

Go Kyo No Waza

Traditional Go Kyo of Kodokan Judo

(5 Sets of Techniques)

Dai-Ikkho (Group 1)

De-Ashi-Harai	Advancing Foot Sweep	Osoto-Gari	Major Outer Reaping
Hiza-Guruma	Knee Wheel	O-Goshi	Major Hip
Sasae-Tsurikomi-Ashi	Lifting Pulling Ankle Block	Ouchi-Gari	Major Inner Reaping
Uki-Goshi	Floating Hip	Seoi-Nage	Shoulder Throw

Dai-Nikho (Group 2)

Kosoto-Gari	Minor Outer Reaping	Okuri-Ashi-Harai	Sliding / Following Foot Sweep
Kouchi-Gari	Minor Inner Reaping	Tai-Otoshi	Body Drop
Koski-Guruma	Hip Wheel	Harai-Goshi	Sweeping Hip
Tsurikomi-Goshi	Lifting Pulling Hip	Uchi-Mata	Inner Thigh

Dai-Sankho (Group 3)

Kosoto-Gake	Minor Outer Hook	Hane-Goshi	Springing Hip
Tsuri-Goshi	Lifting Hip	Harai-Tsurikomi-Ashi	Lifting Pulling Foot Sweep
Yoko-Otoshi	Side Drop	Tomoe-Nage	Circle Throw
Ashi-Guruma	Foot / Leg Wheel	Kata-Guruma	Shoulder Wheel

Dai-Yonkho (Group 4)

Sumi-Gaeski	Corner Reversal	Utsuri-Goshi	Switching Hip (Changing Hip)
Tani-Otoshi	Valley Drop	O-Guruma	Major Wheel
Hane-Makikomi	Springing Wrap Around	Soto-Makikomi	Outer Wrap Around
Sukui-Nage	Scoop Throw	Uki-Otoshi	Floating Drop

Dai-Gokho (Group 5)

Osoto-Guruma	Major Outer Wheel	Ushiro-Goshi	Rear Hip
Uki-Waza	Floating Technique	Ura-Nage	Rear Throw
Yoko-Wakare	Side Separation	Sumi-Otoshi	Corner Drop
Yoko-Guruma	Side Wheel	Yoko-Gake	Side Hook