

# Waza

Chart 4-19

Miscellaneous Skills

|                      |                    |
|----------------------|--------------------|
| Ukemi                | Shizen hontai      |
| Zarei                | Jigo hontai        |
| Ritsurei             | Ayumi ashi         |
| Seiza                | Tsugi ashi         |
| Anza                 | Kyoshi             |
| Proper tying of belt | Migi Hidari Sabaki |
| Randori              | Maware             |

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 | Ko soto gari |
| O goshi       | O soto gari  |
| Seoi nage     | Ko uchi gari |
| Tani otoshi   | O uchi gari  |

Chart 4-2

Throwing System

|                                      |                             |
|--------------------------------------|-----------------------------|
| Partner moves directly into you      | Partner moves to your right |
| Partner moves directly away from you | Partner moves to your left  |

Chart 4-3

Tokui Waza

|  |                                 |
|--|---------------------------------|
| Favorite throw from Standard sleeve and lapel grip | Favorite throw from Collar grip |
|--|---------------------------------|

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

|  |                         |  |           |
|--|-------------------------|--|-----------|
|  | Outside leg jump around |  | Hip twist |
|--|-------------------------|--|-----------|

Bogyo

Chart 4-5

|  |  |  |                                |
|--|--|--|--------------------------------|
|  | Other (De ashi harai with Tsubame gaeshi)                  |  | O soto gari with O soto gaeshi |
|  | Forward throw with inside leg step around to forward throw |  |                                |

Kaeshi Waza

Chart 4-9

|  |                   |  |                          |
|--|-------------------|--|--------------------------|
|  | Kesa gatame       |  | Kami shiho gatame        |
|  | Kata gatame       |  | Kuzure kami shiho gatame |
|  | Yoko shiho gatame |  |                          |

Katame Waza

Chart 4-11

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

Hands &amp; Knees Top

Chart 4-12

|  |   |  |  |
|--|---|--|--|
|  | Maki komi from head attack and arm in armpit attack |  | Leg hook or seoi nage from back against dojime and choke attacks |
|--|---|--|--|

Hands &amp; Knees Bottom

Chart 4-13

|  |                         |  |                    |
|--|-------------------------|--|--------------------|
|  | Knee in entry, back leg |  | Sleeve pull around |
|  | Cross leg ankle trap    |  |                    |

Legs Around Top

Chart 4-14

|  |                                |
|--|--------------------------------|
|  | Turn over to Tate shiho gatame |
|--|--------------------------------|

Legs Around Bottom

Chart 4-10

|  |                |  |             |
|--|----------------|--|-------------|
|  | Nami juji jime |  | Hadaka jime |
|--|----------------|--|-------------|

Shime Waza