

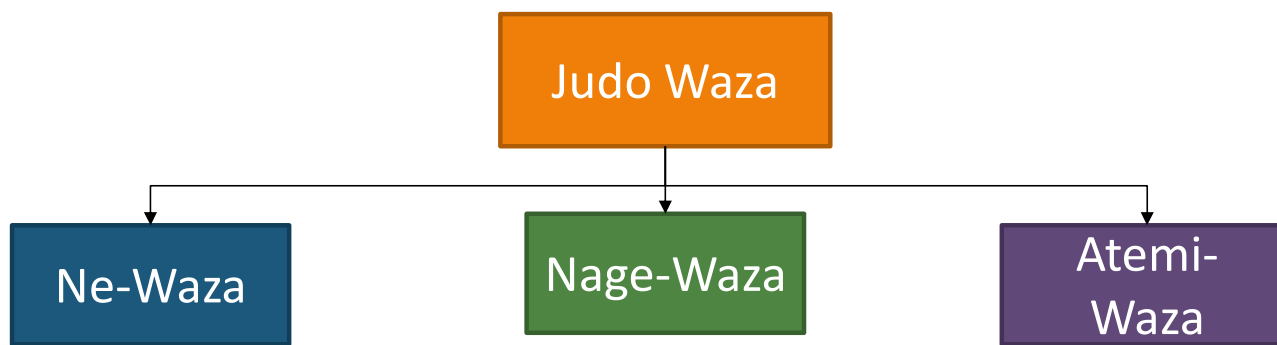


Waza of Judo

A Taxonomy of Judo Techniques

April 2022

Waza



- Waza: techniques
- Atemi Waza = Part of Judo, but not normally taught directly. Included with Kata



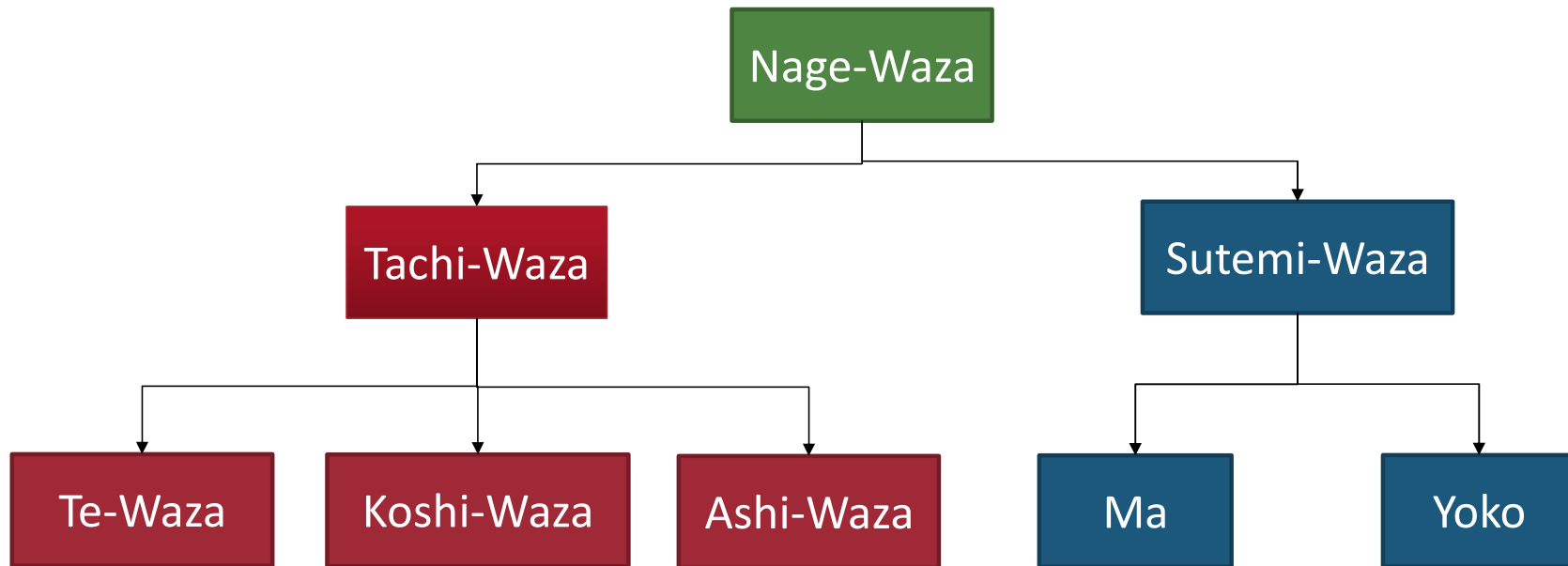
Classification

- Taxonomy: Science of naming and classification (normally organisms)
- Two sources of Judo Technique Classification

Technique Type	Kodokan	IJF
Throws	54 (65)	68
Holds	7	15
Chokes and Strangles	11	18
Elbow Locks	9	12
Kata	7	7
Strikes	26	-

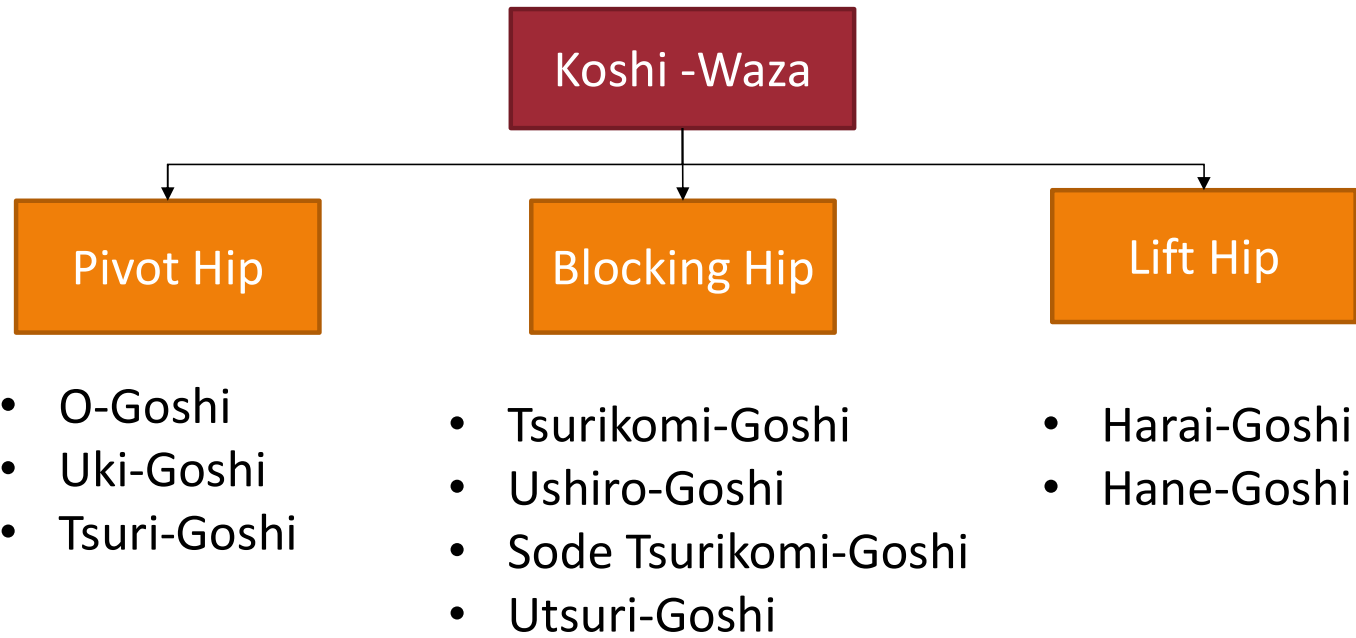


Throw Classification





Hip Throws





Rear Sacrifice Throws

Ma-Sutemi-Waza

- Tomoe-Nage
- Sumi-Gaeshi
- Ura-Nage
- Hikkomi-Gaeshi
- Tawara-Gaeshi

Side Sacrifice Throws



Yoko-Sutemi-Waza

- Yoko-Otoshi
- Tani-Otoshi
- Uki-Waza
- Yoko-Wakare
- Yoko-Guruma
- Daki-Wakare
- Kani-Basami
- Kawaza-Gake
- Yoko-Gake
- Ushiro-Guruma
- Yoko-Tomoe-Nage

Makikomi

- Hane-Makikomi
- Soto-Makikomi
- Uchi-Makikomi
- Osoto-Makikomi
- Harai-Makikomi



Ground Waza

Ne-Waza

Osaekomi-Waza

- Kesa-gatame
- Mukura-kesa-gatame
- Kata-gatame
- Kami-shiho-gatame
- Yoko-shiho-gatame
- Tate-shio-gatame
- Ushiro kesa-gatame
- Mune-gatame
- Sangaku-Gatame
- Ura-gatame
- Uki-gatame

Shime-Waza

- Hadaka-jime
- Okuri-eri-jime
- Kata-ha-jime
- Tsukomi-jime
- Koshi-jime
- Sangaku-jime
- Nami-juji-jime
- Gyaku-juji-jime
- Kata-juji-jime
- Jigoku-jime
- Sode-jime

Kansetsu-Waza

- Juji-gatame
- Ude-garami
- Ude-gatame
- Hiza-Gatame
- Ashi-gatame
- Hara-gatame
- Waki-gatame
- Ryo-hiza-gatame

Forms of Judo



Kata

Kodokan

- Nage-no-Kata
- Katame-no-Kata
- Ju-no-Kata
- Kime-no-Kata
- Goshinjutsu
- Koshiki-no-Kata

Other

- Seiryoku-Zenyo-Kokumin-Taiiku
- Kodomo-no-Kata
- Gonosen-no-Kata
- Kaeshi-no-Kata
- Nage-ura-no-Kata
- Kodokan Joshi Judo Goshinho
- Renkoho
- Kimi-Shiki
- Shobu-no-Kata
- Go-no-Kata
- Hikomi-no-Kata

Striking Waza



Atemi-Waza

Kyusho

- Target

Ate Dokoro

- Weapons

Ude-Ate-
Waza

- Hand Strikes

Ashi-Ate-
Waza

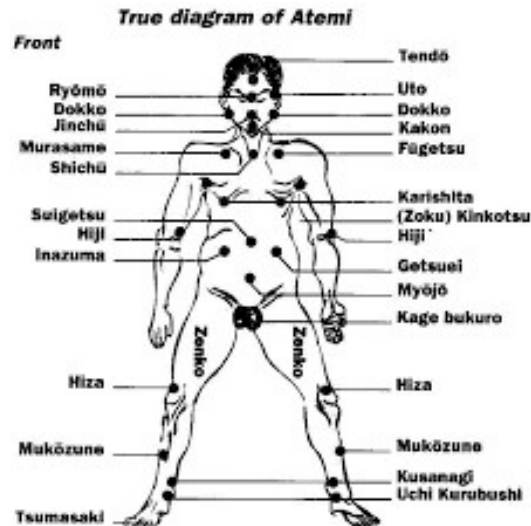
- Foot Strikes



Striking Targets and Weapons

Kyusho

- Tendo
- Kasumi
- Uto
- Dokko
- Jinchu
- Kachikake
- Suigetsu
- Tsukikage
- Denko
- Myojo
- Tsurigane
- Hiza Kansetsu



Ate Dokoro

- Tsukidashi (Finger)
- Ryogan Tsuki (Finger)
 - Horyu (Fist pad)
 - Kobushi (Fist)
- Te gatana (Hand Sword)
 - Hiji (Elbow)
- Hiza Gashira (Knee)
 - Sekito Foot Sole
 - Kakato (Heel)



Arm/Hand Striking Waza

Ude-Ate-Waza

Yubisaki-Ate

- Tsuki Dashi
- Ryogan Tsuki

Kobushi-Ate

- Naname Ate
- Yoko Ate
- Ue Ate
- Tsuki Age
- Shita Tsuki
- Ushiro Tsuki
- Ushiro Tsumi Tsuki
- Tsukkake
- Yoko Uchi
- Ushiro Uchi
- Uchi Oroshi

Te Gatana-Ate

- Naname Uchi
- Kiri Oroshi

Hiji-Ate

- Ushiro Ate



Foot Striking Waza

Ude-Ate-Waza

Hiza-Gashira-Ate

- Mae Ate

Sekito-Ate

- Mae Geri
- Taka Geri
- Naname Geri

Kakato-Ate

- Yoko Geri
- Ushiro Geri
- Ashi Fume