui Nage (Scooping Throw)		横車	Yoko Guruma (Side Wheel)	
支釣込足	Sasae Tsuri Komi Ashi (Foot Stop Throw)		体落	Tai Otoshi (Body Drop)		巴投	Tomoe Nage (Circle Throw)		浮落	Uki Otoshi (Floating Body Drop)		裏投	Ura Nage (Rear Throw)	
出足払	De Ashi Harai (Advancing Foot Sweep)		釣込腰	Tsuri Komi Goshi (Lifting Pulling Hip)		払釣込足	Harai Tsuri Komi Ashi (Sweeping Lifting Pulling Sweep)		跳巻込	Hane Makikomi (Springing Winding Pulling Throw)		後腰	Ushiro Goshi (Backward Hip)	
膝車	Hiza Guruma (Knee Wheel)		払腰	Harai Goshi (Sweeping Hip)		肩車	Kata Guruma (Shoulder Wheel)		外巻込	Soto Makikomi (Outside Winding Pulling Throw)		隅落	Sumi Otoshi (Corner Body Drop)	
浮腰	Uki Goshi (Floating Hip)		内股	Uchi Mata (Inside Thigh Throw)		跳ね腰	Hane Goshi (Springing Hip)		移腰	Utsuri Goshi (Changing Hip)		横掛	Yoko Gake (Side Hook)	

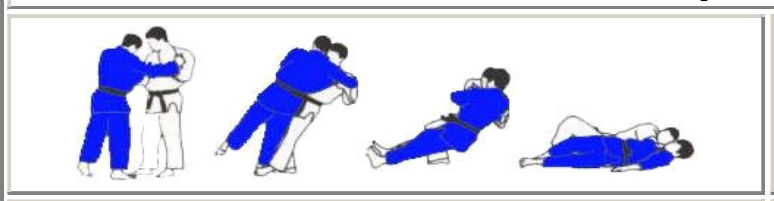
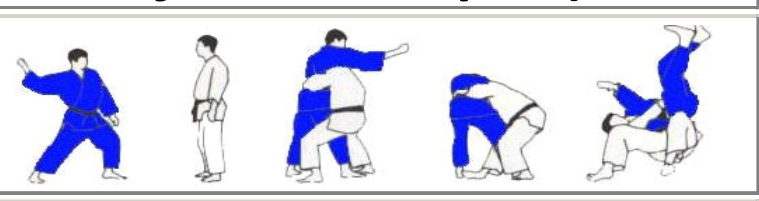
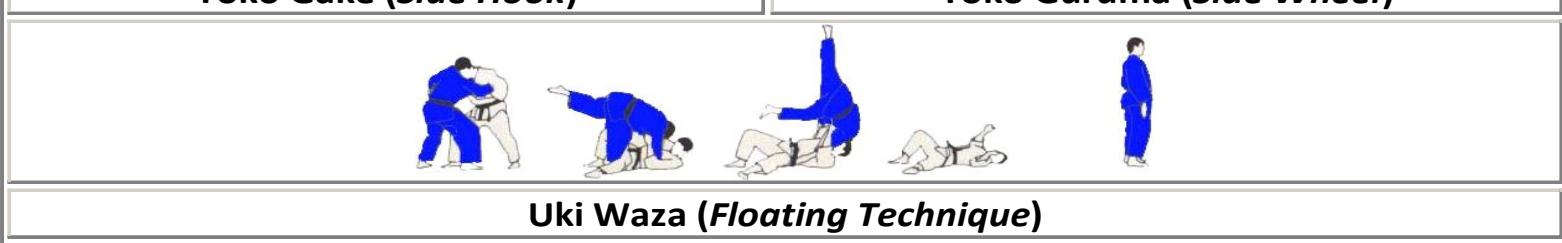
Nage no Kata (Forms of Throwing)

Te Waza (Hand Techniques)	
	
	

Koshi Waza (Hip Techniques)	
	
	

Ashi Waza (Foot Techniques)	
	
	

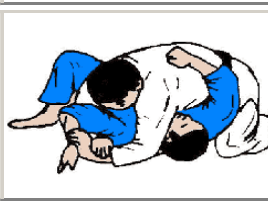
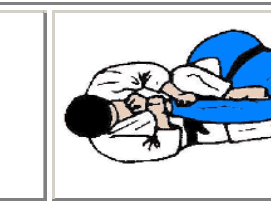
Ma Sutemi Waza (Rear Sacrifice Techniques)	
	
	

Yoko Sutemi Waza (Side Sacrifice Techniques)	
	
	

Katame no Kata (Forms of Grappling)

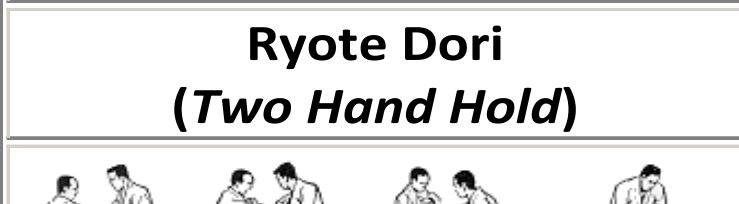
Osaekomi Waza (Pins or Holding Techniques)				
				

Shime Waza (Choking Techniques)				
				

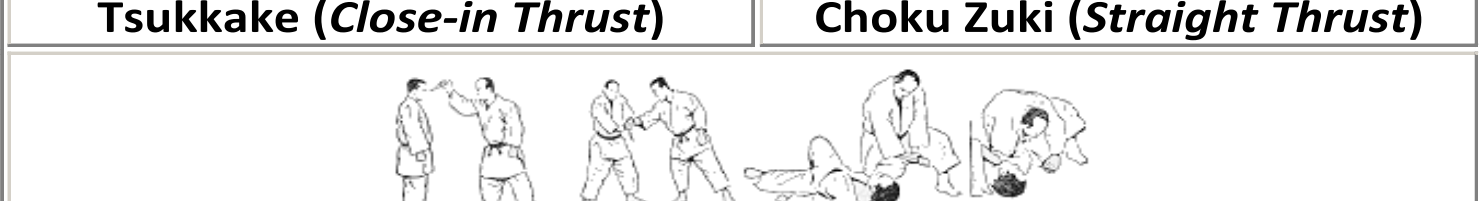
Kansetsu Waza (Joint Locks)				
				



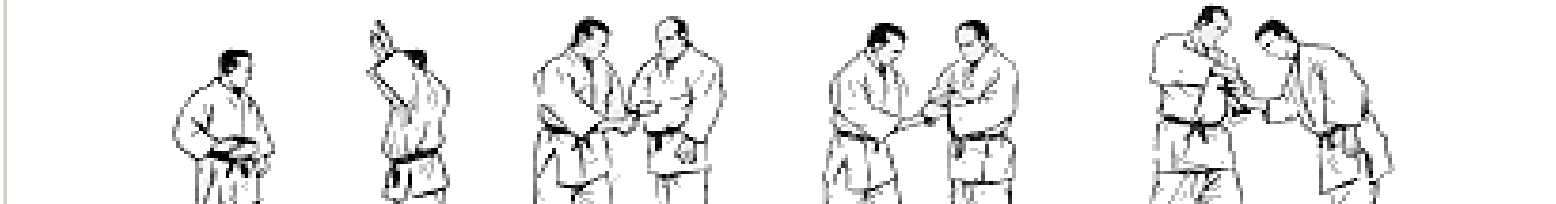
Goshin Jutsu (Forms of Self Defense)

Unarmed Close-in Attacks by Holding	
	
	
	
	

Unarmed Attacks at a Distance	
	
	
	

Armed Attacks - Knife	
	
	

Armed Attacks - Stick	
	
	
	

Armed Attacks - Gun	
	
	
	

Basic Pins (Osaekomi Waza)

Basic Chokes (Shime Waza)

Basic Joint Locks (Kansetsu Waza)

Few Additional Throws (Shinmeisho no Waza)