分類 Bunrui – Judo classification

How the Kodokan sorts judo techniques – and where each Gokyo throw belongs

Nage-waza 投技

THROWING TECHNIQUES

Techniques that bring the opponent down onto the mat. The whole Gokyo consists of throws. They are split by whether Tori stays on his feet (tachi-waza) or gives up his own balance (sutemi-waza).

40 of the 40 Gokyo throws

Tachi-waza 立技

STANDING TECHNIQUES

Tori throws while staying on his feet. They are grouped by the part of the body that does the main work.

Te-waza 手技

HAND TECHNIQUES

Hands, arms and shoulders do the main work – Uke is pulled, lifted or turned over.

6 of the 40 Gokyo throws

Seoi-nage · Tai-otoshi · Kata-guruma · Sukui-nage · Uki-otoshi · Sumi-otoshi

Koshi-waza 腰技

HIP TECHNIQUES

Tori's hip is the pivot or lever Uke is thrown over.

9 of the 40 Gokyo throws

Uki-goshi · O-goshi · Koshi-guruma · Tsurikomi-goshi · Harai-goshi · Tsuri-goshi · Hane-goshi · Utsuri-goshi · Ushiro-goshi

Ashi-waza 足技

FOOT AND LEG TECHNIQUES

Feet and legs sweep, reap, block or hook Uke's legs. The largest group of the Gokyo.

14 of the 40 Gokyo throws

De-ashi-harai · Hiza-guruma · Sasae-tsurikomi-ashi · O-soto-gari · O-uchi-gari · Ko-soto-gari · Ko-uchi-gari · Okuri-ashi-harai · Uchi-mata · Ko-soto-gake · Ashi-guruma · Harai-tsurikomi-ashi · O-guruma · O-soto-guruma

Sutemi-waza 捨身技

SACRIFICE TECHNIQUES

Tori gives up his own balance and goes down to the mat to throw Uke.

Ma-sutemi-waza 真捨身技

REAR SACRIFICE TECHNIQUES

Tori falls straight onto his back and throws Uke over himself.

3 of the 40 Gokyo throws

Tomoe-nage · Sumi-gaeshi · Ura-nage

Yoko-sutemi-waza 横捨身技

SIDE SACRIFICE TECHNIQUES

Tori falls onto his side and throws Uke past or over himself.

8 of the 40 Gokyo throws

Yoko-otoshi · Tani-otoshi · Hane-makikomi · Soto-makikomi · Uki-waza · Yoko-wakare · Yoko-guruma · Yoko-gake

分類 Bunrui – Judo classification

Katame-waza 固技

GRAPPLING TECHNIQUES

Techniques to control the opponent, mostly on the ground (ne-waza).

Not part of the Gokyo

Osaekomi-waza 抑込技

HOLD-DOWNS

Holding Uke on his back on the mat, e.g. Kesa-gatame.

Shime-waza 絞技

STRANGLES

Pressure on the neck with the arms or the judogi, e.g. Hadaka-jime. Only allowed from a certain age group.

Kansetsu-waza 関節技

JOINT LOCKS

Locks against a joint. In randori and competition only against the elbow, e.g. Ude-hishigi-juji-gatame.

Atemi-waza 当身技

STRIKING TECHNIQUES

Strikes to vital points. Practised only in kata, e.g. Kime-no-kata – never in randori or competition.

Not part of the Gokyo

Ude-ate 腕当

ARM STRIKES

Strikes with the fist, the edge of the hand, the fingertips or the elbow.

Ashi-ate 足当

LEG STRIKES

Strikes with the knee or the foot.