

















THE TRADITIONAL GOKYO OF KODOKAN JUDO



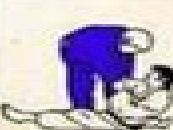





Daikyo (Group 1)

							
De Ashi Harai (Advancing Foot Sweep)	Hiza Guruma (Knee Wheel)	Sasae Tsurikomi Ashi (Foot Step Throw)	Uki Goshi (Floating Hip)	O Soto Gari (Major Outer Reap)	O Goshi (Major Hip Throw)	O Uchi Gari (Major Inner Reap)	Seoi Nage (Shoulder Throw)

Dai Nikyo (Group 2)

							
Ko Soto Gari (Minor Outer Reap)	Ko Uchi Gari (Minor Inner Reap)	Koshi Guruma (Hip Wheel)	Tsuri Komi Goshi (Lifting Pulling Hip)	Okuri Ashi Harai (Gathering Foot Sweep)	Tai Otoshi (Body Drop)	Harai Goshi (Sweeping Hip)	Uchi Mata (Inside Thigh Throw)









Dai Sanryo (Group 3)

							
Ko Soto Gake (Minor Outer Hook)	Tsuri Goshi (Pulling Hip)	Yoko Otoshi (Side Body Drop)	Ashi Guruma (Leg Wheel)	Hane Goshi (Springing Hip)	Harai Tsuri Komi Ashi (Sweeping Lifting Pulling Sweep)	Tomoe Nage (Circle Throw)	Kata Guruma (Shoulder Wheel)

Dai Yonryo (Group 4)

							
Sumi Gaeshi (Corner Throw)	Tani Otoshi (Valley Drop)	Hane Makikomi (Springing Winding Pulling Throw)	Sukui Nage (Scooping Throw)	Utsuri Goshi (Chomping Hip)	O Guruma (Major Wheel)	Soto Makikomi (Outside Winding Pulling Throw)	Uki Otoshi (Floating Body Drop)

Dai Gokyo (Group 5)

							
O Soto Guruma (Major Outer Wh.)	Uki Waza (Floating Tech.)	Yoko Wakare (Side Separation)	Yoko Guruma (Side Wheel)	Ushiro Goshi (Backward Hip)	Una Nage (Rear Throw)	Sumi Otoshi (Cm. Body Drop)	Uki Otoshi (Floating Body Drop)



Kodokan Judo Guide

Donn F. Draeger, Tadao Otaki



Kodokan Judo Guide:

Kodokan Judo Guide Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the energy of words has become more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Kodokan Judo Guide**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall impact on readers.

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