

IJF/KODOKAN CLASSIFICATION OF JUDO

Introduction

This book is designed to support teaching of judo practice sessions of IJF Academy Level 1 Courses.

The terminology used follows Kodokan New Japanese -English Dictionary of Judo, written by Teizo Kawamura and Toshiro Daigo. Date of publication is 31st August 2000. The publisher is The Foundation of Kodokan Judo Institute 1-16-30 Kasuga, Tokyo.

For a better understanding the Japanese words composed of more words have been written with – (in example: “yoko shiho gatame” is written as “yoko-shiho-gatame”), and according to the updated Kodokan Classification Techniques list from 1st April 2017.

The explanations are done following demonstrations on right side.

IJF Academy Basic Level 1

Tori (“doer”; the thrower)

The person who applies a throw or other technique during repetition (uchikomi) or controlled (yakusoku) practice.

Uke (“receiver”; the thrown)

The person who receives a technique during repetition (uchikomi) or controlled (yakusoku) practice.

Maai (combative interval)

Various types of “distance” existing between two combatants.

Kumikata (engagement positioning)

The way a judoist maneuvers to obtain a grip on his opponent’s sleeve, collar, and/or lapel in the process of building an offence and defense, including more general aspects of positioning including right or left approach, natural or defensive posture, etc.

Hikite (sleeve hand; pulling hand)

The hand gripping the opponent’s sleeve.

Tsurite (collar hand; catching hand)

The hand gripping your opponent’s collar or lapel.

Aiyotsu (face-off with matched stances)

When opponents in a match or practice session engage one another using the same left or right grips, referred to as left aiyotsu or right aiyotsu depending on which side is forward.

Kenka-yotsu (face-off using opposite stances)

When opponents during a match or practice session engage one another using opposite left and right grips so that they present a mirror image of one another.

Ayumiashi (natural walking style)

Advancing or retreating by alternately stepping with the right and left feet, as in ordinary walking.

Tsugiashi (shuffle stepping)

A method of movement by stepping with one foot, then drawing the other foot up to meet it, then stepping with the first foot again.

Suriashi (slide stepping)

A method of movement of movement in which the bottoms of the feet brush lightly over the surface of the mat, done to minimize vertical or lateral shifting of your centre of gravity.

Tai-sabaki (body shifting; body control)

General terms for movements used to shift the position of your body and change direction in the process of reacting to your opponent's techniques and setting up and applying techniques of your own.

Mae-sabaki (front shifting)

Shifting your body 90 degrees by moving one leg toward the opponent's same-side leg, at the same time pulling the other leg to the rear so that you come to face at a right angle from your original direction.

Ushiro-sabaki (rear shifting)

Shifting the position of your body 90 degrees by moving one leg to the rear and turning your body so that you come to face at a right angle from your original direction.

Mae-mawari-sabaki (turning to the front)

Shifting your body 180 degrees, starting from a natural posture, by moving one leg across your centerline to place it in front of your opponent's diagonally opposite leg, at the same time turning to place your body directly in front of him.

Ushiro-mawari-sabaki (turning to the rear)

Shifting your body 180 degrees by moving one leg around to your rear and turning the body.

Happo no Kuzushi – Not in Kodokan Japanese-English Dictionary

Ukemi (breakfall)

General term for breakfalls designed to protect the body when thrown.

Mae-ukemi (forward breakfall)

Breakfall taken to protect the body when thrown to the front. Considered unrealistic since judoists are generally thrown powerfully onto their backs.

Ushiro-ukemi (rear breakfall)

Breakfall taken to protect the body when thrown to the rear. Yoko-ukemi (side breakfall)

Breakfall taken to protect the body when thrown to the side.

Mae-mawari-ukemi (forward rolling breakfall)

Rolling breakfall taken to protect the body when thrown to the front.

Kuzushi (balance-breaking)

An action to unbalance your opponent in preparation for throwing him.

Tsukuri (positioning; set-up)

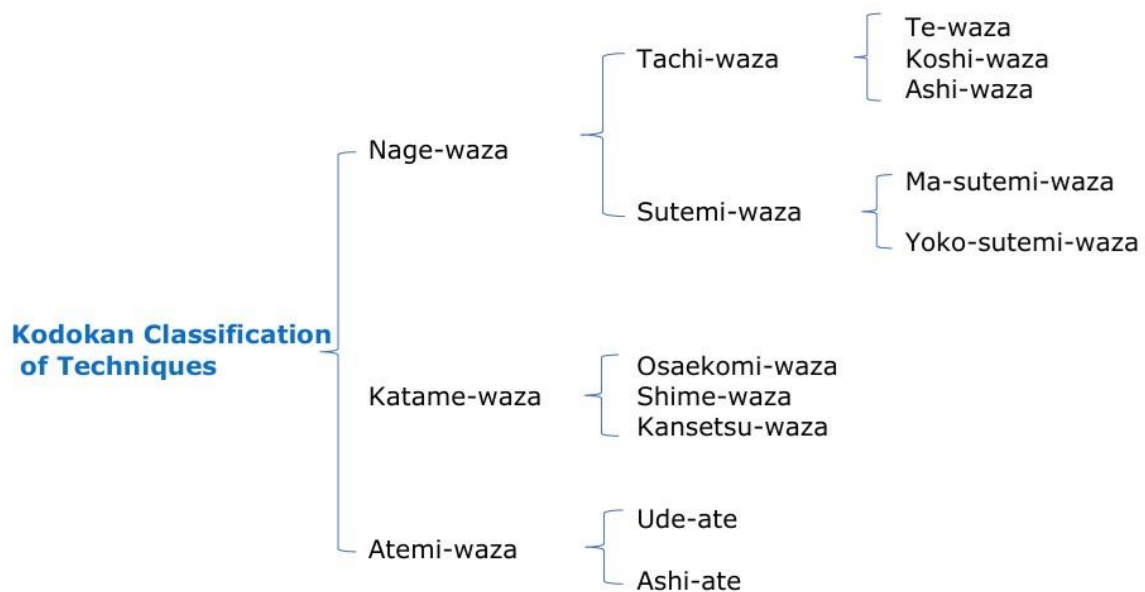
An action to set up a throw after breaking your opponent's balance.

Kake (application; execution)

An action used to execute a technique such as a throw after breaking your opponent's balance (kuzushi) and setting him in a disadvantageous position (tsukuri)

Kodokan Classification of Techniques

The Kodokan Classification of Techniques has three groups: nage-waza, katame-waza and atemi-waza.



Nage-waza (throwing techniques)

Techniques in which the opponent is thrown. Kodokan judo includes (since 1st April 2017) 68 official throwing techniques and is divided in tachi-waza (standing techniques) and sutemi-waza (sacrifice techniques). Tachi-waza includes te-waza (16 hand techniques), koshi-waza (10 hip techniques) and ashi-waza (21 foot and leg techniques). Sutemi-waza includes ma-sutemi waza (5 supine or rear sacrifice techniques) and yoko-sutemi-waza (16 side sacrifice techniques).

Katame-waza (grappling techniques)

General name for hold-downs, strangles, and joint and other locks used in grappling. Katame-waza is divided (since 1st April 2017) in osaekomi-waza (10 pinning techniques), shime-waza (12 strangling techniques) and kansetsu-waza (10 joint techniques).

Atemi-waza (striking techniques)

Thrusts, strikes and kicks, particularly to physiologically weak areas of the body (vital points), using fists, fingertips, the edge of the hands, elbows, knees, or various parts of the feet. Because of their inherent danger, atemi waza are prohibited during judo matches and sparring sessions. Atemi-waza is divided in ude-ate (hand and elbow striking techniques) and ashi-ate (foot and knee striking techniques). Relevant for the IJF Academy Level 1 course are nage-waza and katame waza.

Te-waza – The 16 hand techniques are:

seoi-nage	obi-otoshi	morote-gari
ippon-seoi-nage	uki-otoshi	kuchiki-taoshi
seoi-otoshi	sumi-otoshi	kibisu-gaeshi
tai-otoshi	yama-arashi	uchi-mata-sukashi
kata-guruma	obi-tori-gaeshi	ko-uchi-gaeshi
sukui-nage		

Koshi-waza - The 10 hip techniques are

uki-goshi	harai-goshi
o-goshi	tsuri-goshi
koshi-guruma	hane-goshi
tsurikomi-goshi	utsuri-goshi
sode-tsurikomi-goshi	ushiro-goshi

Ashi-waza - The 21 foot and leg techniques are:

de-ashi-harai	okuri-ashi-harai	o-sot-otoshi
hiza-guruma	uchi-mata	tsubame-gaeshi
sasae-tsurikomi-ashi	ko-soto-gake	o-soto-gaeshi
o-soto-gari	ashi-guruma	o-uchi-gaeshi
o-uchi-gari	harai-tsurikomi-ashi	hane-goshi-gaeshi
ko-soto-gari	o-guruma	harai-goshi-gaeshi
ko-uchi-gari	o-soto-guruma	uchi-mata-gaeshi

Ma-sutemi-waza – The 5 supine or rear sacrifice techniques are:

tomoe-nage
sumi-gaeshi
hikikomi-gaeshi
tawara-gaeshi
ura-nage

Yoko-sutemi-waza

yoko-otoshi	yoko-wakare	uchi-mata-makikomi
tani-otoshi	yoko-guruma	harai-makikomi
hane-makikomi	yoko-gake	ko-uchi-makikomi
soto-makikomi	daki-wakare	kani-basami (Phobited)
uchi-makikomi	o-soto-makikomi	kawazu-gake (Phobited)
uki-waza		

Osaekomi-waza - The 10 pinning techniques are:

kesa-gatame	kuzure-kami-shiho-gatame
kuzure-kesa-gatame	yoko-shiho-gatame
ushiro-kesa-gatame	tate-shiho-gatame
kata-gatame	uki-gatame
kami-shiho-gatame	ura-gatame

Shime-waza - The 12 strangling techniques are:

nami-juji-jime	okuri-eri-jime	sode-guruma-jime
gyaku-juji-jime	kataha-jime	tsukomi-jime
kata-juji-jime	katate-jime	sankaku-jime
hadaka-jime	ryote-jime	do-jime (Phobited)

Kansetsu-waza – The 10 joint techniques are:

ude-garami	hara-gatame
juji-gatame	ashi-gatame
ude-gatame	te-gatame
hiza-gatame	sankaku-gatame
waki-gatame	ashi-garami (Phobited)

投技 Nage-waza, 68 本 Techniques

Nage-waza (throwing techniques)

Techniques in which the opponent is thrown. Kodokan Judo includes (since 1st April 2017) 68 official throwing techniques, including 16 hand (te), 10 hip (koshi), 21 foot and leg (ashi), 5 supine or rear sacrifice (ma-sutemi) and 16 side sacrifice (yoko-sutemi) techniques.

Tachi-waza (standing techniques)

Techniques executed from a standing position.

100 手技 Te-waza (16 hand techniques)

Te-waza (hand techniques) Classification for throwing techniques in which the use of the hand play a central role. Since 1st April 2017 Kodokan Judo Classification includes 16 official hand techniques.

101 背負投 Seoi-nage (shoulder throw) SON

A hand technique throw. Break your opponent's balance to his front or right front corner, then pivot to the left while allowing the elbow of your right arm to bend and come under his right armpit, then load him onto your back and throw him over your right shoulder.

102 一本背負投 Ippon-seoi-nage (one-armed shoulder throw) ISN

A hand technique throw. Float your opponent's balance to his front, then while pivoting to the left, grip his right inner sleeve and slip your right arm up from under his chest under his right armpit to grab the top of his right sleeve or shoulder, pull him onto your back, and throw him over your right shoulder.

103 背負落 Seoi-otoshi (dropping shoulder throw) SOO

A hand technique throw. Break your opponent's balance to his front or right front corner, load him onto your back, then drop one or both knees to the mat to throw him over your shoulder and down. An applied form of seoi-nage.

104 体落 Tai-otoshi (body drop) TOS

A hand technique throw. Break your opponent's balance to his right front corner, open your body and turn to step in front of his right foot with your right foot, then use the action of both hands to pull him down and throw him over your foot.

105 肩車 Kata-guruma (shoulder wheel) KGU

A hand technique throw. Break your opponent's balance to his front or right front corner, then lift him onto your shoulders across the back of your neck and throw him down.

106 掬投 Sukui-nage (scooping throw) SUK

A hand technique throw. From your opponent's side, use both hands to wrap around his thighs from the front (or thrust one hand between his legs to wrap around his buttocks) to break his balance directly to his rear, then scoop him up and throw him backwards.

107 帯落 Obi-otoshi (belt drop) OOS

A hand technique throw. Grip the front of your opponent's belt with your right hand and pull him toward you, at the same time shifting behind his right flank and reaching across his front with your left hand to scoop his upper left leg from behind to throw.

108 浮落 Uki-otoshi (floating drop) UOT

A hand technique throw. Float your opponent's balance to his right front corner, then pull him strongly downward with both hands to throw him in a circle.

109 隅落 Sumi-otoshi (corner drop) SOT

A hand technique throw. Step to the outside of your opponent's right foot and use the shifting moment of your body and the action of both of your hands to break his balance to his right rear corner and throw him in that direction.

110 山嵐 Yama-arashi ("mountain storm") YAS

A hand technique throw. Using both hands to grip your opponent's right lapel and right sleeve, draw him forward to float his balance toward his right front corner, then use the back of your right leg to sweep his legs in an uplifting motion.

111 帯取返 Obi-tori-gaeshi (belt-grab throw) OTG

An informal variation of for the sacrifice known as hikikomi-gaeshi.

112 双手刈 Morote-gari (two-handed reap) MGA

A hand technique throw. Step in between your opponent's legs and wrap your arms around his legs just above his knees, and in the same time throw your shoulder into his chest as you reap his legs toward you to throw him directly to his rear.

113 朽木倒 Kuchiki-taoshi (one-handed throw-down) KTA

A hand technique throw. Quickly grab the opponent's right leg, either from the inside with your right hand or from the outside with your left, lifting it up while simultaneously pushing him backwards to throw him down.

114 踵返 Kibisu-gaeshi (heel trip) KIG

A hand technique throw. Step outside your opponent's right foot with your left foot, then drop your body low from the hips and quickly reap his right heel from behind with your right or left hand.

115 内股すかし Uchi-mata-sukashi (inner thigh reaping throw slip) UMS

A hand technique throw. As your opponent attempts an uchi-mata (inner thigh reaping throw), slip past his reaping leg and augment his momentum with a twisting motion of both hands to unbalance him and instantly throw him forwards.

116 小内返 Ko-uchi-gaeshi (small inner reaping throw counter) KOU

A hand technique throw. When your opponent attempts a ko-uchi-gari (small inner reap) to your right leg, slip your right leg, free to avoid the reap the instantly twist your body to the left to throw him.

200 腰技 Koshi-waza (10 hip techniques)

Koshi-waza (hip techniques) Classification for throwing techniques in which the use of the waist and hips plays a central role. Since 1st April 2017 Kodokan Judo Classification includes 10 official hip techniques.

201 浮腰 Uki-goshi (floating hip throw) UGO

A hip technique throw. Break your opponent's balance to his front or right front corner, then enter shallowly with your right hip while wrapping your right arm around his waist, and twist to the left to throw him over and around your hips without raising them or bending forward.

202 大腰 O-goshi (large hip throw) OGO

A hip technique throw. Break your opponent's balance to his front or right front corner, enter deeply with your right hip to float him up, and twist to throw him over it.

203 腰車 Koshi-guruma (hip wheel) KOG

A hip technique throw. Break your opponent's balance to his front or right front corner, then place your right hip solidly against his body and, continuing to grip his collar, draw him up and throw him over your hips with a large motion.

204 釣込腰 Tsurikomi-goshi (lift-pull hip throw) TKG

A hip technique throw. Use your grips on your opponent's collar and sleeve to break his balance to his front or right front corner, then drop your hips to the level of his thighs, then raise them again while pulling with both hands to throw him over your hips.

205 袖釣込腰 Sode-tsurikomi-goshi (sleeve lift-pull hip throw) STG

A hip technique throw. A variant of tsurikomi-goshi (lift-pull hip throw), in which you use your right hand to hold your opponent's left outer sleeve or cuff instead of his lapel.

206 払腰 Harai-goshi (hip sweep) HRG

A hip technique throw. Break your opponent's balance to his front or right front corner, then pivot and pull him to your hips and sweep his right thigh with the back of your right thigh.

207 釣腰 Tsurigoshi (lifting hip throw) TGO

A hip technique throw. Reach over your opponent's right shoulder or under his arm with your right hand to grip the side or rear of his belt and pull him forward to break his balance to his front or his right front corner, then lift him onto your hips and throw him over them.

208 跳腰 Hane-goshi (hip spring) HNG

A hip technique throw. Break your opponent's balance to his front or right front corner, then pull him close to your right side and throw him with the combined upward-springing action of your right hip and right leg.

209 移腰 Utsuri-goshi (hip transfer) UTS

A hip technique throw. A counter throw used against an attempted harai-goshi (hip sweep) or other hip throw. Bend your knees to block your opponent's attack, shifting your hips and wrapping his waist with your arm, thereby lifting him onto your hips and throw him by twisting your body.

210 後腰 Ushiro-goshi (back hip throw) USH

A hip technique throw. A counter throw used against an attempted harai-goshi (hip sweep) or other hip throw. Shift out of the way and position yourself to wrap your arms around your opponent's waist from behind, then from that position swing him up into the air to throw him onto his back.

300 足技 Ashi-waza (21 foot and leg techniques)

Ashi-waza (foot and leg techniques) Classification for throwing techniques in which the use of the feet and/or legs plays the central role. Kodokan Judo Classification includes 21 official foot and leg techniques.

301 出足払 De-ashi-harai (forward foot sweep) DAB

A foot technique throw. At the instant your opponent has taken a step forward or backward and is on the verge of placing his weight on the stepping foot, use your own foot to sweep that foot from the rear, side, or front.

302 膝車 Hiza-guruma (knee wheel) HIZ

A foot technique throw. Break your opponent's balance to his right front corner, then place the sole of your left foot on his right kneecap and use his this as a fulcrum around which to throw him by pulling his upper body.

303 支釣込足 Sasae-tsurikomi-ashi (supporting-foot lift-pull throw) STA

A foot technique throw. As you break your opponent's balance to his right front corner, block his supporting right leg by placing the sole of your foot just above his ankle, creating a pivot point, then lean back and twist to the left throw him over it.

304 大外刈 O-soto-gari (large outer reap) OSG

A foot technique throw. Break your opponent's balance to his rear or right rear corner to shift most of his weight onto his right heel, then reap his leg with your right leg.

305 大内刈 O-uchi-gari (large inner reap) OUG

A foot technique throw. Break your opponent's balance to his left back corner, causing his stance to open wide and his weight to shift mostly onto his left heel, then step in deeply with your right leg and use it to reap his left leg from the inside with a large motion to your right to throw him backwards.

306 小外刈 Ko-soto-gari (small outer reap) KSG

A foot technique throw. Break your opponent's balance to his rear or right rear corner, then sweep his right ankle from the rear with the sole of your left foot to throw him backward.

307 小内刈 Ko-uchi-gari (small inner reap) KUG

A foot technique throw. Break your opponent's balance to his rear or right rear corner, then sweep his right ankle from the inside with the sole of your right foot to throw him backward.

308 送足払 Okuri-ashi-harai (foot sweep) OAB

A foot technique throw. Break your opponent's balance to his right side, and as he moves his right foot to the left to shift to the left, follow it in the direction it is moving with your left foot and sweep both of his legs with your whole leg and throw him on his back.

309 内股 Uchi-mata (inner thigh reaping throw) UMA

A foot technique throw. After opening the opponent's feet a little and breaking his balance to his front or right front corner and causing him to bend forward, sweep his left inner thigh deeply from the inside using the back of your right thigh while twisting to the left.

310 小外掛 Ko-soto-gake (small outer hook) KSK

A foot technique throw. Break your opponent's balance to his rear or right rear corner, then hook his right ankle from the rear with your left foot and throw him backward.

311 足車 Ashi-guruma (leg wheel) AGU

A foot technique throw. Float your opponent's balance to his front or right front corner, then pivot left and extend the back lower portion of your right leg across his right knee to throw him over your leg in a large circle.

312 払釣込足 Harai-tsurikomi-ashi (lift-pull foot sweep) HTA

A foot technique throw. After pulling and lifting your opponent forward to break his balance to his left front corner, sweep his left ankle with your right foot from the front to throw.

313 大車 O-guruma (large wheel) OGU

A foot technique throw. Just as your opponent begins to step forward with his right foot, lead his movement to break his balance to his front right corner, at the same time turning your left and

stretching your right leg straight across his lower abdomen or upper thighs, then lift him by swinging your right leg up and back while twisting and pulling down with both hands to turn him over your leg.

314 大外車 O-soto-guruma (large outer wheel) OGR

A foot technique throw. Break your opponent's balance to his rear or his rear corner, then pivot left to extend your right leg diagonally across the back of his knee and use your right thigh as a fulcrum over which to throw him.

315 大外落 O-soto-otoshi (large outer drop) OSO

A foot technique throw. Nearly identical to o-soto-gari (large outer reap) and difficult to distinguish from it. Instead of reaping your opponent's leg, however, rise your right leg high then bring it down from outside, behind, and above your opponent's right leg, so that it descends against his thigh as a brace that break his balance and causes him to fall.

316 燕返 Tsubame-gaeshi ("swallow counter") TSU

A foot technique throw. When your opponent attempts a right de-ashi-harai (forward foot sweep), shift your weight to your left leg and withdraw your right foot by bending the knee, then throw him with a left de-ashi-harai.

317 大外返 O-soto-gaeshi (large outer reaping throw counter) OGA

A foot technique throw. When your opponent moves in for a right o-soto-gari (large outer reap) or similar technique, before he can take your balance, reverse the situation to throw him with your own right o-soto-gari.

318 大内返 O-uchi-gaeshi (large inner reap counter) OUG

A foot technique throw. When your opponent attempts a right o-uchi-gari (large inner reap) before he has a chance to apply the technique fully, use your left leg to sweep his hooking right leg out from under him instead and throw him onto his back.

319 跳腰返 Hane-goshi-gaeshi (hip spring counter) HGG

A foot technique throw. When your opponent attempts a right hane-goshi (hip spring), before he has a chance to apply the technique fully, either lift him up and reap his leg to your left with your right leg or hook your left leg around his lower left leg and reap it to your right and throw him onto his back.

320 払腰返 Harai-goshi-gaeshi (hip sweep counter) HGE

A foot technique throw. When your opponent attacks with a right haraigoshi (hip sweep), hook your left leg around his lower left leg from behind and reap it to throw him.

321 内股返 Uchi-mata-gaeshi (inner thigh reaping throw counter)

UMG

A foot technique throw. When your opponent moves in for an uchi-mata (inner thigh reaping throw), pull close to him using both hands, hook your left leg around his left leg, and reap it to your right.

Sutemi-waza (sacrifice techniques)

General term for throws in which the thrower “sacrifices” himself by falling to the rear or side as part of the process of the throw. Divided into supine (ma-sutemi) and side sacrifice (yoko-sutemi) throws, depending on the type and direction of the fall.

400 真捨身技 Ma-sutemi-waza (5 supine or rear sacrifice techniques)

Ma-sutemi-waza (supine or rear sacrifice techniques) Classification for throwing techniques in which the thrower “sacrifice” himself by falling onto his back in the process of throwing the opponent. Kodokan Judo Classification includes 5 official supine or rear techniques.

401 巴投 Tomoe nage (circular throw) TNG

A sacrifice. Float your opponent’s balance forward or toward his front corner, then drop backward while placing your right foot on his lower abdomen, pushing him up and throwing him forward over your head.

402 隅返 Sumi-gaeshi (corner throw) SUG

A sacrifice. Break your opponent’s balance to his front or right front corner, then fall backwards, as you do catching the instep of your right foot under and behind his left knee or thigh to lift him up and throw him over your head.

403 引込返 Hikikomi-gaeshi (pulling-down sacrifice throw) HKG

A sacrifice. When your opponent bends his body forward, reach over his shoulder to grip the back of his belt with one hand, then fall onto your back and pull him over you while flipping one of your legs up into the area between his legs to throw him first to his front, or with a twist of your body to throw him to either side.

404 俵返 Tawara-gaeshi (“bag of rice throw”) TWG

A sacrifice. Cause your opponent’s upper body to lean deeply forward, then lean over him to cover his head and back with the front of your body and wrap both arms around his trunk, then seep his body up as you fall backwards, thereby throwing him over your head to your rear.

405 裏投 Ura-nage (back throw) UNA

A sacrifice. Wrap both arms around your opponent’s waist from his right side, pulling in close to him, then lift up and fall backward to throw him over your left shoulder.

500 横捨身技 Yoko-sutemi-waza (16 side sacrifice techniques)

Yoko-sutemi-waza (side sacrifice techniques) Classification for throwing techniques in which the throwers “sacrifice” himself by falling to the right or left in the process of throwing the opponent. Since 1st April 2017 Kodokan Judo Classification includes 16 official side sacrifice techniques.

501 横落 Yoko-otoshi (side drop) YOT

A sacrifice. Float your opponent’s balance to his right side, then slide your left leg to the outside of his right foot and drop onto your left side to throw him to your left.

502 谷落 Tani-otoshi (valley drop) TNO

A sacrifice. Break your opponent’s balance to his rear or right rear corner, then slide your left foot past the outside of his right foot, or behind both of his feet, and fall back on your left side to throw him to his right back corner.

503 跳巻込 Hane-makikomi (springing wrap-around throw) HNM

A sacrifice. After attempting a hane-goshi (hip spring), release your right hand and place it on the outside as you twist to the left, thereby wrapping your opponent’s body around you, then throw by taking him with as you fall forward onto the mat.

504 外巻込 Soto-makikomi (outer wrap-around throw) SMK

A sacrifice. Float your opponent’s balance to his right front corner, then release your right grip and turn to the left to wrap your right arm around his right arm, sandwiching it in your armpit, causing his body to wrap around yours, and from that position continue the movement to throw him forward.

505 内巻込 Uchi-makikomi (inner wrap-around) UMK

A sacrifice. From an ippon-seoi-nage (one-armed shoulder throw) position, instead of throwing your opponent over your shoulder, thrust your hips in a large motion outside the direction of the throw and wrap your opponent’s right arm in the crook of your elbow and throw him by sacrificing yourself.

506 浮技 Uki-waza (floating throw) UWA

A sacrifice. Float your opponent’s balance to his right front corner, then open your body wide and extend your left foot to block the outside of his right foot, then immediately fall onto your left side to throw him over you.

507 横分 Yoko-wakare (side separation) YWA

A sacrifice. Break your opponent’s balance to his front or right front corner, then drop onto your back or left side while extending both legs out in front of him to throw him across your outstretched body.

508 横車 Yoko-guruma (side wheel) YGU

A sacrifice. Place your left arm around your opponent's waist from the right side and push with it to break his balance forward, then slip your right leg deeply between his legs and drop onto your right side to throw him forward over your head.

509 横掛 Yoko-gake (side body drop) YGA

A sacrifice. Float your opponent's balance to his right front corner, in the direction of his little finger, then break it to his right side while sweeping his right foot out from under him from the front using the sole of your left foot, falling with him onto your left side as you do.

510 抱分 Daki-wakare (rear trunk turnover) DWK

A sacrifice. When your opponent attempts to assume a face-down kneeling position, slip both arms around his trunk from behind to float him up and fall to the side to throw him over you.

511 大外巻込 O-soto-makikomi (large outside wrap-around throw) OSM

A sacrifice. After attempting an o-soto-gari (large outer reap), release your right hand from the opponent's lapel and pivot to the left to bring your arm across your opponent's right arm to wrap his body around yours, then throw by continuing the movement.

512 内股巻込 Uchi-mata-makikomi (inner thigh wrap-around throw) UMM

A sacrifice. From uchi-mata (inner thigh reap), release your right grip and twist to your left, bringing your right arm to the outside so that your opponent's body wraps around you, then continue turning and fall together to throw him.

513 払巻込 Harai-makikomi (hip sweep wrap-around throw) HRM

A sacrifice. Break your opponent's balance to his front or right front corner, then from harai-goshi (hip sweep) release your right grip and twist to the left, wrapping his right arm in your armpit so that his body wraps around yours, then fall forward and take him with you to throw.

514 小内巻込 Ko-uchi-makikomi (small inner wrap-around throw) KUM

A sacrifice. Step in deeply between your opponent's legs with your right leg and use it to catch his right leg, at the same time wrapping his leg with your right arm from the outside, then fall forward with a twist to throw him backwards. Like ko-uchi-gari (small inner reap), but the opponent's diagonal leg is hooked and wrapped instead of reaped, resulting in a sacrifice throw.

515 蟹挟 Kani-basami (scissors throw) KBA/P26

A sacrifice (prohibited). After breaking your opponent's balance to the rear, jump up to stretch one leg across his stomach and the other leg across the back of his knees, then use a scissoring motion of both legs to throw him backwards.

516 河津掛 Kawazu-gake (“Kawazu” drop; single-leg entanglement) KWA/P26

A sacrifice (prohibited). Wrap your right arm tightly around your opponent’s neck, then use your right leg entangle the lower part of his left leg by wrapping it from the inside and pressing your instep against the back of his ankle, then hook the leg up and throw yourself backwards.

固技 Katame-waza, 32 本 Techniques

Katame-waza (grappling techniques) General name for hold-downs, strangles and joint and other locks used in grappling. Since 1st April 2017 Kodokan Judo Classification includes 32 official grappling techniques, including 10 pinning (osaekomi), 12 strangling (shime) and 10 joint (kansetsu) techniques.

600 抑込技 Osaekomi-waza (10 pinning techniques)

Osaekomi-waza (pinning techniques) Mat techniques used to pin a supine opponent to the mat, generally from the side or diagonally, to inhibit his freedom of movement and prevent him from rising. Since 1st April 2017 Kodokan Judo Classification includes 10 official pinning techniques.

601 袈裟固 Kesa-gatame (scarf hold) KEG

A hold-down. From your opponent’s right side and facing his head, grip his judogi under his right armpit with your left hand and put your right arm around behind his neck to grip his judogi behind the shoulder.

602 崩袈裟固 Kuzure-kesa-gatame (modified scarf hold) KKE

A hold-down. Any of several variations of kesa-gatame (scarf hold) performed from the side, facing toward your opponent’s head, in particular involving inserting your knee under his armpit.

603 後袈裟固 Ushiro-kesa-gatame (reverse scarf hold) UKG

A hold-down. A hold similarly to kesa-gatame (scarf hold), but performed facing towards your opponent’s legs instead of towards his head

604 肩固 Kata-gatame (shoulder hold) KAG

A hold-down. From your opponent’s right side, put your right arm around both his neck and right arm and claps your hands together.

605 上四方固 Kami-shiho-gatame (upper four-corner hold) KSG

A hold-down. Knee above the opponent’s head, reach under his shoulders to take the sides of his belt with both hands, and press your body down onto his.

606 崩上四方固 Kuzure-kami-shiho-gatame (modified upper four corned hold) KKS

A hold-down. A variation of kami-shiho-gatame (upper four-corner hold) in which you position one of our hands over your opponent's arm (instead of beneath it) and grip the back of his collar, while also wrapping your left arm around the back of his neck and shoulder and neck to grasp his belt.

607 横四方固 Yoko-shiho-gatame (side-locking four corner hold) YSG

A hold-down. From your opponent's right side, lean over him at a right angle and hold him down on his back with your body. Pass your right arm between his legs to grip the left side of his belt, and pass the other arm under his neck to grip his left collar, then use your chest to pin him with weight of your body, anchored at his four corners.

608 縦四方固 Tate-shiho-gatame (straight four-corner hold) TSG

A hold-down. Sitting astride your opponent's chest, lean forward to press his upper body down with your chest.

609 浮固 Uki-gatame (floating hold) UGT

A hold-down. When your supine opponent attempts to prevent your juji-gatame (cross lock) by locking his arms together, remove your leg nearest his head and bend it behind you, then use both legs as if applying kesa-gatame (scarf-hold) and raise your upper body to face the opponent. Or, place your left leg across your opponent's neck and under his arm while you hold his right arm.

610 裏固 Ura-gatame (back pin) URG

A hold-down. Placing your back toward your prone opponent so that you are facing up towards the ceiling, wrap your right arm around his neck and your left arm around one or both his legs and press him down with your back.

700 絞技 Shime-waza (12 strangling techniques)

Shime-waza (strangling techniques) Techniques in which the opponent is strangled by applying pressure to parts of his neck. Kodokan Judo Classification includes 12 official strangling techniques.

701 並十字絞 Nami-juji-jime (normal cross-handed strangle) NJJ

A strangle. Facing your opponent, grip his collar with your crossed hands, thumbs inside the collar so that your palms are down, and strangle him by applying pressure to both sides of his neck with the outer edges of both hands.

702 逆十字絞 Gyaku-juji-jime (reverse cross strangle) GJJ

A strangle. Facing your opponent, slip the fingers of your crossed hands inside the lapels of his judogi on both sides, palms up, and strangle him by applying pressure to both sides of his neck.

703 片十字絞 Kata-juji-jime (half cross-handed strangle) KJJ

A strangle. Facing your opponent, cross your arms to grip his left lapel with your left hand, fingers inside, and his right lapel with your right hand, thumb inside, then strangle him using the actions

704 裸絞 Hadaka-jime (naked or bare strangle) HAD

A strangle. From behind your opponent, put your right inner forearm across the front of your opponent's neck, palm down, and clasp your hands above his left shoulder, then strangle him by applying pressure across the front of his throat using the combined action of both arms without gripping his judogi in any way.

705 送襟絞 Okuri-eri-jime (sliding collar strangle) OEJ

A strangle. From behind your opponent, reach under his left armpit to grip his left lapel with your left hand and around his neck to grip his upper left lapel with your right hand, then change your left hand to grip his right lapel and use both hands to apply pressure to his neck to strangle him.

706 片羽絞 Kataha-jime (single-wing strangle) KHJ

A strangle. From behind your opponent, reach your right arm around his neck to grip his left lapel, and slip your left hand under his left armpit and around the back of his neck, so that the back of your left hand is against the back of his neck, then strangle him by pulling with your right hand and pushing with your left hand.

707 片手絞 Katate-jime (one-hand strangle) KTJ

A strangle. From your opponent's right side, hold him down on his back and grasp his left collar with your left hand, thumb inside, and use the edge of your arm to strangle him by applying pressure to his throat.

708 両手絞 Ryote-jime (two-handed choke) RYJ

A strangle. Facing your opponent, grip his right collar with your left hand and his left collar with your right hand, both thumbs inside, and strangle him by applying pressure to both sides of his neck with the blade sides of your both fists.

709 袖車絞 Sode-guruma-jime (sleeve-wheel strangle) SGJ

A strangle. Facing your opponent, place your right forearm against his throat and your left forearm against the back of his neck, grasp your own right sleeve with your left hand and thrust the edge of your right hand into the right side of his neck, and from this position strangle him by rotating both arms to apply pressure to his neck.

710 突込絞 Tsukkomi-jime (thrusting strangle) TKJ

A strangle. Facing your opponent, grip his left collar with your right hand and thrust the edge of your right hand against the right side of his neck to strangle him.

711 三角絞 Sankaku-jime (triangular strangle) SAJ

A strangle. Facing your opponent, wrap your right leg over his left shoulder and your left leg under his right armpit, catching your right foot under the back of your own left knee in a triangular leg formation, and from this position squeeze his neck to strangle him.

712 胴絞 Do-jime (body scissors; trunk strangle) DOJ/P08

Technique in which you scissor the trunk of your opponent's body between your legs. Prohibited in both shiai and randori.

800 関節技 Kansetsu-waza (10 joint techniques)

Kansetsu-waza (joint techniques) Techniques that act on an opponent's joints. The only joint techniques that are allowed in judo matches are those that act against the opponent's elbow joint. Kodokan Judo Classification includes 10 official joint techniques.

801 腕緘 Ude-garami (entangled arm lock) UGR

A lock. From any one of several positions, use both arms to entangle one of your opponent's arms while twisting it to the outside or inside to control his elbow.

802 腕挫十字固 Ude-hishigi-juji-gatame (cross lock) JGT

A lock. From your opponent's right side, hold his right wrist with both hands and trap his right upper arm between your thighs, then extend his elbow against the joint, in the direction of his little finger, to control it.

803 腕挫腕固 Ude-hishigi-ude-gatame (arm lock) UGA

A lock. Place your opponent's left wrist between your shoulder and neck, thumb-side down, and use both hands to apply pressure from above to control his elbow against the joint.

804 腕挫膝固 Ude-hishigi-hiza-gatame (knee lock) HIG

A lock. Pin your opponent's left armpit or using your left hand, at the same time press your knee against his elbow joint to control it.

805 腕挫腋固 Ude-hishigi-waki-gatame (armpit lock) WAK/P35

A lock. From your opponent's right side, use both hands to grip his right wrist and pin his arm under your armpit, then control it by applying pressure against his elbow joint.

806 腕挫腹固 Ude-hishigi-hara-gatame (stomach lock) HGA

A lock. From your opponent's right side, grip his right wrist with your right hand and press your abdomen against his elbow to extend it against the joint to control it.

807 腕挫脚固 Ude-hishigi-ashi-gatame (leg lock) AGA

From the left side of your face-down opponent, position your body over his and hook your left leg around his left forearm to extend and control his elbow joint.

808 腕挫手固 Ude-hishigi-te-gatame (hand armlock) TGT

A lock. From your opponent's right side, use your left hand to reach under his right armpit to grip his left front collar, at the same time gripping his right wrist with your right hand so as to extend his elbow against the joint. Alternatively, use one or both hands to grip your opponent's wrist and twist it around behind him to control his elbow joint.

809 腕挫三角固 Ude-hishigi-sankaku-gatame (triangular armlock) SGT

A lock. From your opponent's front, rear, or side, wrap your right leg over his shoulder and across his neck, and your left leg under his right armpit, hooking one of your feet under the other leg in a triangular formation. At the same time, use one or both hands to extend and control his elbow joint.

810 足緘 Ashi-garami (leg entanglement) AGR/P04

A lock. Following a failed right tomoe-nage (circular throw) or similar throw, wrap your left leg around your opponent's right leg from the outside and below to apply pressure to his knee joint. Prohibited in shiai.