

# 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*		Hiza guruma
	O goshi		Tomoe nage
	Seoi nage*		Uki goshi
	Tai otoshi		Harai goshi
	Ko soto gari*		Uchi mata
	O soto gari*		Koshi guruma
	Ko uchi gari		Tsuri komi goshi
	O uchi gari		Okuri ashi harai

\*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 &amp; Knees Top

	Double lapel turn over
	Sankaku pullover entry

Chart 4-12

## Hands &amp; 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		Okuri eri jime
	Hadaka jime		Kata juji jime
	Gyaku juji jime		