



Complete Judo Terminology and Classification List

TE WAZA

Hand Techniques

TAI OTOSHI	(Body Drop)
IPPON SEONAGE	(One Arm Shoulder Throw)
KATA GURUMA	(Fireman's carry / Shoulder Wheel)
UKI OTOSHI	(Floating Drop)
SEONAGE	(Shoulder Throw -2 hands)

KOSHI WAZA

Hip Techniques

TSURIKOMA GOSHI	(Lifting, Pulling Hip Throw)
HARAI GOSHI	(Sweeping Hip Throw)
HANE GOSHI	(Springing Hip Throw)
UKI GOSHI	(Floating Hip Throw)
KUBI NAGE	(Neck Throw)
O GOSHI	(Major Hip Throw)

ASHI WAZA

Foot and Leg Techniques

KOUCHI GARI	(Minor Inside Leg Reap)
O SOTO GARI	(Major Outer Reap)
O SOTO OTOSHI	(Major Outer Drop)
O SOTO GURUMA	(Body Wheel)
KOSOTO GARI	(Minor Outer Leg Reap)
OUCHI GARI	(Major Inner Reaping)
UCHI MATA	(Inner Thigh Throw)
DE ASHI HARAI	(Advancing Foot Sweep)
OKURI ASHI HARAI	(Side Stepping Foot Sweep)
SASAE TSURA KOMI ASHI	(Lifting, Pulling Ankle Prop)
HIZA GURUMA	(Knee Wheel)
KO SOTO GAKE	(Minor Outer Reaping)
O SOTO GAKE	(Major Outer Reaping)

SUTEMI WAZA

Self Sacrificing Techniques

TOMO NAGE	(Major Circle Throw / "Cowboy and Indian" roll)
SUMI GAESHI	(Corner Reversal)
TAWARA GAESHI	(Rice Ball Throw)
URA NAGE	(Rear Throw)
YOKO GAKAE	(Side Hook, Side Drop)
TANI OTOSHI	(Valley Drop)

OSAEKOMI WAZA

Positional Control Techniques

(North South Hold)	KAMISHIHO GATAME
(Modified ...anything...)	KUZURE (modified)
(Shoulder Hold)	KATA GATAME
(Scarf Hold)	KESA GATAME
(Modified...)	KUZURE
(Reverse Scarf Hold)	USHIRO KESA GATAME
(Side Control)	YOKO SHIHO GATAME
(Full Mount)	TATE SHIHO GATAME
(Floating Hold)	UKI GATAME

SHIME WAZA

(13+) Choking Techniques

(Sliding Lapel Choke)	OKURI ERI JIME
(Rear Naked Choke)	HADAKA JIME
(Single Arm Wing Lock)	KATA HOJIME
(Cross Chokes) -Nami, Kata, & Gaku	JUJI JIME
(Lifting, Pulling Choke)	TSURIKOMI JIME
(Knuckle Choke)	RYOTE JIME
(Scarf Hold Defense Choke)	KESA GATAME JIME

KANSETSU WAZA

(17+) Locking Techniques

(Entangled Arm Bar)	UDE GARAMI
(Straight Arm Bar)	UDE GATAME
(Arm Lock using Knee)	HISHIGI HIZA GATAME
(Traditional Arm Bar)	JUJI GATAME



DADDY DOJO
JUDO