

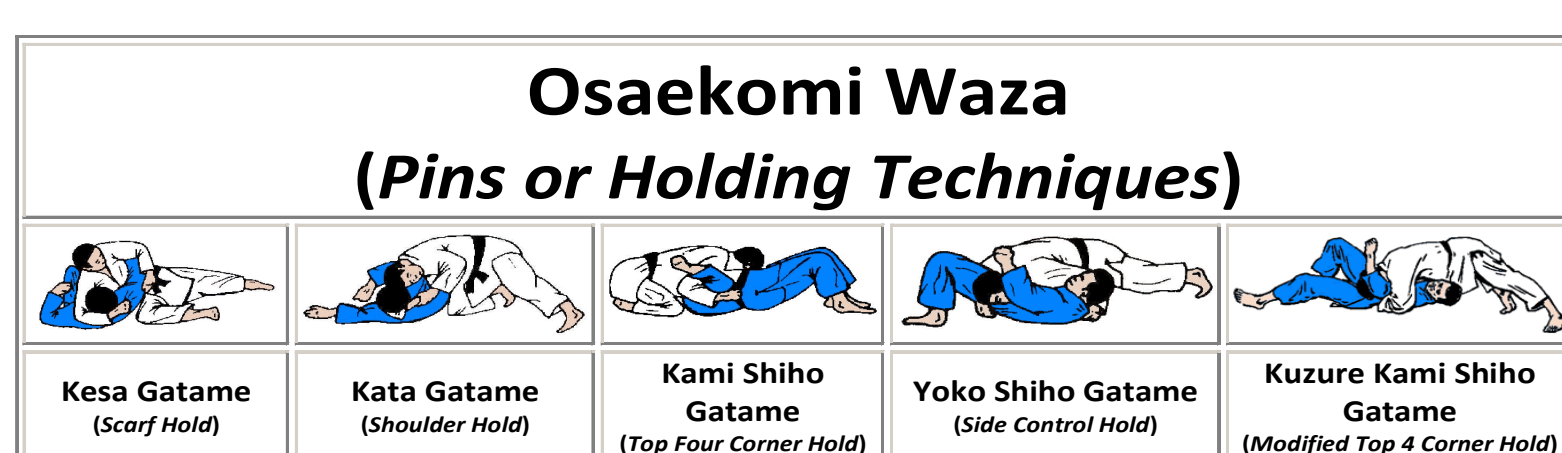
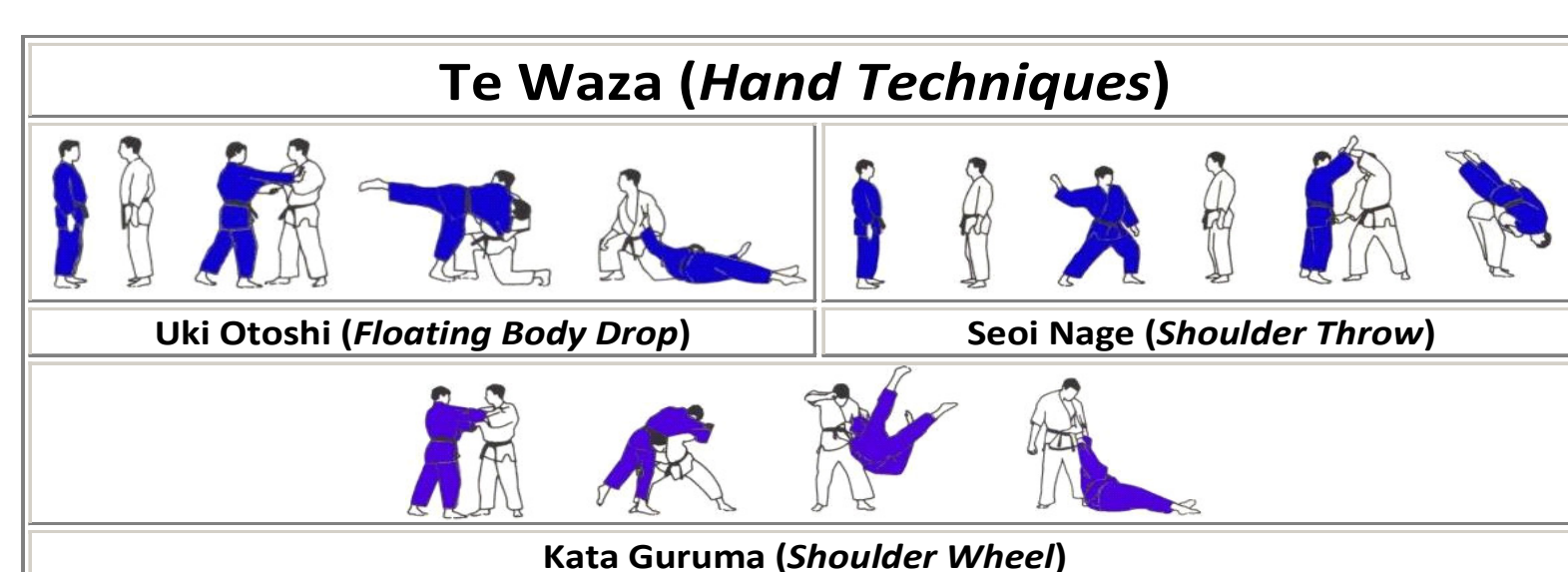
The Traditional Gokyo no Waza of Kodokan Judo

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 Tsuru 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)	弘釣込足	Harai Tsuru 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)

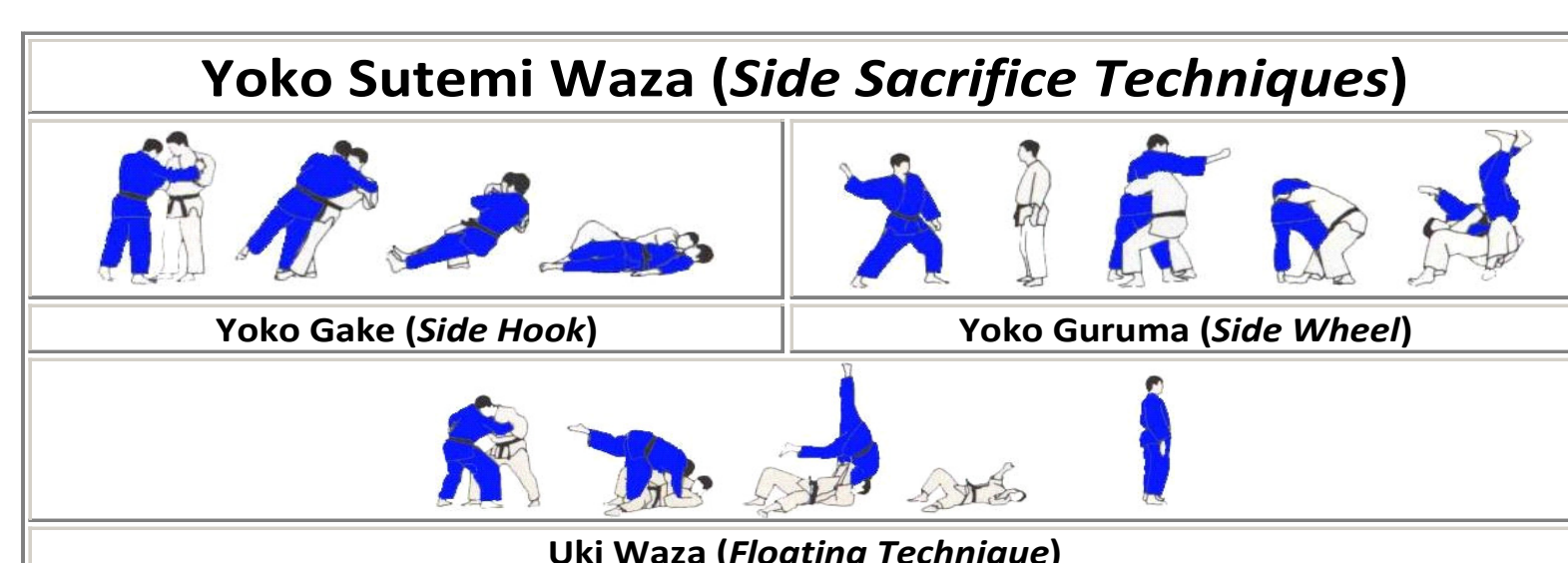
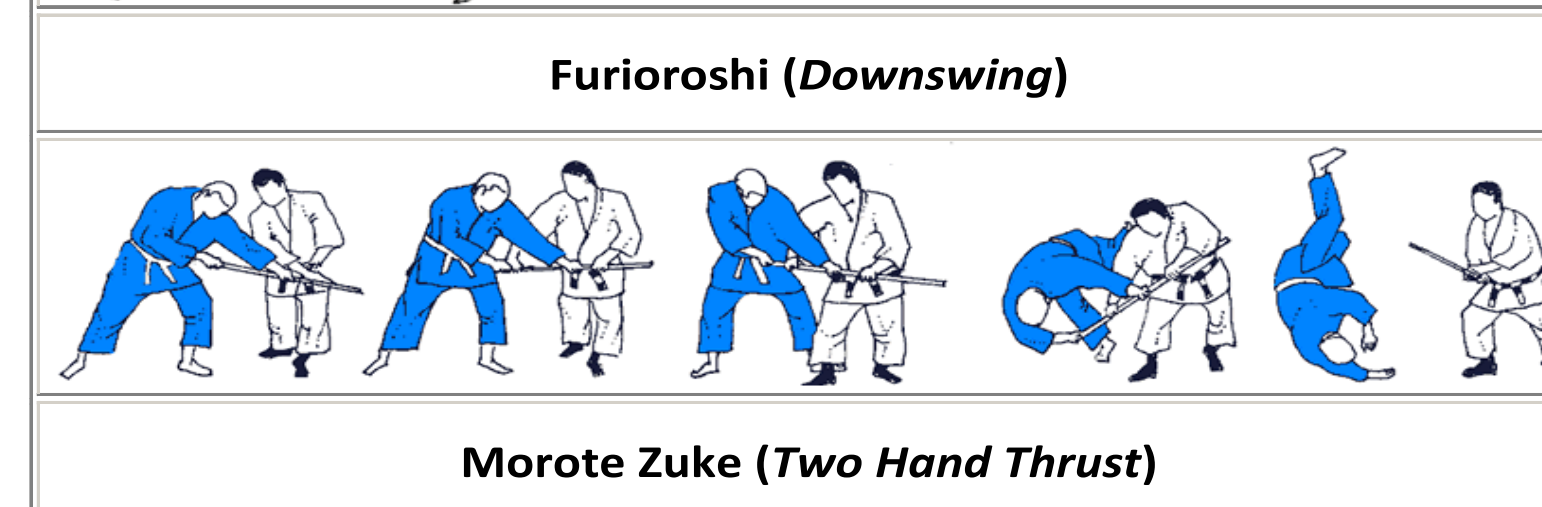
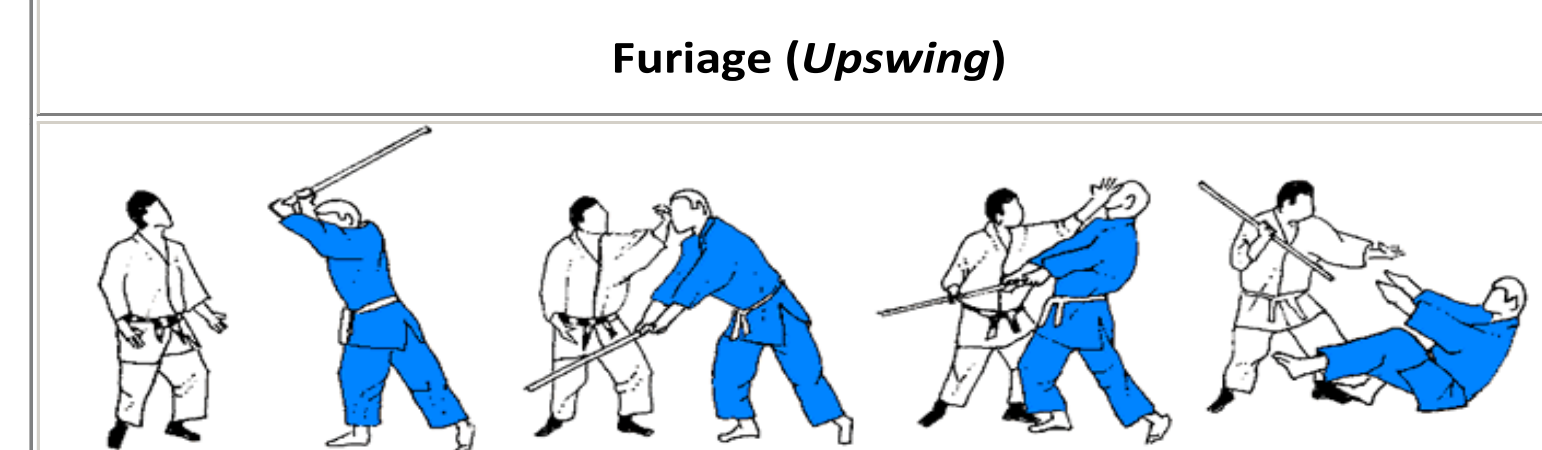
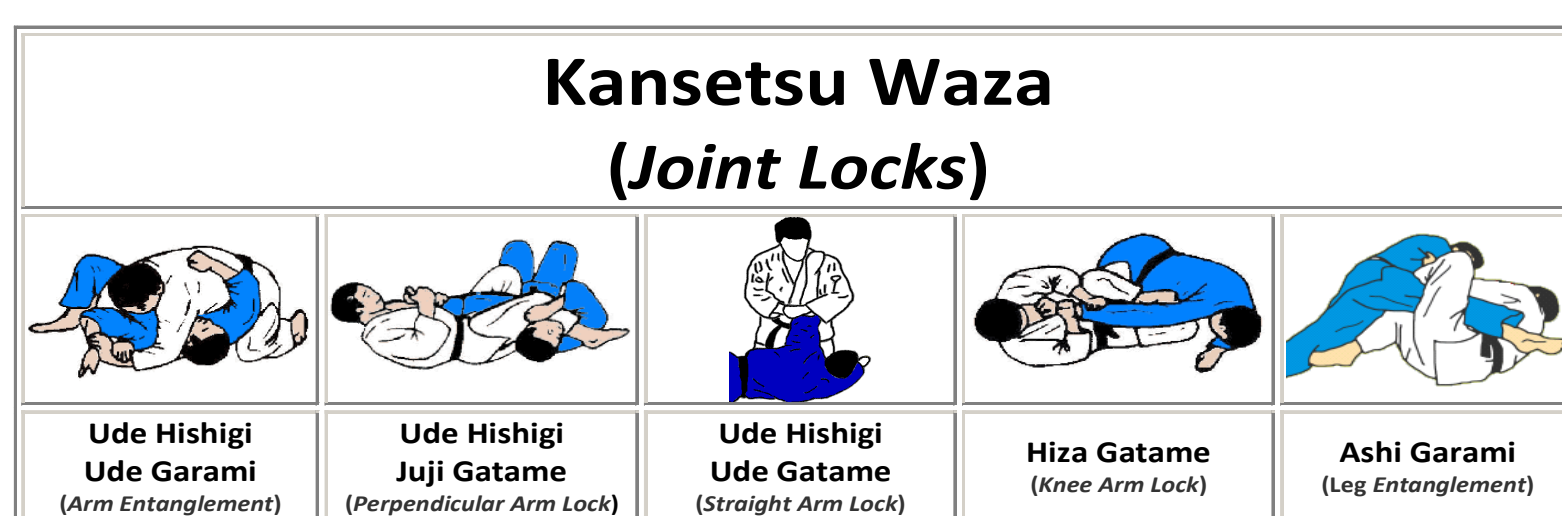
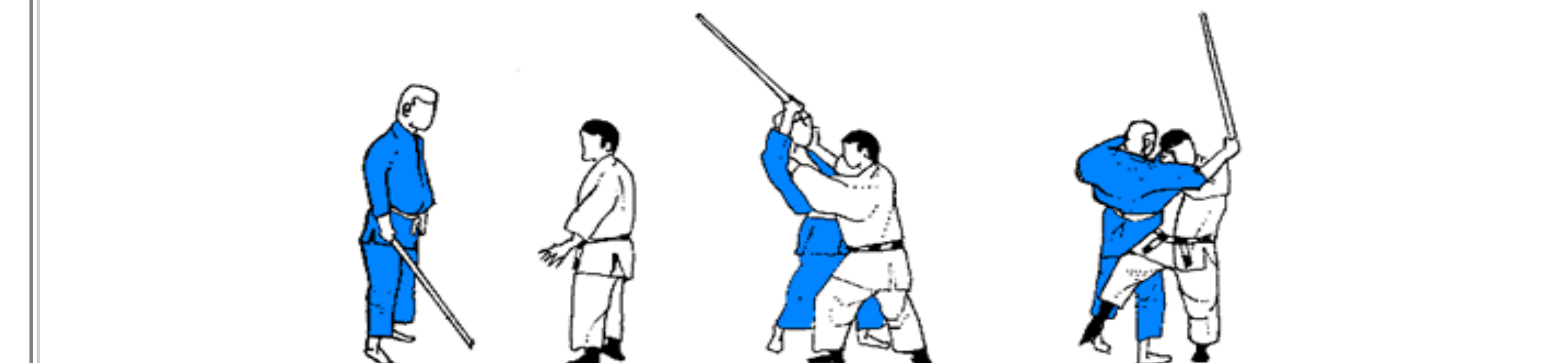
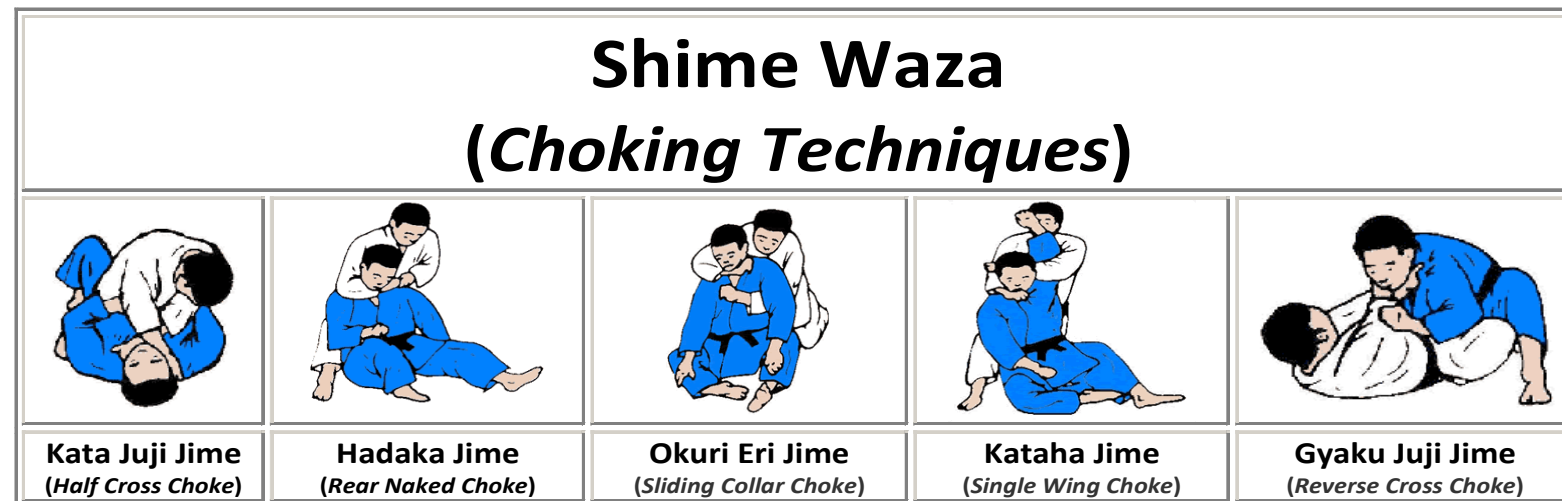
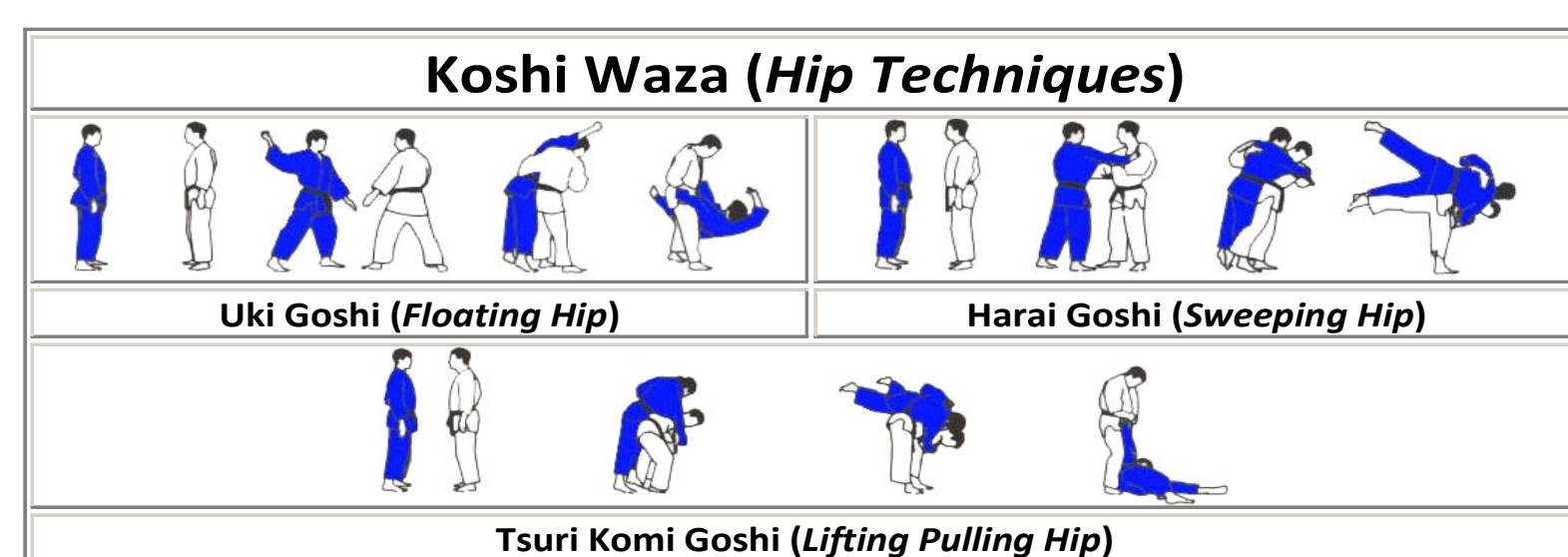
Katame no Kata (Forms of Grappling)

Goshin Jutsu (Forms of Self Defense)



Unarmed Close-in Attacks by Holding

Armed Attacks - Stick



Unarmed Attacks at a Distance

Armed Attacks - Gun

Basic Pins (Osaekomi Waza)

Basic Chokes (Shime Waza)

Basic Joint Locks (Kansetsu Waza)

Few Additional Throws (Shinmeisho no Waza)

