

Waza

Chart 4-19

Miscellaneous Skills

Ukemi	Jigo hontai
Zarei	Ayumi ashi
Ritsurei	Tsugi ashi
Seiza	Kyoshi
Anza	Migi Hidari Sabaki
Proper tying of belt	Maware
Randori	Proper folding of the judo gi
Shizen hontai	Round off

Chart 4-7

Gripping

Standard Sleeve and Lapel Grip	Collar grip
High lapel grip	Through the armpit back grip

Chart 4-8

Breaking Grips

Swinging elbow break against a sleeve grip	Inner sleeve grip against a high lapel grip
Snap out break against a low lapel grip	Swinging arm break against a sleeve grip

Chart 4-1

Nage Waza

De ashi harai*	Uki goshi
O goshi	Harai goshi
Seoi nage*	Uchi mata
Tai otoshi	Koshi guruma
Ko soto gari*	Tsuri komi goshi
O soto gari*	Okuri ashi harai
Ko uchi gari	Ko soto gake
O uchi gari	Tsuri goshi
Hiza guruma	Yoko otoshi
I omoe nage	Ashi guruma

*Techniques must be done to the left and the right.

Chart 4-2

Throwing System

	Partner moves directly into you		Partner moves to your left
	Partner moves directly away from you		Other (Partner moves to your left rear corner)
	Partner moves to your right		Other (Partner moves to your right rear corner)

Chart 4-3

Tokui Waza

	Favorite throw from Standard sleeve and lapel grip		Favorite throw from High Lapel grip
	Favorite throw from Collar grip		Favorite throw from a through the armpit back grip

Chart 4-4

Renraku waza

	Forward Throw #1 to a Pin		Rear throw #2 to a pin
	Forward throw #2 to a pin		Sutemi waza #1 to a pin
	Rear throw #1 to a pin		Forward throw #3 to a pin

Chart 4-6

Bogyo

	Outside leg jump around		Hip twist with cut
	Hip twist		Round-off

Chart 4-5

Kaeshi Waza

	Other (De ashi harai with Tsubame gaeshi)		Ko uchi gari with Ko uchi gaeshi
	Forward throw with inside leg step around to forward throw		O uchi gari with O uchi gaeshi
	O soto gari with O soto gaeshi		Harai goshi with Ushiro goshi

Chart 4-9

Katame Waza

	Kesa gatame		Kami shiho gatame
	Kata gatame		Kuzure kami shiho gatame
	Yoko shiho gatame		Tate shiho gatame

Chart 4-11

Hands & Knees Top

	Half-nelson turn over from the front		Double lapel turn over
	Half-nelson turn over from the side		Sankaku pullover entry
	Far arm and leg pull under		

Chart 4-12

Hands & Knees Bottom

	Maki komi from head attack and arm in armpit attack		Maki komi to Ushiro kesa gatame from side and opposite armpit attacks
	Leg hook or seoi nage from back against dojime and choke attacks		Cradle with left heel trap (opposite side heel trap)

Chart 4-13

Legs Around Top

	Knee in entry, back leg		Pants leg pull to Ushiro kesa-gatame
	Cross leg ankle trap		Ankle trap, knee over
	Sleeve pull around		

Chart 4-14

Legs Around Bottom

	Turn over to Tate shiho gatame		Sankaku jime entry
	Sumi gaeshi with knee push		Cross choke with back grab

Chart 4-10

Shime Waza

	Nami juji jime		Okuri eri jime
	Hadaka jime		Kata juji jime
	Gyaku juji jime		