

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*	Ouchi gari
O goshi	Hiza guruma
Seoi nage*	Tomoe nage
Tai otoshi	Uki goshi
Ko soto gari*	Harai goshi
O soto gari*	Uchi mata
Ko uchi gari	Koshi 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	

Chart 4-3

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

Tokui Waza

	Favorite throw from High Lapel grip
	Favorite throw from a through the armpit back grip

Chart 4-4

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

Renraku waza

	Rear throw #2 to a pin
	Sutemi waza #1 to a pin

Chart 4-6

	Outside leg jump around
	Hip twist

Bogyo

	Hip twist with cut
	Round-off

Chart 4-5

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

Kaeshi Waza

	Ko uchi gari with Ko uchi gaeshi
	O uchi gari with O uchi gaeshi

Chart 4-9

	Kesa gatame
	Kata gatame
	Yoko shiho gatame

Katame Waza

	Kami shiho gatame
	Kuzure kami shiho gatame
	Tate shiho gatame

Chart 4-11

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

Hands & Knees Top

	Double lapel turn over
	Sankaku pullover entry

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		Sleeve pull around
	Cross leg ankle trap		Pants leg pull to Ushiro kesa-gatame

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		Gyaku juji jime
	Hadaka jime		Okuri eri jime