











Middletown Judo Club

The Traditional Gokyo of Kodokan Judo

柔道

Da Ikkyo (Group 1)

							
De Ashi Harai (Advancing Foot Sweep)	Hiza Guruma (Knee Wheel)	Sasae Tsurikomi Ashi (Foot Stop Throw)	Uki Goshi (Floating Hip)	O Soto Gari (Major Outer Reap)	O Goshi (Major Hip Throw)	O Uchi Gari (Major Inner Reap)	Seoi Nage (Shoulder Throw)

Dai Nikyo (Group 2)

							
Ko Soto Gari (Minor Outer Reap)	Ko Uchi Gari (Minor Inner Reap)	Koshi Guruma (Hip Wheel)	Tsuru Komi Goshi (Lifting Pulling Hip)	Okuri Ashi Harai (Gathering Foot Sweep)	Tai Otoshi (Body Drop)	Harai Goshi (Sweeping Hip)	Uchi Mata (Inside Thigh Throw)

Dai Sankyo (Group 3)

							
Ko Soto Gake (Minor Outer Hook)	Tsuru Goshi (Pulling Hip)	Yoko Otoshi (Side Body Drop)	Ashi Guruma (Leg Wheel)	Hane Goshi (Springing Hip)	Harai Tsuru Komi Ashi (Sweeping Lifting Pulling Sweep)	Tomoe Nage (Circle Throw)	Kata Guruma (Shoulder Wheel)

Dai Yonkyo (Group 4)

							
Sumi Gaeshi (Corner Throw)	Tani Otoshi (Valley Drop)	Hane Makikomi (Springing Winding Pulling Throw)	Sukui Nage (Scooping Throw)	Utsuri Goshi (Changing Hip)	O Guruma (Major Wheel)	Soto Makikomi (Outside Winding Pulling Throw)	Uki Otoshi (Floating Body Drop)

Dai Gokyo (Group 5)

							
O Soto Guruma (Major Outer Wh.)	Uki Waza (Floating Tech.)	Yoko Wakare (Side Separation)	Yoko Guruma (Side Wheel)	Ushiro Goshi (Backward Hip)	Ura Nage (Rear Throw)	Sumi Otoshi (Crn. Body Drop)	Yoko Gake (Side Hook)