### The Techniques of Kodokan Judo

1. Nage-waza - throwing techniques (Gokyo no Waza)
2. Newaza - ground techniques
3. Atemi-waza - striking techniques

### Kodokan Judo no Kata

1. Nage no Kata – Forms of Throwing
   - Te Waza - hand techniques
   - Koshi Waza - hip techniques
   - Ashi Waza leg techniques
   - Ma Sutemi Waza - rear sacrifice techniques
   - Yoko Sutemi Waza - side sacrifice techniques

2. Katame no Kata – Forms of Grappling
   - Katame Waza - pins or holding techniques
   - Shime Waza - choking techniques
   - Kansetsu Waza - joint locks

3. Ju no Kata – Forms of Gentleness
   - Ikkyo
   - Nikyo
   - Sankyo

   (created in 1956)
   - Unarmed Close-in Attacks by Holding
   - Unarmed Attack at a Distance
   - Armed Attack - Knife
   - Armed Attack - Stick
   - Armed Attack - Gun

5. Kime no Kata – Forms of Self Defense
   - Idori - techniques from kneeling posture
   - Tachiai - techniques from a standing posture

6. Itsutsu no Kata
   - Kata 1
   - Kata 2
   - Kata 3
   - Kata 4
   - Kata 5

7. Koshiki-no-kata – Ancient Techniques
   - Omote - front
   - Ura - back

8. Seiryoku Zenyo Kokumin Taiiku – National Physical Education Methods
   - Tandoku renshu - Solo Exercises
   - Sotai renshu - Dual Exercises
## Gokyo no Waza – The 67 Throws of Kodokan Judo

The Gokyo no Waza originated in 1895 as the standard syllabus of Judo throwing techniques.

### Dai Ikkyo – 1st Group
1. Deashi Barai - advancing foot sweep  
2. Hiza Guruma - knee wheel  
3. Sasae Tsurikomi Ashi - propping foot stop  
4. Uki Goshi - floating drop  
5. O Soto Gari - major outside reap  
6. O Goshi - major hip  
7. O Uchi Gari - major inner leg reap  
8. Seoi Nage - back carry throw

### Dai Nikyo – 2nd Group
1. Ko Soto Gari - minor outside ankle reape  
2. Ko Uchi Gari - minor inner foot reap  
3. Koshi Guruma - hip wheel  
4. Tsuri Komi Goshi - propping hip  
5. Okuri Ashi Harai - receding foot sweep  
6. Tai Otoshi - body drop  
7. Harai Goshi - sweeping hip  
8. Uchi Mata - major inner thigh

### Sankyo – 3rd Group
1. Ko Soto Gake - minor outside ankle block  
2. Turi Goshi - supporting hip  
3. Yoko Otoshi - side drop  
4. Ashi Guruma - leg wheel  
5. Hane Goshi - spring hip  
6. Harai Tsurikomi Ashi - propping ankle sweep  
7. Tomoe Nage - catapult or circle throw  
8. Kata Guruma - fireman’s carry

### Yonkyo – 4th Group
1. Sumi Gaeshi - rear turnover  
2. Tani Otoshi - valley drop  
3. Hane Makikomi - springing hip roll  
4. Sukuinage - scooping throw  
5. Utsuri Goshi - revolving hip  
6. O Guruma - major leg wheel  
7. Soto Maki Komi - outside roll  
8. Uki Otoshi - floating drop
The Techniques of Kodokan Judo

Gokyo no Waza – The 67 Throws of Kodokan Judo

The Gokyo no Waza originated in 1895 as the standard syllabus of Judo throwing techniques.

Gokyo – 5th Group

1. O Soto Guruma - major outside wheel
2. Uki Waza - floating technique
3. Yoko Wakare - side lateral separation
4. Yoko Guruma - side wheel
5. Ushiro Goshi - reverse hip
6. Ura Nage - rear throw
7. Sumi Otoshi - corner drop
8. Yoko Gake - side hook

Rokukyo – 6th Group (reinstated in 1982)

1. Obi Otoshi - belt drop
2. Seoi Otoshi - shoulder drop
3. Yama Arashi - mountain storm
4. Osoto Otoshi - major outside drop
5. Daki Wakare - high separation
6. Hikikomi Gaeshi - back-fall reversal
7. Tawara Gaeshi - rice bale throw
8. Uchi Makikomi - inner thigh wrap around

Shinmeisho no Waza – newly accepted techniques

1. Morote Gari - two hand reap
2. Kuchiki Taoshi - one hand drop
3. Kibisu Gaeshi - heel trip
4. Uchi Mata Sukashi - inner thigh counter
5. Daki Age - high lift
6. Kani Basami - scissors throw
7. Osoto Makikomi - major outside winding throw
8. Uchi Mata Gaeshi - inner thigh reaping counter
9. Uchi Mata Makikomi - inner thigh winding throw
10. Tsubame Gaeshi - swallow counter
11. Kouchi Gaeshi - minor inner reaping throw counter
12. Ouchi Gaeshi - major inner reaping throw counter
13. Osoto Gaeshi - major outer reaping throw counter
14. Harai Goshi Gaeshi - hip spring counter
15. Hane Goshi Gaeshi - hip sweep counter
16. Kawazu Gake - one leg entanglement
17. Harai Makikomi - hip sweep wrapping throw
18. Sode Tsurikomi Goshi - sleeve lifting hip
19. Ippon Seoinage - one arm shoulder throw
Newaza – Ground Techniques

Osaekomi-waza – pins or holding techniques
1. Hon Kesa Gatame - basic scarf hold
2. Kuzure Kesa Gatame - modified scarf hold
3. Kata Gatame - shoulder hold
4. Kami Shiho Gatame - upper four-quarter hold
5. Kuzure Kami Shiho Gatame - modified upper four-quarter hold
6. Tate Shiho Gatame - four-corner straddling lock
7. Yoko Shiho Gatame - side four-quarter hold

Shime-waza – chokes or strangles
1. Nami Juji Jime - normal cross choke
2. Kata Juji Jime - half cross choke
3. Gyaku Juji Jime - reverse cross choke
4. Okuri Eri Jime - sliding collar choke
5. Kata Ha Jime - single wing choke
6. Hadaka Jime - naked choke
7. Sankaku Jime - triangular choke
8. Sode Guruma Jime - sleeve wheel choke
9. Kata Te Jime - one-hand choke
10. Ryo Te Jime - two-hand choke
11. Tsukkomi Jime - throat choke
12. Jime - body strangle

Kansetsu-waza – joint locks
1. Ude Garame - bent arm arm-lock
2. Ude Hishigi Juji Gatame - upper cross arm arm-lock
3. Ude Hishigi Ude Gatame - straight arm arm-lock
4. Ude Hishigi Hiza Gatame - knee-arm-lock
5. Ude Hishigi Waki Gatame - armpit lock
6. Ude Hishigi Hara Gatame - stomach arm-lock
7. Ude Hishigi Ashi Gatame - leg-lock
8. Ude Hishigi Te Gatame - hand arm-lock
9. Ashi Garuma - entangled leg-lock
# The Techniques of Kodokan Judo

## Atemi Waza – Striking Techniques

### Ude Ate – Hand and Elbow Strikes
- **Yubisaki Ate** – fingertip strikes
  1. Tsukidashi
  2. Ryogan Tsuki
  3. Ago ashi

- **Tegatana Ate** – outside hand edge strikes
  1. Naname Uchi
  2. Kirioroshi
  3. Ushiro dori

- **Kobushi Ate** – fist strikes
  1. Naname Ate
  2. Yoko Ate
  3. Kami Ate
  4. Tsuki Age -Kachi Kake
  5. Shimo tauki
  6. Ushiro Sumi Tsuki
  7. Tsuki Kake
  8. Yoko Uchi
  9. Ushiro Uchi
  10. Uchioroshi
  11. Ushiro tsuki

- **Hiji Ate** – elbow strikes
  1. Ushiro ate
  2. Ushiro dori

### Ashi Ate – Foot and Knee Strikes
- **Hiza Gashira Ate** – knee strikes
  1. Ryote dori
  2. Gyakute dori

- **Sekito Ate** – ball of foot strikes
  1. Ke Age
  2. Mae Geri
  3. Ryote dori

- **Kakato Ate** – heel strikes
  1. Ushiro Geri
  2. Yoko Geri
  3. Ashi Fumi
# Kodokan Judo no Kata – 1

## Nage no Kata — Forms of Throwing
Contains three representative techniques from each of five categories; Te Waza - hand techniques, Koshi Waza - hip techniques, Ashi Waza - leg techniques, Ma Sutemi Waza - rear sacrifice techniques, and Yoko Sutemi Waza - side sacrifice techniques.

<table>
<thead>
<tr>
<th>Te Waza — hand techniques</th>
<th>Ma Sutemi Waza — rear sacrifice techniques</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Uki Otoshi - Floating Drop body</td>
<td>1. Tomoe Nage - Stomach or Circle Throw</td>
</tr>
<tr>
<td>2. Seoi Nage - Shoulder Throw</td>
<td>2. Ura Nage - Back Throw</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Koshi Waza — hip techniques</th>
<th>Yoko Sutemi Waza — side sacrifice techniques</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Uki Goshi - Floating Hip</td>
<td>1. Yoko Gake - Side Hook</td>
</tr>
<tr>
<td>2. Harai Goshi - Sweeping Hip</td>
<td>2. Yoko Guruma - Side Wheel</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ashi Waza — leg techniques</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Okuri Ashi Harai - Double Foot Sweep</td>
</tr>
<tr>
<td>2. Sasae Tsuri Komi Ashi - Lifting Pulling Foot Block</td>
</tr>
<tr>
<td>3. Uchi Mata - Inner Thigh Throw</td>
</tr>
</tbody>
</table>
Kodokan Judo no Kata – 2

Katame no Kata – Forms of Grappling

Contains five techniques from each of three categories: Katame Waza - pins or holding techniques, Shime Waza - choking techniques and Kansetsu Waza - joint locks.

Katame Waza – pins or holding techniques
1. Kuzure Kesa Gatame - modified scarf hold
2. Kata Gatame - shoulder hold
3. Kami Shiho Gatame - upper quarter hold
4. Yoko Shiho Gatame - side quarter hold
5. Kuzure Kami Shiho Gatame - modified upper quarter hold

Shime Waza – choking techniques
1. Kata Juji Jime - half cross choke
2. Hadaka Jime - naked choke
3. Okuri Eri Jime - sliding collar choke
4. Kataha Jime - single wing choke
5. Gyaku Juji Jime - reverse cross choke

Kansetsu Waza – joint locks
1. Ude Hishigi Ude Garame - bent arm arm-lock
2. Ude Hishigi Juji Gatame - upper cross arm arm-lock
3. Ude Hishigi Ude Gatame - straight arm arm-lock
4. Hiza Gatame - knee lock
5. Ashi Garami - entangled leg lock
Ju no Kata – Forms of Gentleness

Ju no Kata teaches the theory of the skillful application of flexibility in order to defeat strength, it was developed to study how to lift up a body and understand the ways of different fighting methods. Ju no Kata was developed at the Kodokan around 1887.

Ikkyo
1. Tsuki-Dashi - Hand Thrusting
2. Kata-Oshi - Shoulder Push
3. Ryote-Dori - Seizure of Both Hands
4. Kata-Mawashi - Shoulder Turn
5. Ago-Oshi - Jaw Thrusting

Nikyo
1. Kiri-Oroshi - Head Cut with hand Sword
2. Ryokata-Oshi - Pressing Down on Both Shoulders
3. Naname-Uchi - Nasion Strike
4. Katate-Dori - Single Hand Seizure from the Side
5. Katate-Age - Single Hand Raising

Sankyo
1. Obi-Tori - Belt Seizure
2. Mune-Oshi - Chest Push
3. Tsuki-Age - Uppercut
4. Uchi-Oroshi - Direct Head Strike
5. Ryogan-Tsuki - Both Eyes Poke
Kodokan Goshin-Jutsu (self-defense techniques created in 1956)

Unarmed Close-in Attacks by Holding

1. Ryote dori - two hand hold
2. Hidari eri dori - left lapel hold
3. Migi eri dori - right lapel hold
4. Kata ude dori - single hand hold
5. Ushiro eri dori - back collar hold
6. Ushiro jime - rear choke
7. Kakae dori - rear seizure

Unarmed Attack at a Distance

1. Naname uchi - slanting
2. Ago tsuki - uppercutoff
3. Gammen tsuki - thrust punch or jab
4. Mae geri - front kick
5. Yoko geri - side kick

Armed Attack – Stick

1. Furiage - upswing against a stick.
2. Furioroshi - downswing against a stick
3. Morote zuke - two hand thrust

Armed Attack – Gun

1. Shomen zuke - pistol held to abdomen
2. Koshi gamae - pistol at side
3. Haimen zuke - pistol against the back

Armed Attack – Knife

1. Tsukkake - close in thrust
2. Choku zuki - straight thrust.
3. Naname zuki - slanting stab
### Idori – techniques from kneeling posture

**Against unarmed attacks**

1. Ryote dori - two hand hold
2. Tsukkake - stomach punch
3. Suri age - thrust at forehead
4. Yoko uchi - blow at left temple
5. Ushiro dori - shoulder grab from behind

**Against armed attacks**

1. Tsukkomi - dagger thrust at stomach
2. Kiri komi - downward thrust with dagger
3. Yoko tsuki - side thrust with a dagger

### Tachiai – techniques from a standing posture

**Against unarmed attacks**

1. Ryote dori - two hand hold
2. Sode dori - sleeve seizure from side
3. Tsukakke - straight strike to face
4. Tsuki age - upper cut
5. Suri age - thrust at forehead
6. Yoko uchi - blow at left temple
7. Keage - groin kick
8. Ushiro dori - shoulder grab from behind

**Against armed attacks**

1. Tsukkomi - dagger thrust at stomach
2. Kiri komi - downward thrust with dagger
3. Nuki gake - sword unsheathing
4. Kiri oroshi - straight cut down with a sword
Itsutsu no Kata – Forms of Five

This Kata is said to be incomplete. Nonetheless, it remains part of the Kodokan Judo syllabus, as directed by the founder Prof. Jigoro Kano.

- Kata 1
- Kata 2
- Kata 3
- Kata 4
- Kata 5
## Koshiki no Kata – Ancient Forms

This kata was devised to provide a link to the ancient origins of Kodokan Judo and features techniques derived from Kito-ryu Jujutsu.

<table>
<thead>
<tr>
<th>Omote – front</th>
<th>Ura – back</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Tai - Ready posture</td>
<td>1. Mi Kudaki - Body Smashing</td>
</tr>
<tr>
<td>2. Yumi no Uchi - Dreaming</td>
<td>2. Kuruma Gaeshi - Wheel Throw</td>
</tr>
<tr>
<td>3. Ryokuhi - Strength dodging</td>
<td>3. Mizu Iri - Water Plunge</td>
</tr>
<tr>
<td>6. Hikiotoshi - Draw Drop</td>
<td>6. Yukiore - Snowbreak</td>
</tr>
<tr>
<td>8. Ushikudaki - Smashing</td>
<td></td>
</tr>
<tr>
<td>9. Tani Otoshi - Valley Drop</td>
<td></td>
</tr>
<tr>
<td>10. Kuruma Daoshi - Wheel Throw</td>
<td></td>
</tr>
<tr>
<td>11. Shikoro Dori - Grabbing the Neckplates</td>
<td></td>
</tr>
<tr>
<td>12. Shikoro Gaeshi - Twisting the Neckplates</td>
<td></td>
</tr>
<tr>
<td>13. Yudachi - Shower</td>
<td></td>
</tr>
<tr>
<td>14. Taki Otoshi - Waterfall Drop</td>
<td></td>
</tr>
</tbody>
</table>
Seiryoku Zenyo Kokumin Taiiku – National Physical Education Methods

Tandoku Renshu - Solo Exercises

1. Goho Ate - five-direction strike
   a. Hidari Mae Naname Ate - left-front crossing blow
   b. Migi Ate - right side blow
   c. Ushiro Ate - rear strike
   d. Mae Ate - front blow
   e. Ue Ate - upward blow

2. Ogoho Ate - large five-direction strike
   a. Ohidari Mae Naname Ate - left-front crossing blow
   b. Omigi Ate - large right side blow
   c. Oushiro Ate - large rear strike
   d. Omae Ate - large front blow
   e. Oue Ate - large upward blow

3. Goho-geri - five-direction kick
   a. Mae-geri - front kick
   b. Ushiro-geri - rear kick
   c. Hidari Mae Naname-geri - left-front crossing kick
   d. Migi Mae Naname-geri - right-front crossing kick
   e. Taka-geri - high front kick

4. Kagami Migaki - mirror polishing
5. Sayu Uchi - strike to both sides
6. Zengo Tsuki - front-rear strikes
7. Ryote Ue Tsuki - two-hand upward blow
8. Oryote Ue Tsuki - large two-hand upward blow

9. Sayu Koga Shita Tsuki - left-right downward blows
10. Ryote Shita Tsuki - both-hand downward blow
11. Naname Ue Uchi - front-side upward cut
12. Naname Shita Uchi - front-side downward cut
13. Onaname Ue Uchi - large slanting upward cut
14. Ushiro Sumi Tsuki - rear-corner blow
15. Ushiro Uchi - rear blow
16. Ushiro Tsuki Mae Shita Tsuki - rear/downward blows

Sotai Renshu - Dual Exercises

Idori - kneeling

1. Ryote Dori - double wrist grab
2. Furi Hanashi - swing off
3. Gyakute Dori - reverse wrist grab
4. Tsuki Kake - stomach punch
5. Kiri Kake - straight down cut

Tachiai - Standing

1. Tsuki Age - Uppercut
2. Yoko Uchi - Sideways strike
3. Ushiro Dori - grab from behind
4. Naname Tsuki - oblique thrust
5. Kiri Oroshi - Downward cut
Kodokan Judo Reversal Techniques

Nage Ura no Kata – Forms of Counters

Nage Ura no Kata was conceived and developed by Kyuzo Mifune, Judo Meijin 10-dan and maintained by Kokusai Budoin, IMAF. This kata was devised to provide practitioners with a means of systematically studying some of the most advanced applications of Judo techniques - methods of countering an opponent. It contains counters for the three main categories of techniques: Te Waza (hand techniques), Ashi Waza (leg techniques) and Koshi Waza (hip techniques).

<table>
<thead>
<tr>
<th>Te Waza – hand techniques</th>
<th>Koshi Waza – hip techniques</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Uki Otoshi - Tai Otoshi</td>
<td>1. Hane Goshi - Sukui Nage</td>
</tr>
<tr>
<td>2. Seio Nage - Oguruma</td>
<td>2. Harai Goshi - Ushiro Goshi</td>
</tr>
<tr>
<td>3. Kata Guruma - Tawara Gaeshi</td>
<td>3. Han Goshi - Utsuri Goshi</td>
</tr>
<tr>
<td>5. Obi Otoshi - Harai Goshi</td>
<td>5. O Goshi - Ude Kudaki Seoi Nage</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ashi Waza – leg techniques</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Okuri Ashi Harai - Tsubame Gaeshi</td>
</tr>
<tr>
<td>2. Ko Uchi Gari - Tsurikomi Ashi (or) Hiza Guruma</td>
</tr>
<tr>
<td>3. Ouchi Gari - Ouchi Gaeshi (or) Uki Nage (Ma Sutemi Waza)</td>
</tr>
<tr>
<td>4. Sasae Tsurikomi Ashi - Kuki Nage</td>
</tr>
<tr>
<td>5. Uchi Mata - Tai Otoshi (Uchi Mata Sukashi)</td>
</tr>
</tbody>
</table>