The Traditional Gokyo no Waza of Kodokan Judo

### Dai Ikkyo
- O Soto Gari (Major Outer Reap)
- O Uchi Gari (Major Inner Reap)
- O Goshi (Major Hip Throw)
- Ippon Seoi Nage (One Arm Shoulder Throw)
- Sasae Tsuri Komi Ashi (Foot Stop Throw)
- De Ashi Harai (Advancing Foot Sweep)
- Hiza Guruma (Knee Wheel)
- Uki Goshi (Floating Hip)
- Uchi Mata (Inside Thigh Thrown)

### Dai Nikyo
- Ko Soto Gari (Minor Outer Reap)
- Ko Uchi Gari (Minor Inner Reap)
- Koshi Guruma (Hip Wheel)
- Okuri Ashi Harai (Gathering Foot Sweep)
- Tai Otoshi (Body Drop)
- Tsurii Komi Goshi (Lifting Pulling Hip)
- Harai Tsuri Komi Ashi (Sweeping Lifting Pulling Sweep)
- Kata Guruma (Shoulder Wheel)
- Hane Makikomi (Springing Winding Pulling Throw)
- Furu Goshi (Backward Hip)

### Dai Sankyo
- Ko Soto Gake (Minor Outer Hook)
- Tsuri Goshi (Pulling Hip)
- Yoko Otoshi (Side Body Drop)
- Ashi Guruma (Leg Wheel)
- Tomoe Nage (Circle Throw)
- Uchi Mata (Inside Thigh Thrown)
- Kata Guruma (Shoulder Wheel)
- Hane Makikomi (Springing Winding Pulling Throw)
- Koshi Waza (Rear Throw)

### Dai Yonkyo
- Ko Soto Gaeshi (Minor Outer Hook)
- Tani Otoshi (Valley Drop)
- O Guruma (Major Wheel)
- Sukui Nage (Scoping Throw)
- Uki Otoshi (Floating Body Drop)
- Sasae Tsuri Komi Ashi (Foot Stop Throw)
- Hane Makikomi (Springing Winding Pulling Throw)
- Utsuri Goshi (Changing Hip)

### Dai Gokyo
- O Soto Guruma (Major Outer Reap)
- Uki Waza (Floating Technique)
- Yoko Wokare (Side Separation)
- Yoko Guruma (Side Wheel)
- Ura Nage (Rear Throw)

### Basic Pins (Osaekomi Waza)
- Basic Chokes (Shime Waza)
- Basic Joint Locks (Kansetsu Waza)
- Few Additional Throws (Shinmeisho no Waza)

### Katame no Kata (Forms of Grappling)
- Osaekomi Waza (Pins or Holding Techniques)
- Shime Waza (Choking Techniques)
- Kansetsu Waza (Joint Locks)

### Te Waza (Hand Techniques)
- Ma Shooto (Shooting Body Technique)
- Ma Tori (Shooting Hand Technique)
- Yama Tori (Lifting Pulling Hip)

### Koshi Waza (Hip Techniques)
- Ma Shira Tori (Shaking Body Technique)
- Ma Kake Tori (Lifting Pulling Hip)
- Yama Kake Tori (Lifting Pulling Hip)

### Ashi Waza (Foot Techniques)
- Shita Shita Kake (Shaking Foot Technique)
- Shita Tsuri Kake Ashi (Foot Body Drop)
- Uki Ashi (Body Drop)

### Ma Sutemi Waza (Rear Sacrifice Techniques)
- Tsukita Ashi (One Foot and Arm Technique)
- Yama Ashi (One Foot and Arm Technique)

### Yoko Sutemi Waza (Side Sacrifice Techniques)
- Kake Ashi (Lifting Hip)

### Unarmed Close-in Attacks by Holding
- Ryote Dori (Two Hand Hold)
- Hidari Eri Dori (Left Lapel Hold)
- Kanna Ude Dori (Single Hand Hold)

### Armed Attacks - Stick
- Furiage (Upswing)
- Ushiro Geri (Side Kick)

### Unarmed Attacks at a Distance
- Kami Shiho Gatame (Perpendicular Arm Lock)
- Juji Gatame (Cross Arm Lock)

### Armed Attacks - Gun
- Shomen Jime (Front Collar Hold)
- Ushiro Geri (Side Kick)

### Armed Attacks - Knife
- Tsukkake (Close-in Thrust)
- Choku Zuki (Straight Thrust)

### Hand Techniques
- Ma Tachi (Front Spear)
- Ma Yoko (Side Spear)

### Foot Techniques
- Migi Eri Dori (Right Lapel Hold)
- Ryote Dori (Front Collar Hold)

### Joint Locks
- Ude Gatame (Lapel Lock)
- Hiza Gatame (Leg Lock)
- Hiza Waza (Leg Technique)

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