**The 67 Throws of Kodokan Judo**

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| **Dai Ikkyo (1st group)** | **Dai Nikyo (2nd group)** | | | |
| 1. [Deashi Harai](http://judoinfo.com/images/animations/blue/deashibarai.htm) (Forward Foot Sweep) | 1. [Kosoto Gari](http://judoinfo.com/images/animations/blue/kosotogari.htm) (Small Outside Reap) | | | |
| 2. [Hiza Guruma](http://judoinfo.com/images/animations/blue/hizaguruma.htm) (Knee Wheel) | 2. [Kouchi Gari](http://judoinfo.com/images/animations/blue/kouchigari.htm) (Small Inner Reap) | | | |
| 3. [Sasae Tsurikomi Ashi](http://judoinfo.com/images/animations/blue/sasaetsurikomiashi.htm) (Lifting Pulling Ankle Block) | 3. [Koshi Guruma](http://judoinfo.com/images/animations/blue/koshiguruma.htm) (Hip Wheel) | | | |
| 4. [Uki Goshi](http://judoinfo.com/images/animations/blue/ukigoshi.htm) (Floating hip) | 4. [Tsurikomi Goshi](http://judoinfo.com/images/animations/blue/tsurikomigoshi.htm) (Lifting Pulling Hip) | | | |
| 5. [Osoto Gari](http://judoinfo.com/images/animations/blue/osotogari.htm) (Large Outer Reaping) | 5. [Okuriashi Harai](http://judoinfo.com/images/animations/blue/okuriashiharai.htm) (Following Foot Sweep) | | | |
| 6. [O Goshi](http://judoinfo.com/images/animations/blue/ogoshi.htm) (Large Hip Throw) | 6. [Tai Otoshi](http://judoinfo.com/images/animations/blue/taiotoshi.htm) (Body Drop) | | | |
| 7. [Ouchi Gari](http://judoinfo.com/images/animations/blue/ouchigari.htm) (Large Inner Reaping) | 7. [Harai Goshi](http://judoinfo.com/images/animations/blue/haraigoshi.htm) (Sweeping Hip Throw) | | | |
| 8. [Seoi Nage](http://judoinfo.com/images/animations/blue/moroteseoinage.htm) (Sholder Throw, Morote, Ippon) | 8. [Uchi Mata](http://judoinfo.com/images/animations/blue/uchimata.htm) (Inner Tigh Throw) | | | |
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| **Sankyo (3rd group)** | **Yonkyo (4th group)** | |
| 1. [Kosoto Gake](http://judoinfo.com/images/animations/blue/kosotogake.htm) (Small Outside Hook) | 1. [Sumi Gaeshi](http://judoinfo.com/images/animations/blue/sumigaeshi.htm) (Corner Reversal) | |
| 2. [Tsuri Goshi](http://judoinfo.com/images/animations/blue/tsurigoshi.htm) (Lifting Hip) | 2. [Tani Otoshi](http://judoinfo.com/images/animations/blue/taniotoshi.htm) (Valley Drop) | |
| 3. [Yoko Otoshi](http://judoinfo.com/images/animations/blue/yokootoshi.htm) (Side Drop) | 3. [Hane Makikomi](http://judoinfo.com/images/animations/blue/hanemakikomi.htm) (Spring-Wrap Around Throw) | |
| 4. [Ashi Guruma](http://judoinfo.com/images/animations/blue/ashiguruma.htm) (Leg Wheel) | 4. [Sukui Nage](http://judoinfo.com/images/animations/blue/sukuinage.htm) (Scoop Throw) | |
| 5. [Hane Goshi](http://judoinfo.com/images/animations/blue/hanegoshi.htm) (Spring Hip Throw) | 5. [Utsuri Goshi](http://judoinfo.com/images/animations/blue/utsurigoshi.htm) (Changing Hip Throw) | |
| 6. [Harai Tsurikomi Ashi](http://judoinfo.com/images/animations/blue/haraitsurikomiashi.htm) (Lifting Pulling Foot Sweep) | 6. [O Guruma](http://judoinfo.com/images/animations/blue/oguruma.htm) (Large Wheel) | |
| 7. [Tomoe Nage](http://judoinfo.com/images/animations/blue/tomoenage.htm) (Circle Throw) | 7. [Soto Makikomi](http://judoinfo.com/images/animations/blue/sotomakikomi.htm) (Outer Wrap Around) | |
| 8. [Kata Guruma](http://www.judoinfo.com/kataguru.htm) (Shoulder Wheel) | 8. [Uki Otoshi](http://judoinfo.com/images/animations/blue/ukiotoshi.htm) (Floating Drop) | |
| **Gokyo (5th group)** | **Habukareta Waza (preserved techniques from 1895 gokyo)** | | |
| 1. [Osoto Guruma](http://judoinfo.com/images/animations/blue/osotoguruma.htm) (Large Outer Wheel) | 1. [Obi Otoshi](http://judoinfo.com/images/animations/blue/obiotoshi.htm) (Belt Drop) \* | | |
| 2. [Uki Waza](http://judoinfo.com/images/animations/blue/ukiwaza.htm) (Floating Technique) \* | 2. [Seoi Otoshi](http://judoinfo.com/images/animations/blue/seoiotoshi.htm) (Sholder throw, Spread leg version) | | |
| 3. [Yoko Wakare](http://judoinfo.com/images/animations/blue/yokowakare.htm) (Side Separation) | 3. [Yama Arashi](http://judoinfo.com/images/animations/blue/yamaarashi.htm) (Mountain Storm) \* | | |
| 4. [Yoko Guruma](http://judoinfo.com/images/animations/blue/yokoguruma.htm) (Side Wheel) | 4. [Osoto Otoshi](http://judoinfo.com/images/animations/blue/osotootoshi.htm) (Large Outer Drop) | | |
| 5. [Ushiro Goshi](http://judoinfo.com/images/animations/blue/ushirogoshi.htm) (Rear Hip Throw) | 5. [Daki Wakare](http://judoinfo.com/images/animations/blue/dakiwakare.htm) (High Lift And Separate) \* | | |
| 6. [Ura Nage](http://judoinfo.com/images/animations/blue/uranage.htm) (Rear Throw) | 6. [Hikikomi Gaeshi](http://judoinfo.com/images/animations/blue/hikikomigaeshi.htm) (Pulling In Reversal) \* | | |
| 7. [Sumi Otoshi](http://judoinfo.com/images/animations/blue/sumiotoshi.htm) (Corner Drop) | 7. [Tawara Gaeshi](http://judoinfo.com/images/animations/blue/tawaragaeshi.htm) (Rice Bale Reversal) \* | | |
| 8. [Yoko Gake](http://judoinfo.com/images/animations/blue/yokogake.htm) (Side Hook) | 8. [Uchi Makikomi](http://judoinfo.com/images/animations/blue/uchimakikomi.htm) (Inner Wraparound) \* | | |
| **Shinmeisho No Waza (newly accepted techniques)** | |
| 1. [Morote Gari](http://judoinfo.com/images/animations/blue/morotegari.htm) (Two Hand Reap) | 2. [Kuchiki Taoshi](http://judoinfo.com/images/kuchikitaoshi.jpg) (Single Leg Takedown) |
| 3. [Kibisu Gaeshi](http://judoinfo.com/images/nauta/kibisugaeshi.htm) (Heel Trip Reversal) | 4. [Uchi Mata Sukashi](http://www.kodokan.org/e_waza/uchimatasukashi.html) (Inner Tigh Reaping Throw Slip)\* |
| 5. [Daki Age](http://www.judoinfo.com/dakiage.htm) (High Lift) \* | 6. [Tsubame Gaeshi](http://judoinfo.com/images/animations/blue/tsubamegaeshi.htm) (Swallovs Flight Reversal) \* |
| 7. [Kouchi Gaeshi](http://judoinfo.com/images/animations/KOUCHI-GAESHI.gif) (Minor Inner Reap Reversal counter) \* | 8. [Ouchi Gaeshi](http://judoinfo.com/images/animations/ouchigaeshi.gif) (Large Inner Reaping Throw Counter) \* |
| 9. Osoto Gaeshi (Large Outer Reaping Throw Counter) \* | 10. Harai Goshi Gaeshi (Sweeping Hip Throw Counter)\* |
| 11. Uchi Mata Gaeshi (Inner Tigh Reaping Throw Counter) \* | 12. Hane Goshi Gaeshi (Spring Hip Throw Counter) \* |
| 13. [Kani Basami](http://judoinfo.com/images/nauta/kanibasami.htm) (Flying Scissors) \* | 14. [Osoto Makikomi](http://judoinfo.com/images/nauta/osotomakikomi.htm) (Major Outer Wrap Around) \* |
| 15. [Kawazu Gake](http://judoinfo.com/images/kawazu.jpg) (One Leg Entanglement Drop) \* | 16. [Harai Makikomi](http://judoinfo.com/images/animations/blue/haraimakikomi.htm) (Sweeping Wraparound) \* |
| 17. [Uchi Mata Makikomi](http://judoinfo.com/images/nauta/uchimatamakikomi.htm) (Inner Tigh Wrap Around) \* | 18. [Sode Tsurikomi Goshi](http://judoinfo.com/images/animations/blue/sodetsurikomigoshi.htm) (Sleeve Lifting Pulling Hip) |
| 19. [Ippon Seoinage](http://judoinfo.com/images/animations/blue/ipponseoi.htm) (One Arm Shoulder Throw) |  |

\* Ingår i Kodakan men inte i vårt graderingshäfte

# The 29 Official Grappling Techniques of Kodokan Judo

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| [**Osaekomi-waza**](http://www.judoinfo.com/pinning.htm) **(pins or matholds)** | [**Shime-waza**](http://www.judoinfo.com/chokes1.htm) **(chokes or strangles)** |
| 1. Kuzure-kesa-gatame | 1. Nami-juji-jime |
| 2. Kata-gatame | 2. Gyaku-juji-jime |
| 3. Kami-shiho-gatame | 3. Kata-juji-jime |
| 4. Kuzure-kami-shiho-gatame \* | 4. Hadaka-jime |
| 5. Yoko-shiho-gatame \* | 5. Okuri-eri-jime |
| 6. Tate-shiho-gatame | 6. Kata-ha-jime |
| 7. Kesa-gatame | 7. Do-jime \* |
|  | 8. Sode-guruma-jime |
|  | 9. Kata-te-jime \* |
|  | 10. Ryo-te-jime \* |
|  | 11. Tsukkomi-jime |
|  | 12. Sankaku-jime |

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| [**Kansetsu-waza**](http://www.judoinfo.com/kansetsuwaza.htm) **(joint locks)** | |
| 1. Ude-garami | 2. Ude-hishigi-juji-gatame |
| 3. Ude-hishigi-ude-gatame | 4. Ude-hishigi-hiza-gatame |
| 5. Ude-hishigi-waki-gatame | 6. Ude-hishigi-hara-gatame |
| 7. Ashi-garami \* | 8. Ude-hishigi-ashi-gatame \* |
| 9. Ude-hishigi-te-gatame \* | 10. Ude-hishigi-sankaku-gatame \* |

## Tekniker

Nage Wasa Kastteknik

Koshi-waza Kast - Höfttekniker

Te-wasa Kast - Handteknik

Masutemi-waza Kast - Offerteknik framåt

Ashi-waza Kast - Fottekniker

Osaekomi-waza Fasthållningsteknik

Kansetsu-waza Låsteknik

Yokosutemi-waza Offerkast åt sidan

Shime-waza Halslåsteknik

Ukemi-wasa Fallteknik

Kata Form “Arrangerad Judo”

\* Ingår i Kodakan men inte i vårt graderingshäfte

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| **Dai Ikkyo (1st group)** | |
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| **Dai Nikyo (2nd group)** | |
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| **Sankyo (3rd group)** | |
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| **Yonkyo (4th group)** | |
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| **Gokyo (5th group)** | |
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| |  | | --- | | **Habukareta Waza (preserved techniques from 1895 gokyo)** | | |
| Obi Otoshi | Seo toshi Spread Legs |
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| Daki Wakare (High Lift and Separate) | Hikikomi Gaeish (Pulling In Reversal) |
|  | Uschi Makikomi (Inner Wraparound Throw) |

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| |  | | --- | | **Shinmeisho No Waza (newly accepted techniques)** | | |
| Morote Gari (Two Hand Reap) | Kuchiki Taochi (One Hand Drop) |
|  | Uchi Mata Sukashi (Kontring) |
| Daki Age (High Lift) | Tsubame Gaeishi -kontring |
| Kouchi Gaeishi (Minor Inner Reap Reversal) - Kontring | Ouchi Gaeishi - Kontring |
| Osoto Gaeshi - Kontring | Uchi Mata Gaeshi – Kontring |
| Harai Goshi Gaeishi - Kontring  Harai-goshi-gaeshi (Hip sweep counter) | Hane Goshi Gaeshi – Kontring  Hane-goshi-gaeshi (Hip spring counter) |
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| Kawatsu Gake | Harai Makikomi |
| Uchi Mata Makikomi |  |
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# Osakomi wasa – Hold Downs

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| Kesa Gatame | **Kuzure Kesa Gatame** |
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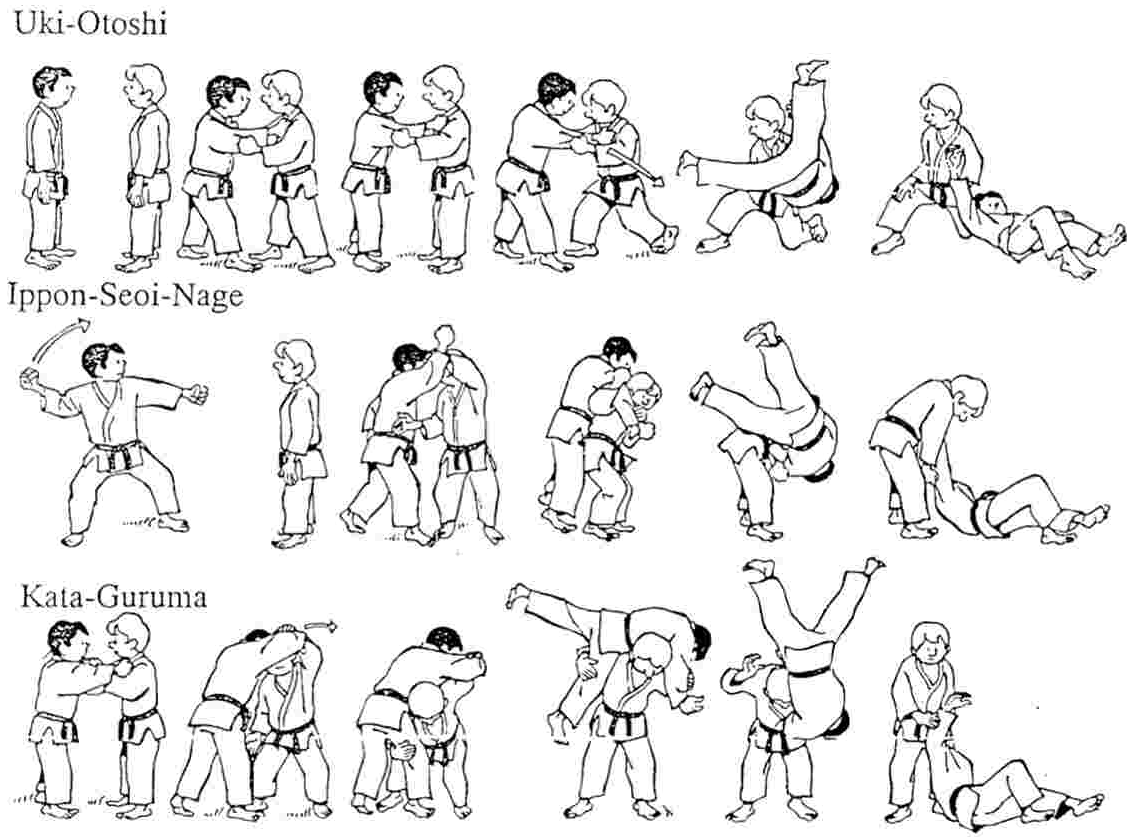
# Kansetsu Wasa – Armlocks

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| Ude Garami  http://cdn2.judoinfo.com/images/kansetsu/ude_garami.gif | ude-hishigi-juji-gatame  http://cdn2.judoinfo.com/images/kansetsu/juji_gatame.gif |
| Ude-Hishigi-Ude-Gatame  http://www.isa.nl/StudentSites/adutt/ude_gatame.gif | ude-hishigi-hiza-gatame  http://www.gradera.nu/Image/Bl%C3%A5tt%20b%C3%A4lte/hiza_gatame.gif |
| Ude-Hishigi-Waki-Gatame | Ude-Hishigi-Hara-Gatame |
| Ashi Garami | Ude Hishigi Ashi Gatame |
| Ude Hishigi Te Gatame  http://kodokan.pl/files/images/techniki/parter/tegatame_2z.png | Ude Hishigi Sankaku Gatame  http://www.gradera.nu/Image/Bl%C3%A5%20markering/sankaku-gatame2z.png |

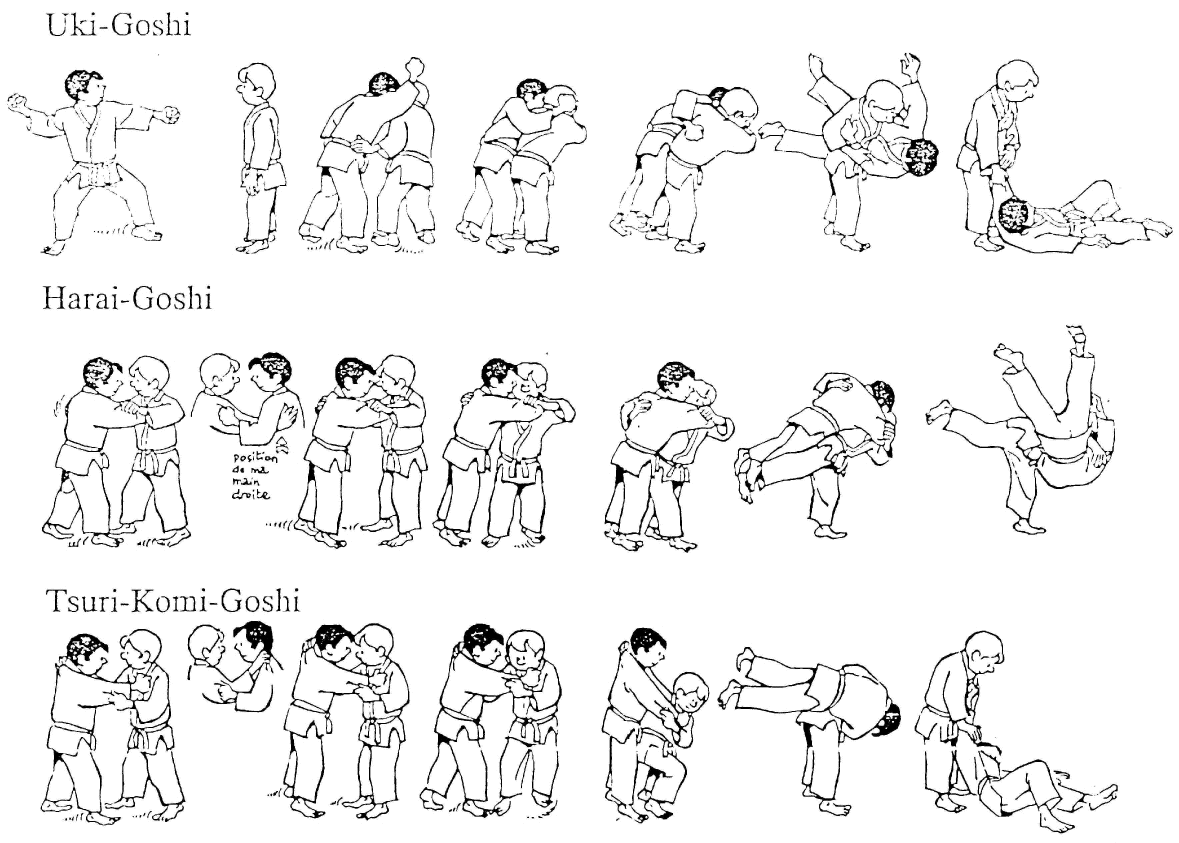
# Shime Wasa

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| Nami-Juji-Jime (Normal Cross Strangle), Tummar innanförhttp://kodokan.pl/files/images/techniki/parter/namijujijime.png | Gyaku-Juji-Jime (Reverse Cross Strangle), Tummar utanför  http://kodokan.pl/files/images/techniki/parter/gyakujujijime.png |
| Kata-Juji-Jime (Half-Cross-Strangle) En tumme innanför & En utanför  http://kodokan.pl/files/images/techniki/parter/Katajujijime.png | Okuri – Eri – Jime (Sliding Collar Strangle)  http://www.hhp.txstate.edu/class/martialArts/Judo/images/okuri_eri_jime.gif |
| Sode-Guruma-Jime (Sleeve Wheel)  http://kodokan.pl/files/images/techniki/parter/Sodegurumajime.png | Kata-Ha-Jima (Single Wing Strangle)  http://2.bp.blogspot.com/-vNbFxElpMy4/TVQS1bHZd4I/AAAAAAAABaA/WxORY_GWo0k/s1600/Shime-waza+-+Katahajime.png |
| Sankaku-Jime (Triangulation Strangle) | Hadaka-Jime (Naked Strangle)  http://www.judo-tao.com/gokyo/KATAME-WAZA/SHIME-WAZA/Hadaka-jime.gif |
| Kata-Te-Jime (One-Hand-Strangle) | Do-Jime (Body Strangle)  http://kodokan.pl/files/images/techniki/parter/dojime.png |
| Tsukkomi-Jime (Thrusting Strangle) http://kodokan.pl/files/images/techniki/parter/Tsukomi.png | Ryo-Te-Jime (Both Hand Strangle)  http://kodokan.pl/files/images/techniki/parter/riotejime_0.png |

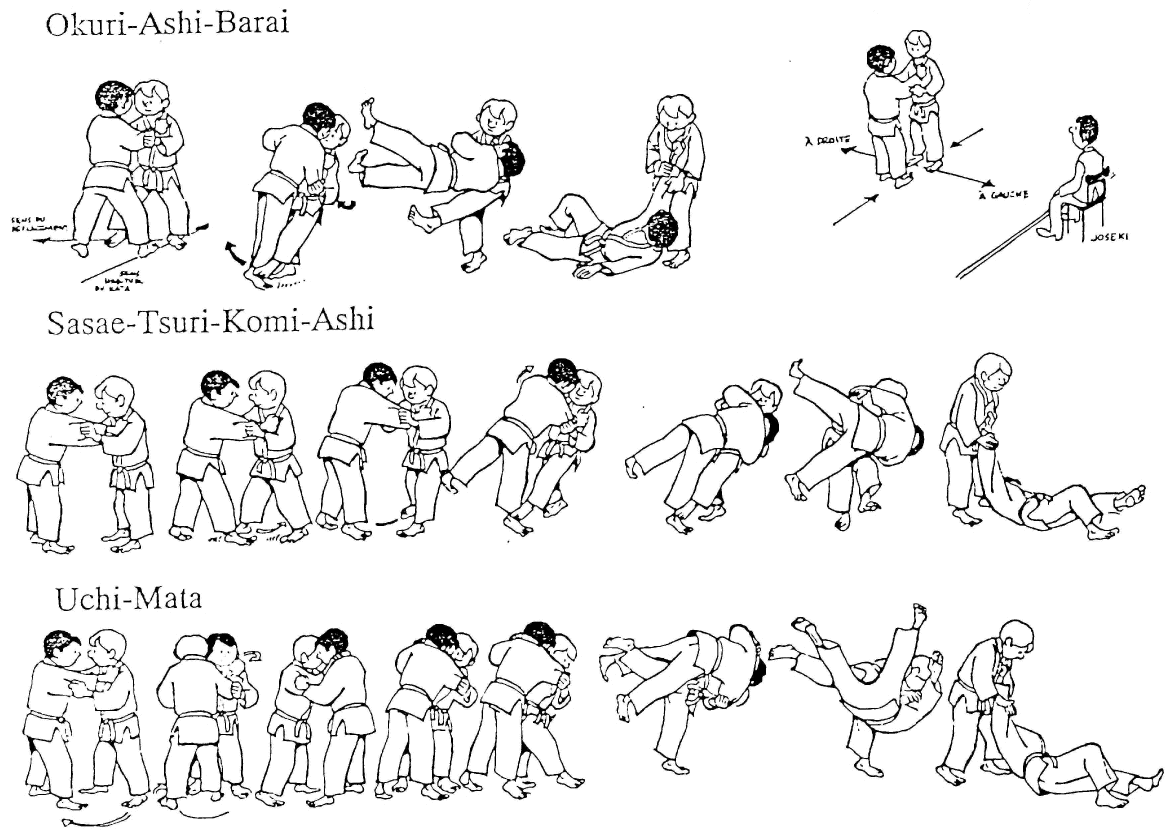
## Nage-No-Kata, 1:a Serien , Te-Waza



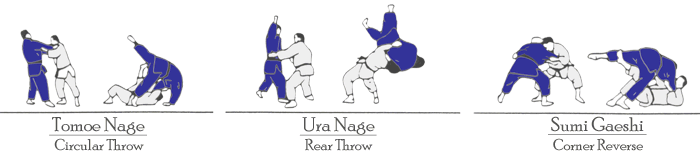
## Nage-No-Kata, 2:a Serien, Koshi-Waza



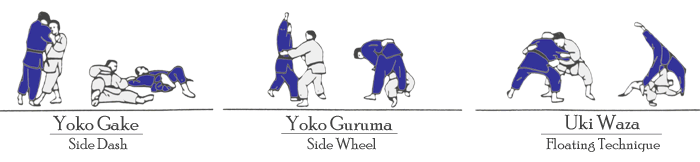
## Nage-No-Kata, 3:e Serien, Ashi-Waza



## Nage-No-Kata,4:e Serien, Ma-Sutemi-Wasa



## Nage-No-Kata,5:e Serien, Yoko-Sutemi-Wasa



**Ordlista**

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| Arashi -> Storm  Ashi -> Fot  Atemi -> Slag  Do -> Väg  Gaeshi -> Motanfall  Gake -> Kroka, haka  Gari -> Liten svepning, meja  Gyaku -> Omvänd  Hajime -> Börja  Hara -> Nedre delen av buken  Hidari -> Vänster  Hishigi -> Bryta  Judo -> Den mjuka vägen  Judoka -> Judoutövare  Kaeshi waza -> Kontringsteknik  Kake -> Kast  Kannuki -> Regel, lås  Kansetsu waza -> Armlåsteknik  Kata -> Skuldra  Katame -> Fasthållning  Koshi -> Höft (goshi)  Kumi kata -> Greppteknik i Kuzure -> Variant  Kuzushi -> Balansbrytning  Mae ukemi -> Framåtfall  Maki komi waza -> Kastteknik där tori håller full kontakt ända ner i mattan  Masutemi waza -> Offerkast bakåt  Mate -> Bryt  Morote -> Tvåhands  Nage -> Kast  Nage waza -> Kastteknik  Ne waza -> Golvteknik  O -> Stor  Okuri -> Glida, två, par  Osae komi waza -> Fasthållningsteknik  Otoshi -> Falla  Rei -> Hälsning  Ritsurei -> Stående hälsning  Sabaki -> Vända bort, vrida  Sasae -> Låg blockering  Shizentai -> Naturlig ställning  Sode -> Ärm  Soremade -> Slut (tävling)  Sutemi -> Uppoffra  Tachi waza -> Stående teknik  Tani -> Dal  Tate -> Vertikal  Te kubi -> Handled  Tomoe -> Cirkel, hjul  Tsukuri -> Ingång  Uchi -> Insida, inre  Ude -> Arm  Ukemi waza -> Fallteknik  Ura -> Resa sig  Ushiro ukemi -> Bakåtfall  Utsuri -> Ändra, skifta  Waki -> Armhåla  Yoko -> Sida  Yoko sutemi waza -> Offerkast åt sidan  Yoshi -> Starta, Sätt igång | Age -> Lyfta upp  Arigato -> Tack  Ashi kubi -> Fotled  Atemi waza -> Slag teknik  Awasete -> Sammanlagt  Barai -> Stort svep i sidled, sopa bort  De -> Föra framåt  Eri -> Slag (på judogin)  Gaeshi waza -> Motkast tekniker  Garami -> Böja, vrida, fläta  Gatame -> Fasthålla (katame)  Goshi -> Höft  Guruma -> Hjul, sväng  Hadaka -> Naken  Hane -> Vinge  Harai -> Svep  Hiji -> Armbåge  Hikomi waza -> Övergångsteknik från tachi waza till ne waza  Hiza -> Knä  Jigotai -> Försvarsställning i judo  Jime -> Strypa (shime)  Ju -> Mjuk  Juji -> Kors, över  Kagato -> Häl  Kami -> Hög ovanför  Kansetsu -> Led, knoge  Kata -> Form "arrangerad judo"  Kesa -> Krage, slag  Ko -> Liten  Koho ukemi -> Bakåtfall  Komi -> Dra intill  Kubi -> Nacke  Kusushi waza -> Balansbrytningsteknik  Mae -> Framsida, framåt  Maki -> Rulla in, vrida  Mata -> Lår  Migi -> Höger  Mune -> Bröstkorg  Nage no kata -> Kasttekniksform  Obi -> Bälte  Osae -> Hålla, trycka  Oshi -> Knuffa  Randori -> Fri övning träning  Renraku waza -> Kombinationsteknik  Ryote -> Tvåhands  Sankaku -> Triangel  Seoi -> Skuldra, ta upp på ryggen  Shime waza -> Halslåsteknik  Shizen hontai -> Grundställning/hållning  Soto -> Utsida  Sumi -> Hörn  Sutemi waza -> Offerkastteknik  Tai -> Kropp  Te -> Hand, arm  Te waza -> Handkastteknik  Tokui waza -> Favoritteknik  Tori -> Den som utför tekniken  Tsukkomi jime -> Frånskjutet halslås  Tsuri -> Lyfta  Uchi komi -> Upprepningsträning  Uke -> Den som tekniken blir utförd på  Uki -> Flyta, flyga  Ushiro -> Bakåt  Wakare -> Dra, rycka  Waza -> Teknik  Yaku soku geiko -> Kast varannan gång i rörelse  Yoko ukemi -> Sidofall  Yubi -> Fingrar  Zempo -> Framåt |