

# The Techniques of Kodokan Judo

Kodokan Judo no Kata

## The Techniques of Kodokan Judo

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3. Atemi-waza - striking techniques

### Kodokan Judo no Kata

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  - Ashi Waza leg techniques
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# The Techniques of Kodokan Judo

Gokyo no Waza – 67 Throws

## 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 – 1<sup>st</sup> 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 – 2<sup>nd</sup> Group

1. Ko Soto Gari - minor outside ankle reap
2. Ko Uchi Gari - minor inner foot reap
3. Koshi Guruma - hip wheel
4. Tsuru 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 – 3<sup>rd</sup> Group

1. Ko Soto Gake - minor outside ankle block
2. Tsuru 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 – 4<sup>th</sup> 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

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Gokyo no Waza – 67 Throws

## 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 – 5<sup>th</sup> 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 – 6<sup>th</sup> 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

# The Techniques of Kodokan Judo

Newaza – Ground Techniques

## 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 Garamme - 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

## 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

## 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 .

### Te Waza – hand techniques

1. Uki Otoshi - Floating Drop body
2. Seoi Nage - Shoulder Throw
3. Kata Guruma - Shoulder Wheel

### Koshi Waza – hip techniques

1. Uki Goshi - Floating Hip
2. Harai Goshi - Sweeping Hip
3. Tsuru Komi Goshi - Lifting Pulling Hip

### Ashi Waza – leg techniques

1. Okuri Ashi Harai - Double Foot Sweep
2. Sasae Tsuru Komi Ashi - Lifting Pulling Foot Block
3. Uchi Mata - Inner Thigh Throw

### Ma Sutemi Waza – rear sacrifice techniques

1. Tomoe Nage - Stomach or Circle Throw
2. Ura Nage - Back Throw
3. Sumi Gaeshi - Corner Throw

### Yoko Sutemi Waza – side sacrifice techniques

1. Yoko Gake - Side Hook
2. Yoko Guruma - Side Wheel
3. Uki Waza - Floating Throw

# Kodokan Judo no Kata – 2

Katame no Kata

## 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

# Kododan Judo no Kata – 3

Ju no Kata

## 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 Judo no Kata – 4

Kodokan Goshin-Jutsu

## 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 - uppercut
3. Gammen tsuki - thrust punch or jab
4. Mae geri - front kick
5. Yoko geri - side kick

### Armed Attack – Knife

1. Tsukkake - close in thrust
2. Choku zuki - straight thrust.
3. Naname zuki - slanting stab

### Armed Attack – Stick

1. Furiage - upswing against a stick.
2. Furiroshi - 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

# Kodokan Judo no Kata – 5

Kime no Kata

## Kime no Kata – Forms of Self-defense

### **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

# Kodokan Judo no Kata – 6

Itsutsu no Kata

## 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



# Kodokan Judo no Kata – 7

Koshiki no Kata

## 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.

### Omote – front

1. Tai - Ready posture
2. Yumi no Uchi - Dreaming
3. Ryokuhi - Strength dodging
4. Mizu Guruma - Water Wheel
5. Mizu Nagare - Water Flow
6. Hikiotoshi - Draw Drop
7. Ko Daore - Log Fall
8. Ushikudaki - Smashing
9. Tani Otoshi - Valley Drop
10. Kuruma Daoshi - Wheel Throw
11. Shikoro Dori - Grabbing the Neckplates
12. Shikoro Gaeshi - Twisting the Neckplates
13. Yudachi - Shower
14. Taki Otoshi - Waterfall Drop

### Ura – back

1. Mi Kudaki - Body Smashing
2. Kuruma Gaeshi - Wheel Throw
3. Mizu Iri - Water Plunge
4. Ryusetsu - Willow Snow
5. Sakaotoshi - Headlong Fall
6. Yukiore - Snowbreak
7. Iwa Nami - Wave on the Rocks

# Kodokan Judo no Kata – 8

Seiryoku Zenyo Kokumin Taiiku

## 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

## 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).

### Te Waza – hand techniques

1. Uki Otoshi - Tai Otoshi
2. Seio Nage - Oguruma
3. Kata Guruma - Tawara Gaeshi
4. Tai Otsoshi - Ko Tsuru Goshi
5. Obi Otoshi - Harai Goshi

### Ashi Waza – leg techniques

1. Okuri Ashi Harai - Tsubame Gaeshi
2. Ko Uchi Gari - Tsuru Komi Ashi (or) Hiza Guruma
3. Ouchi Gari - Ouchi Gaeshi (or) Uki Nage (Ma Sutemi Waza)
4. Sasae Tsuru Komi Ashi – Kuki Nage
5. Uchi Mata - Tai Otoshi (Uchi Mata Sukashi)

### Koshi Waza – hip techniques

1. Hane Goshi - Sukui Nage
2. Harai Goshi - Ushiro Goshi
3. Han Goshi - Utsuri Goshi
4. Uki Otoshi - Yoko Wakare
5. O Goshi - Ude Kudaki Seoi Nage

