

FUNDAMENTAL SKILLS – 1ST DAN

Nage-waza		Katame-waza
Te-waza	Ashi-waza (cont.)	Osaekomi-waza
Seoi-nage	Uchi-mata	Kesa-gatame (escapes)
Tai-otoshi	O-soto-otoshi	Kuzure-kami-shiho-gatame (escapes)
Uchi-mata-sukashi	Ma-sutemi-waza	Shime-waza
Koshi-waza	Tomoe-nage	Nami-juji-jime
O-goshi	Yoko-sutemi-waza	Kataha-jime
Harai-goshi	Tani-otoshi	Sankaku-jime
Ashi-waza	Soto-makikomi	Kansetsu-waza
De-ashi-barai	Yoko-wakare	Ude-hishigi-juji-gatame
O-soto-gari		Ude-hishigi-waki-gatame

FUNDAMENTAL SKILLS – 2ND DAN

Nage-waza		Katame-waza
Te-waza	Ashi-waza (cont.)	Osaekomi-waza
Ippon-seoi-nage	Ko-soto-gake	Kuzure-kesa-gatame (escapes)
Obi-otoshi	O-soto-gaeshi	Yoko-shiho-gatame (escapes)
Ko-uchi-gaeshi	Ma-sutemi-waza	Shime-waza
Koshi-waza	Sumi-gaeshi	Cyaku-juji-jime
Koshi-guruma	Yoko-sutemi-waza	Katate-jime
Ushiro-goshi	Yoko-otoshi	Kansetsu-waza
Ashi-waza	Hane-makikomi	Ude-garami
Hiza-guruma	Yoko-guruma	Ude-hishigi-hara-gatame
O-uchi-gari	Harai-makikomi	

FUNDAMENTAL SKILLS – 3RD DAN

Nage-waza		Katame-waza
Te-waza	Ashi-waza (cont.)	Osaekomi-waza
Seoi-otoshi	Ko-soto-gari	Ushiro-kesa-gatame (escapes)
Uki-otoshi	Ashi-guruma	Tate-shiho-gatame (escapes)
Obi-tori-gaeshi	O-uchi-gaeshi	Shime-waza
Kibisu-gaeshi	Ma-sutemi-waza	Kata-juji-jime
Koshi-waza	Hikikomi-gaeshi	Ryote-jime
Tsurikomi-goshi	Yoko-sutemi-waza	Kansetsu-waza
Hane-goshi	Yoko-gake	Ude-hishigi-ashi-gatame
Ashi-waza	Uchi-mata-makikomi	Ashi-garami
Sasae-tsurikomi-ashi	Ko-uchi-makikomi	

FUNDAMENTAL SKILLS – 4TH DAN

Nage-waza		Katame-waza
Te-waza	Ashi-waza (cont.)	Osaekomi-waza
Kata-guruma	O-guruma	Kata-gatame (escapes)
Yama-arashi	Hane-goshi-gaeshi	Uki-gatame (escapes)
Kuchiki-taoshi	Ma-sutemi-waza	Shime-waza
Koshi-waza	Tawara-gaeshi	Hadaka-jime
Sode-tsurikomi-goshi	Yoko-sutemi-waza	Sode-guruma-jime
Utsuri-goshi	Uchi-makikomi	Do-jime
Ashi-waza	Daki-wakare	Kansetsu-waza
Ko-uchi-gari	Kani-basami	Ude-hishigi-ude-gatame
Harai-tsurikomi-ashi		Ude-hishigi-te-gatame

FUNDAMENTAL SKILLS – 5TH DAN

Nage-waza		Katame-waza
Te-waza	Ashi-waza (cont.)	Osaekomi-waza
Sukui-nage	Tsubame-gaeshi	Kami-shiho-gatame (escapes)
Sumi-otoshi	Harai-goshi-gaeshi	Ura-gatame (escapes)
Morote-gari	Uchi-mata-gaeshi	Shime-waza
Koshi-waza	Ma-sutemi-waza	Okuri-eri-jime
Uki-goshi	Ura-nage	Tsukkomi-jime
Tsuru-goshi	Yoko-sutemi-waza	Kansetsu-waza
Ashi-waza	Uki-waza	Ude-hishigi-hiza-gatame
Okuri-ashi-harai	O-soto-makikomi	Ude-hishigi-sankaku-gatame
O-soto-guruma	Kawazu-gake	

KODOKAN VIDEOS OF TECHNIQUES THAT ARE ALIKE

Ashi-guruma & O-guruma & Harai-goshi	Soto-makikomi & Uchi-makikomi
De-ashi-harai & Ko-soto-gari	Sukui-nage & Kuchiki-taoshi
De-ashi-harai & Okuri-ashi-harai	Sukui-nage & Obi-otoshi
Harai-tsurikomi-ashi & Okuri-ashi-harai	Sumi-gaeshi & Hikikomi-gaeshi
Hiza-guruma & Sasae-tsurikomi-ashi	Uki-goshi & O-goshi
Ko-soto-gari & Ko-soto-gake	Uki-otoshi & Sumi-otoshi
Kuchiki-taoshi & Kibisu-gaeshi	Uki-waza & Yoko-otoshi & Tani-otoshi
O-goshi & Tsuru-goshi	Uki-waza & Yoko-wakare
O-soto-gari & O-soto-otoshi & O-soto-guruma	Yoko-guruma & Daki-wakare
Sasae-tsurikomi-ashi & Harai-tsurikomi-ashi	

OTHER USEFUL PLAYLISTS

All Kodokan 100 techniques
All Te-waza
All Koshi-waza
All Ashi-waza
All Ma-sutemi-waza
All Yoko-sutemi-waza
All Osaekomi-waza
All Shime-waza
All Kansetsu-waza