



# Middletown Judo Club

The Traditional Gokyo of Kodokan Judo

柔道

YONEN (3-12)					Da Ikkyo (Group 1)		SHONEN (13-15)		SEINEN (16 +)
O Soto Gari (Major Outer Reap)	O Uchi Gari (Major Inner Reap)	O Goshi (Major Hip Throw)	Sasae Tsurikomi Ashi (Foot Stop Throw)	Seoi Nage (Shoulder Throw)	De Ashi Harai (Advancing Foot Sweep)	Uki Goshi (Floating Hip)	Hiza Guruma (Knee Wheel)		

YONEN (3-12)					Dai Nikyo (Group 2)		SHONEN (13-15)		SEINEN (16 +)
Ko Soto Gari (Minor Outer Reap)	Ko Uchi Gari (Minor Inner Reap)	Koshi Guruma (Hip Wheel)	Tai Otoshi (Body Drop)	Okuri Ashi Harai (Gathering Foot Sweep)	Tsuru Komi Goshi (Lifting Pulling Hip)	Harai Goshi (Sweeping Hip)	Uchi Mata (Inside Thigh Throw)		

YONEN (3-12)					Dai Sankyo (Group 3)		SHONEN (13-15)		SEINEN (16 +)
Ko Soto Gake (Minor Outer Hook)	Tsuru Goshi (Pulling Hip)	Yoko Otoshi (Side Body Drop)	Ashi Guruma (Leg Wheel)	Tomoe Nage (Circle Throw)	Harai Tsuru Komi Ashi (Sweeping Lifting Pulling Sweep)	Hane Goshi (Springing Hip)	Kata Guruma (Shoulder Wheel)		

YONEN (3-12)					Dai Yonkyo (Group 4)		SHONEN (13-15)		SEINEN (16 +)
Sumi Gaeshi (Corner Throw)	Tani Otoshi (Valley Drop)	Uki Otoshi (Floating Body Drop)	Sukui Nage (Scooping Throw)	O Guruma (Major Wheel)	Utsuri Goshi (Changing Hip)	Soto Makikomi (Outside Winding Pulling Throw)	Hane Makikomi (Springing Winding Pulling Throw)		

YONEN (3-12)					Dai Gokyo (Group 5)		SHONEN (13-15)		SEINEN (16 +)
O Soto Guruma (Major Outer Wh.)	Uki Waza (Floating Tech.)	Yoko Wakare (Side Separation)	Yoko Guruma (Side Wheel)	Ura Nage (Rear Throw)	Ushiro Goshi (Backward Hip)	Yoko Gake (Side Hook)	Sumi Otoshi (Crn. Body Drop)		