

The Gokyo of Kodokan: 40 Throwing Techniques

The Gokyo no Waza (five sets of techniques) is the standard syllabus of Judo throwing techniques originated in 1895 at the Kodokan in Tokyo, Japan

Dai Ikkyo (1st group) Yellow Belt



Daeuchi Harai
Forward Foot Sweep



Hiza Guruma
Knee Wheel



Sasae Tsurikomi Ashi
Lifting/Pulling Ankle Block



Uchi Goshi
Floating Hip



Oosoto-Gari
Large Outer Reaping



O-Goshi
Major Hip Throw



Osuchi Gari
Big Inner Reaping



Sode Mage
Two Arm Shoulder Throw

Dai Nikyo (2nd group) Orange Belt



Kosoto-Gari
Small Outside Reap



Kauchi Gari
Small Inner Reap



Keshi Guruma
Hip Wheel



Tsurikomi Goshi
Lifting/Pulling Hip



Okurashi Harai
Following Foot Sweep



Tai Otoshi
Body Drop



Harai Goshi
Sweeping Hip Throw



Uchi Mata
Inner Thigh Throw

Dai Sankyo (3rd group) Green Belt



Kosoto-Gake
Small Outside Hook



Tsuri-Goshi
Lifting Hip



Yoko-Otoshi
Side Drop



Ashi Guruma
Leg Wheel



Hane-Goshi
Spring Hip Throw



Harai Tsurikomi Ashi
Lifting/Pulling Foot Sweep



Tomoe Mage
Circle Throw



Keta Guruma
Shoulder Wheel

Dai Yonkyo (4th Group) Blue Belt



Sumi Gaeshi
Corner Reversal



Tani Otoshi
Valley Drop



Hane Makikomi
Spring Wrap-around Throw



Sukui Mage
Scoop Throw



Utsuri Goshi
Changing Hip Throw



O-Guruma
Large Wheel



Sode Makikomi
Outer Wrap Around



Uchi Otoshi
Floating Drop

Gokyo (5th group) Brown Belt



Oosoto Guruma
Large Outer Wheel



Uchi Waza
Floating Technique



Yoko Wikkari
Side Separation



Yoko Guruma
Side Wheel



Ushiro Goshi
Rear Hip Throw



Ura Mage
Rear Throw



Sumi Otoshi
Corner Drop



Yoko Gake
Side Hook

Judo Throws Their Names

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Judo Throws Their Names:

Mastering Judo Masao Takahashi, Ray Takahashi, June Takahashi, Allyn Takahashi, Phil Takahashi, Tina Takahashi, 2005-05-03 Fully grasping the martial art of judo entails learning and appreciating its history culture principles techniques and tactics *Mastering Judo* contains information on these facets of the art and more through the teaching of the renowned Takahashi family With over 200 years of combined experience and a total of 31 black belts among them the six members of the family contributing to this book offer a wealth of firsthand judo instruction Leading the way is father Masao an 8th dan black belt who has trained two generations of international judo champions Mother June is both a judo instructor and historian who has published a book detailing the origins of the art Siblings Al Phil Ray and Tina are all accomplished judo instructors coaches or competitors Blending the rich tradition with modern techniques and tactics the Takahashis ensure that *Mastering Judo* will appeal to all participants seeking a deeper knowledge and improved performance in the art and sport From time honored skill sets to the most current training for competition this comprehensive resource spans all generations and interests of judo enthusiasts

The Teaching of Judo: An Instructor's Handbook Mark E. Roosa, 2016-02-11 The Teaching of Judo is a guide for instructors coaches judoka and parents Presented from an educator's perspective this book contains the knowledge gleaned from forty years of experience in teaching judo and includes the qualities structure and situations to avoid

Judo Heart and Soul Hayward Nishioka, 2000 Presenting 46 years worth of the author's observations about the martial art that made him famous this book fills the void left by most technique books and delves into the mental aspects and philosophy behind judo

Essential Ju-Jitsu Dan Verghese, 2022-11-09 Traditional Ju Jitsu has a rich and varied history dating back at least 700 years Originally developed by the samurai ju jitsu has evolved into a complete practical self defence system ideally suited to the challenges of the modern world From feudal Japan to the British suffragettes and the Second World War to police and militaries around the world and to widespread modern day practise by children and adults ju jitsu has stood the test of time and offers something for everyone The holistic nature of ju jitsu combines strikes throws holds blocks locks strangles and weapons with scientific principles of movement balance and leverage This makes this unique and fascinating martial art a continually rewarding way to get fit de stress learn self defence challenge yourself and realise your full potential This book has something for the novice and experienced practitioner alike Learn about History and development of ju jitsu Essential principles concepts and benefits Grading systems ranks and etiquette Example techniques Kobudo weapons training Ju jitsu's relationship to other martial arts Competition formats Self defence and the law Essential Ju Jitsu also includes a comprehensive English Japanese glossary striking point diagrams and other quick reference resources Dan Verghese is a 3rd degree ju jitsu black belt and has practised a variety of martial arts since the age of seventeen including taekwondo eskrima judo bojutsu kobudo aikido and Brazilian jiu jitsu 198 pages

Black Belt, 1967-07 The oldest and most respected martial arts title in the industry this popular monthly magazine

addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world **SBI Clerk Mains Exam | 1900+ Solved Questions (8 Full-length Mock Tests + 2 Previous Year Papers)** EduGorilla Prep Experts,2022-08-03 Best Selling Book in English Edition for SBI Clerk Mains Exam with objective type questions as per the latest syllabus given by the SBI Compare your performance with other students using Smart Answer Sheets in EduGorilla s SBI Clerk Mains Exam Practice Kit SBI Clerk Mains Exam Preparation Kit comes with 10 Tests 8 Mock Tests 2 Previous Year Papers with the best quality content Increase your chances of selection by 14X SBI Clerk Mains Exam Prep Kit comes with well structured and 100% detailed solutions for all the questions Clear exam with good grades using thoroughly Researched Content by experts **The Key to Judo** Chikashi Nakanishi,1963 Physical Education, Health And The Study Of Sports Dr. A.K. Uppal, Dr. G.P. Gautam, The book Physical Education Health and the Study of Sports falls under the non fiction genre specifically focusing on physical education health and sports science It serves as an academic and educational textbook covering topics such as exercise physiology training methods sports performance and principles of healthy living Designed for students educators and professionals in the fields of physical education and sports the book combines theoretical knowledge with practical applications to promote fitness wellness and effective participation in sports **Black Belt** ,1969-03 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world **Name Your Adventure** James Everest,1994-10 Kids love sports and this book is filled with the stuff they want to know about basketball snowboarding martial arts running and wrestling The authors also provide pertinent facts about some of the world s greatest sports figures Full color photos Journal of Asian Martial Arts ,2006 Judo Neil Morris,2001 Each title in this series is an introduction to a popular martial art aimed at first time practitioners The books focus on key skills with step by step instructions historical cultural and general interest information This text focuses on judo **The Boy's Own Annual** ,1928 Stories articles interviews puzzles games jokes and other miscellaneous writings for boys **Malaya Upside Down** Kee Onn Chin,1976 **Bulletin of the Japan Society, London** ,1951 **The Marine Corps Gazette** ,1945 Popular Mechanics ,1967 **The Sports Book : an Unabashed Assemblage of Heroes, Strategies, Records & Events** Min S. Yee,1976 **The Encyclopedia Americana** ,2000 *Warrior Secrets* Keith D. Yates,1985 Masters and champions of such popular American martial arts as karate tai chi chuan ninjutsu aikido kenpo jeet kune do hapkido wushu judo taekwon do jujutsu and kung fu share their secrets here with you The traditions development and physical and mental training of these

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