

<b>Nage-Waza</b>	(5 Classes, 67 Techniques)	Throwing Techniques
<b>Tachi-Waza</b>	(3 Classes, 47 Techniques)	Standing Techniques
<b>Te-Waza</b>	(15 Techniques)	Hand Techniques
<b>Koski-Waza</b>	(11 Techniques)	Hip Techniques
<b>Aski-Waza</b>	(21 Techniques)	Foot / Leg Techniques
<b>Sutemi-Waza</b>	(2 Classes, 20 Techniques)	Sacrifice Techniques
<b>Masutemi-Waza</b>	(5 Techniques)	Rear Sacrifice Techniques
<b>Yokosutemi-Waza</b>	(15 Techniques)	Side Sacrifice Techniques

Notes:

1. Numbers in parentheses following the name of the technique indicate the position in the Go Kyo No Waza. (example: Tai-Otoshi (2-6), is the 6th technique in Dai-Nikyo (the second Kyo))

<b>Katame-Waza</b>	(3 Classes, 29 Techniques)	Grappling Techniques
<b>Osaekomi-Waza</b>	(7 Techniques)	Hold Down Techniques
<b>Shime-Waza</b>	(12 Techniques)	Strangulation Techniques
<b>Kansetsu-Waza</b>	(10 Techniques)	Joint Lock Techniques

Notes:

1. Kodokan uses the formal name "Kuzure-Kesa-Gatame" instead of commonly used "Makura-Kesa-Gatame" and "Ushiro-Kesa-Gatame".
2. "Kesa" and "Kami-Shiho" are the only wazas which use "Kuzure". There is no "Kuzure" in "Yoko-Shiho-Gatame", "Tate-Shiho-Gatame", or "Kata-Gatame".
3. Kodokan uses the formal name "Ude-Hishigi-Juji-Gatame", or "Ude-Hishigi-Ude-Gatame", etc., instead of abbreviating the names, such as, "Juji-Gatame", or "Ude-Gatame".

<b>Kinshi-Waza</b>	(3 Techniques)	Forbidden Techniques, Prohibited in Competition
<b>Aski-Garami</b>	(Kansetsu-Waza)	Leg Entanglement (Entangled Leg Lock)
<b>Do-Jime</b>	(Shime-Waza)	Body Choke (Trunk Strangle, Body Strangle)
<b>Kawazu-Gake</b>	(Yokosutemi-Waza)	Leg Entanglement Hook (One Leg Entanglement)

# ***Te-Waza***

(Hand Techniques - 15)

- |                                     |                                      |
|-------------------------------------|--------------------------------------|
| <b>1. <i>Seoi-Nage (1-8)</i></b>    | Shoulder Throw                       |
| <b>2. <i>Tai-Otoski (2-6)</i></b>   | Body Drop                            |
| <b>3. <i>Kata-Guruma (3-8)</i></b>  | Shoulder Wheel                       |
| <b>4. <i>Sukui-Nage (4-4)</i></b>   | Scoop Throw                          |
| <b>5. <i>Uki-Otoski (4-8)</i></b>   | Floating Drop                        |
| <b>6. <i>Sumi-Otoski (5-7)</i></b>  | Corner Drop                          |
| <b>7. <i>Obi-Otoski</i></b>         | Belt Drop                            |
| <b>8. <i>Seoi-Otoski</i></b>        | Shoulder Drop                        |
| <b>9. <i>Yama-Arashi</i></b>        | Mountain Storm                       |
| <b>10. <i>Morote-Gari</i></b>       | Two Hand Reaping                     |
| <b>11. <i>Kuchiki-Taoshi</i></b>    | Dead Tree Drop (Single Leg Takedown) |
| <b>12. <i>Kibisu-Gaeski</i></b>     | Heel Trip Reversal                   |
| <b>13. <i>Uchi-Mata-Sukashi</i></b> | Inner Thigh Slip                     |
| <b>14. <i>Kouchi-Gaeski</i></b>     | Minor Inner Reversal                 |
| <b>15. <i>Jpon-Seoi-Nage</i></b>    | One Arm Shoulder Throw               |

# ***Koshi-Waza***

(Hip Techniques - 11)

- |  |                              |
|--|------------------------------|
| <b><i>1. Uki-Goshi (1-4)</i></b>       | Floating Hip                 |
| <b><i>2. O-Goshi (1-6)</i></b>         | Major Hip                    |
| <b><i>3. Koshi-Guruma (2-3)</i></b>    | Hip Wheel                    |
| <b><i>4. Tsurikomi-Goshi (2-4)</i></b> | Lifting Pulling Hip          |
| <b><i>5. Harai-Goshi (2-7)</i></b>     | Sweeping Hip                 |
| <b><i>6. Tsuru-Goshi (3-2)</i></b>     | Lifting Hip                  |
| <b><i>7. Hane-Goshi (3-5)</i></b>      | Springing Hip                |
| <b><i>8. Utsuri-Goshi (4-5)</i></b>    | Switching Hip (Changing Hip) |
| <b><i>9. Ushiro-Goshi (5-5)</i></b>    | Rear Hip                     |
| <b><i>10. Daki-Age</i></b>             | High Lift                    |
| <b><i>11. Sode-Tsurikomi-Goshi</i></b> | Sleeve Lifting Pulling Hip   |

Notes:

1. Daki-Age is not regarded as a Yuko-Waza (a technique which earns a score) in games.

# **Ashi-Waza**

(Foot/Leg Techniques - 21)

- |                                       |                                |
|---------------------------------------|--------------------------------|
| <b>1. Deashi-Harai (1-1)</b>          | Advancing Foot Sweep           |
| <b>2. Hiza-Guruma (1-2)</b>           | Knee Wheel                     |
| <b>3. Sasae-Tsurikomi-Ashi (1-3)</b>  | Lifting Pulling Ankle Block    |
| <b>4. Osoto-Gari (1-5)</b>            | Major Outer Reaping            |
| <b>5. Uchi-Gari (1-7)</b>             | Major Inner Reaping            |
| <b>6. Kosoto-Gari (2-1)</b>           | Minor Outer Reaping            |
| <b>7. Kouchi-Gari (2-2)</b>           | Minor Inner Reaping            |
| <b>8. Okuri-Ashi-Harai (2-5)</b>      | Sliding / Following Foot Sweep |
| <b>9. Uchi-Mata (2-8)</b>             | Inner Thigh                    |
| <b>10. Kosoto-Gake (3-1)</b>          | Minor Outer Hook               |
| <b>11. Ashi-Guruma (3-4)</b>          | Foot / Leg Wheel               |
| <b>12. Harai-Tsurikomi-Ashi (3-6)</b> | Lifting Pulling Foot Sweep     |
| <b>13. O-Guruma (4-6)</b>             | Major Wheel                    |
| <b>14. Osoto-Guruma (5-1)</b>         | Major Outer Wheel              |
| <b>15. Osoto-Otoski</b>               | Major Outer Drop               |
| <b>16. Tsubame-Gaeski</b>             | Swallow Flight Reversal        |
| <b>17. Osoto-Gaeski</b>               | Major Outer Reversal           |
| <b>18. Uchi-Gaeski</b>                | Major Inner Reversal           |
| <b>19. Hane-Goshi-Gaeski</b>          | Springing Hip Reversal         |
| <b>20. Harai-Goshi-Gaeski</b>         | Sweeping Hip Reversal          |
| <b>21. Uchi-Mata-Gaeski</b>           | Inner Thigh Reversal           |

# ***Masutemi-Waza***

(Rear Sacrifice Techniques - 5)

**1. *Tomoe-Nage (3-7)***

Circle Throw

**2. *Sumi-Gaeski (4-1)***

Corner Reversal

**3. *Ura-Nage (5-6)***

Rear Throw

**4. *Hikikomi-Gaeski***

Pulling In Reversal

**5. *Tawara-Gaeski***

Rice Bale Reversal (Rice Bag Reversal)

# ***Yokosutemi-Waza***

(Side Sacrifice Techniques - 15)

<b><i>1. Yoŕo-Otoski (3-3)</i></b>	Side Drop
<b><i>2. Tani-Otoski (4-2)</i></b>	Valley Drop
<b><i>3. Hane-Maŕikomi (4-3)</i></b>	Springing Wrap Around
<b><i>4. Soto-Maŕikomi (4-7)</i></b>	Outer Wrap Around
<b><i>5. Uŕi-Waza (5-2)</i></b>	Floating Technique
<b><i>6. Yoŕo-Waŕare (5-3)</i></b>	Side Separation
<b><i>7. Yoŕo-Guruma (5-4)</i></b>	Side Wheel
<b><i>8. Yoŕo-Gaŕe (5-8)</i></b>	Side Hook
<b><i>9. Daki-Waŕare</i></b>	High Separation
<b><i>10. Uchi-Maŕikomi</i></b>	Inner Wrap Around
<b><i>11. Kani-Basami</i></b>	Crab Claw (Crab Scissors)
<b><i>12. Osoto-Maŕikomi</i></b>	Major Outer Wrap Around
<b><i>13. Uchi-Mata-Maŕikomi</i></b>	Inner Thigh Wrap Around
<b><i>14. Harai-Maŕikomi</i></b>	Sweeping Wrap Around
<b><i>15. Kawazu-Gaŕe (Kinshi-Waza)</i></b>	Leg Entanglement Hook (One Leg Entanglement)

Notes:

1. While the Kodokan does not consider Kani-Basami a Kinshi-Waza (Forbidden Technique, Prohibited in Competition) other Judo governing bodies do.

# ***Osae-komi-Waza***

(Hold Down Techniques - 7)

- |   |   |
|---|---|
| <b><i>1. Kuzure-Kesa-Gatame</i></b>       | Modified Scarf Hold (Modified Cross Chest Hold) |
| <b><i>2. Kata-Gatame</i></b>              | Shoulder Hold                                   |
| <b><i>3. Kami-Shiko-Gatame</i></b>        | Upper Four Corner Hold                          |
| <b><i>4. Kuzure-Kami-Shiko-Gatame</i></b> | Modified Upper Four Corner Hold                 |
| <b><i>5. Yo-ko-Shiko-Gatame</i></b>       | Side Four Corner Hold                           |
| <b><i>6. Tate-Shiko-Gatame</i></b>        | Vertical Four Corner Hold                       |
| <b><i>7. Kesa-Gatame</i></b>              | Scarf Hold (Cross Chest Hold)                   |

# **Shime-Waza**

(Strangulation Techniques - 12)

- |                                 |  |
|---------------------------------|--|
| <b>1. Nami-Juji-Jime</b>        | Normal Cross Choke                         |
| <b>2. Gyaku-Juji-Jime</b>       | Reverse Cross Choke                        |
| <b>3. Kata-Juji-Jime</b>        | Half Cross Choke                           |
| <b>4. Hadaka-Jime</b>           | Naked Choke                                |
| <b>5. Okuri-Eri-Jime</b>        | Sliding Lapel Choke                        |
| <b>6. Kata-Ha-Jime</b>          | Single Wing Choke                          |
| <b>7. Do-Jime (Kinshi-Waza)</b> | Body Choke (Trunk Strangle, Body Strangle) |
| <b>8. Sode-Guruma-Jime</b>      | Sleeve Wheel Choke                         |
| <b>9. Kata-Te-Jime</b>          | Single Hand Choke                          |
| <b>10. Ryo-Te-Jime</b>          | Two Hand Choke                             |
| <b>11. Tsukikomi-Jime</b>       | Thrust Choke                               |
| <b>12. Sankaku-Jime</b>         | Triangle Choke                             |



# **Kansetsu-Waza**

(Joint Lock Techniques - 10)

- |                                       |                                       |
|---------------------------------------|---------------------------------------|
| <b>1. Ude-Garami</b>                  | Arm Entanglement                      |
| <b>2. Ude-Hishigi-Juji-Gatame</b>     | Arm Crushing Cross Arm Lock           |
| <b>3. Ude-Hishigi-Ude-Gatame</b>      | Arm Crushing Arm Lock                 |
| <b>4. Ude-Hishigi-Hiza-Gatame</b>     | Arm Crushing Knee Arm Lock            |
| <b>5. Ude-Hishigi-Waki-Gatame</b>     | Arm Crushing Arm Pit Arm Lock         |
| <b>6. Ude-Hishigi-Hara-Gatame</b>     | Arm Crushing Stomach Arm Lock         |
| <b>7. Ashi-Garami (Kinshi-Waza)</b>   | Leg Entanglement (Entangled Leg Lock) |
| <b>8. Ude-Hishigi-Ashi-Gatame</b>     | Arm Crushing Leg Arm Lock             |
| <b>9. Ude-Hishigi-Te-Gatame</b>       | Arm Crushing Hand Arm Lock            |
| <b>10. Ude-Hishigi-Sankaku-Gatame</b> | Arm Crushing Triangle Arm Lock        |