

Nage Waza (Throwing Techniques)					
Tachi Waza (Standing Techniques)			Sutemi Waza (Sacrifice Techniques)		
Te (Hand) Waza	Koshi (Hip) Waza	Ashi (Leg) Waza	Ma (Back) Sutemi Waza	Yoko (Side) Sutemi Waza	
Gokyo No Waza Five Groups of Instruction Dai Ikkyo Group One	<u>seoi nage</u> <i>shoulder throw</i>	<u>uki goshi</u> <i>floating hip</i> o goshi <i>big hip</i>	deashi harai <i>forward foot sweep</i> hiza guruma <i>knee wheel</i> <u>sasae tsurikomi ashi</u> <i>supporting foot lift-pull</i> osoto gari <i>big outer reap</i> ouchi gari <i>big inner reap</i>		
Dai Nikyo Group Two	tai otoshi <i>body drop</i>	koshi guruma <i>hip wheel</i> <u>tsurikomi goshi</u> <i>lift-pull hip</i> <u>harai goshi</u> <i>hip sweep</i>	kosoto gari <i>small outer reap</i> kouchi gari <i>small inner reap</i> <u>okuri ashi harai</u> <i>foot sweep</i> uchi mata <i>inner-thigh reaping</i>		
Sankyo Group Three	<u>kata guruma</u> <i>shoulder wheel</i>	(ko/o)tsuri goshi <i>(small/big)lifting hip</i> hane goshi <i>hip spring</i>	kosoto gake <i>small outer hook</i> ashi guruma <i>leg wheel</i> harai tsurikomi ashi <i>lift-pull foot sweep</i>	<u>tomoe nage</u> <i>circular throw</i>	yoko otoshi <i>side drop</i>
Yonkyo Group Four	sukui nage <i>scooping throw</i> <u>uki otoshi</u> <i>floating drop</i>	utsuri goshi <i>hip shift</i>	o guruma <i>big wheel</i>	<u>sumi gaeshi</u> <i>corner throw</i>	tani otoshi <i>valley drop</i> hane makikomi <i>springing wraparound</i> soto makikomi <i>outer wraparound</i>
Gokyo Group Five	sumi otoshi <i>corner drop</i>	ushiro goshi <i>back hip</i>	osoto guruma <i>big outer wheel</i>	<u>ura nage</u> <i>back throw</i>	<u>uki waza</u> <i>floating throw</i> yoko wakare <i>side separation</i> <u>yoko guruma</u> <i>side wheel</i> <u>yoko gake</u> <i>side body drop</i>
Rokukyo Group Six	obi otoshi <i>belt drop</i> seoi otoshi <i>shoulder drop</i> yama arashi <i>mountain storm</i>		osoto otoshi <i>big outer drop</i>	hikkomi gaeshi <i>draw-pull counter?</i> tawara gaeshi <i>rice bag counter</i>	uchi makikomi <i>inner wraparound</i> daki wakare <i>high separation</i>
Shimmeisho No Waza New Techniques	morote gari <i>two-hand reap</i> kuchiki taoshi <i>one-hand drop</i> kibisu gaeshi <i>heel trip</i> ippon seoi nage <i>one-arm shoulder throw</i> obi tori gaeshi <i>belt grab counter</i>	dakiage* <i>high lift</i> sode tsurikomi goshi <i>sleeve lift-pull hip</i>	uchi mata sukashi <i>inner thigh reaping slip</i> tsubame gaeshi <i>swallow counter</i> osoto gaeshi <i>big outer reap counter</i> ouchi gaeshi <i>big inner reap counter</i> kouchi gaeshi <i>small inner reap counter</i> hane goshi gaeshi <i>hip spring counter</i> harai goshi gaeshi <i>hip sweep counter</i> uchi mata gaeshi <i>inner thigh reap counter</i>		kani basami* <i>scissors throw</i> kawazu gake* <i>one-leg entanglement</i> osoto makikomi <i>big outer wraparound</i> uchi mata makikomi <i>inner thigh wraparound</i> harai makikomi <i>hip sweep wraparound</i>

* Indicates throw is not allowed in randori

Indicates throw is part of Nage No Kata