

# Waza

Chart 4-19

Miscellaneous Skills

	Ukemi		Randori
	Zarei		Shizen hontai
	Ritsurei		Jigo hontai
	Seiza		Ayumi ashi
	Anza		Tsugi ashi
	Proper tying of belt		Kyoshi

Chart 4-7

Gripping

	Standard Sleeve and Lapel Grip		Collar grip
	High lapel 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		

Chart 4-1

Nage Waza

	De ashi harai		Tani otoshi
	Ogoshi		Ko soto gari
	Seoi nage		O soto gari

Chart 4-2

Throwing System

	Partner moves directly into you		Partner moves to your right
	Partner moves directly away from you		

Chart 4-3

Tokui Waza

	Favorite throw from Standard sleeve and lapel grip
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Chart 4-4

Renraku waza

	Forward Throw #1 to a pin		Rear throw #1 to a pin
	Forward throw #2 to a pin		

Chart 4-6

Bogyo

	Outside leg jump around
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Chart 4-5

## Kaeshi Waza

	Other (De ashi harai with Tsubame gaeshi)		Forward throw with inside leg step around to forward throw
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Chart 4-9

## Katame Waza

	Kesa gatame		Yoko shiho gatame
	Kata gatame		Kami shiho gatame

Chart 4-11

## Hands &amp; Knees Top

	Half-nelson turn over from the front		Far arm and leg pull under
	Half-nelson turn over from the side		

Chart 4-12

## Hands &amp; Knees Bottom

	Maki komi from head attack and arm in armpit attack
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Chart 4-13

## Legs Around Top

	Knee in entry, back leg		Cross leg ankle trap
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Chart 4-10

## Shime Waza

	Nami juji jime
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