

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		O soto gari
	O goshi		Ko uchi gari
	Seoi nage		O uchi gari
	Tani otoshi		Hiza guruma
	Ko soto gari		Tomoe nage

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 High 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	Rear throw #2 to a pin

Chart 4-6

Bogyo

Outside leg jump around	Hip twist with cut
Hip twist	

Chart 4-5

Kaeshi Waza

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

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	

Chart 4-13

Legs Around Top

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

Chart 4-14

Legs Around Bottom

	Turn over to Tate shiho gatame		Sumi gaeshi with knee push
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Chart 4-10

Shime Waza

	Nami juji jime		Gyaku juji jime
	Hadaka jime		