

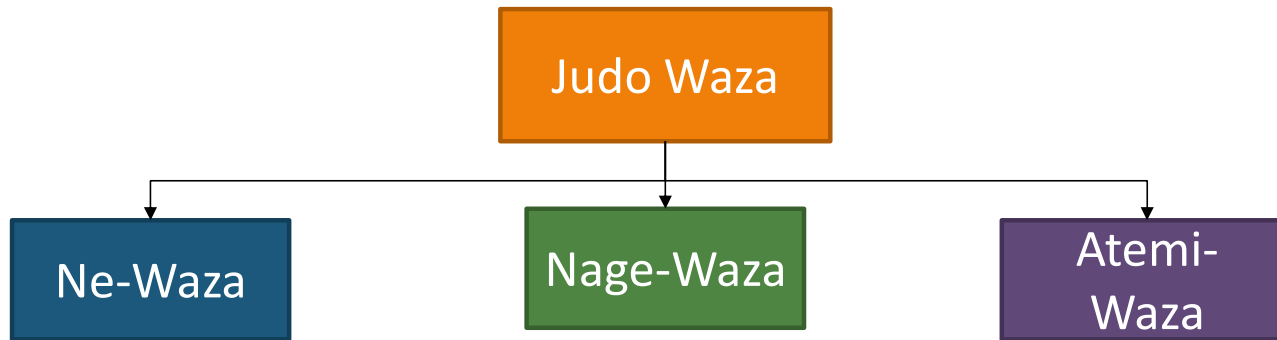
Waza of Judo



A Taxonomy of Judo Techniques

June 2023

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



Nage-Waza

Tachi-Waza

Sutemi-Waza

Te-Waza

Koshi-Waza

Ashi-Waza

Ma

Yoko



Hand Throws

Te -Waza

Back Carry

- Ippon Seoinage
- Morote Seoinage
- Eri Seoinage
- Sode Seoinage

Drops

- Tai Otoshi
- Ganseki Otoshi

Power

- Kuchiki Daoshi
- Te Guruma
- Kata Guruma
- Obi-otoshi

Grabs

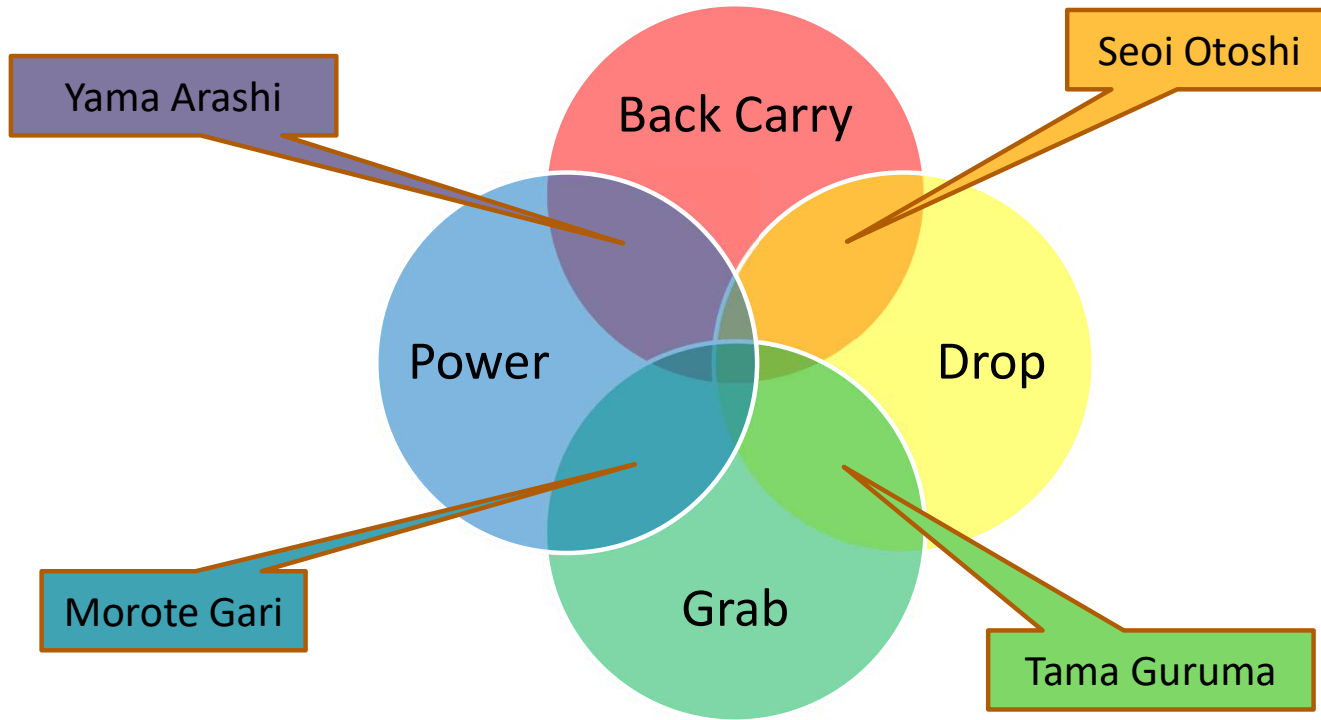
- Kata ashi dori
- Kibusi Gaeshi

Timing

- Sukui Nage
- Sumi Otoshi
- Uchimata Sukashi
- Uki Otoshi
- Hiki otoshi
- Hiji Otoshi

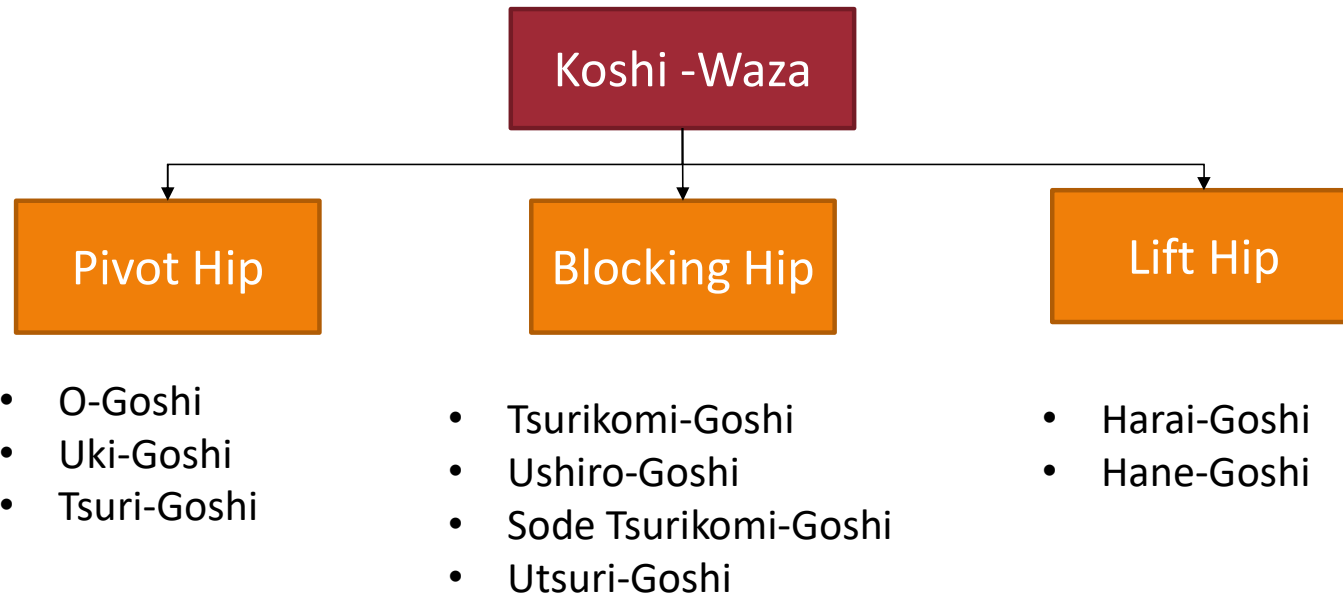


Te Waza Combo Groups





Hip Throws





Foot and Leg Throws

Ashi-Waza

Sweeps

- De Ashi Barai
- Okuri Ashi Barai
- Harai Tsurikomi Ashi
- Tsubame Gaeshi

Reaps

- O Soto Gari
- Ko Soto Gari
- O Uchi Gari
- Ko Uchi Gari
- Ushiro Gari
- Osoto Otoshi

Hooks

- O Soto Gake
- Ko Soto Gake
- O Uchi Gake
- Ko Uchi Gake
- Osoto Gake

Lift/Wheels

- Ashi Guruma
- O Guruma
- Hiza Guruma
- Sasae Tsurikomi Ashi
- Uchi Mata
- Osoto Guruma



Rear Sacrifice Throws

Ma-Sutemi-Waza

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



Side Sacrifice Throws

Yoko-Sutemi-Waza

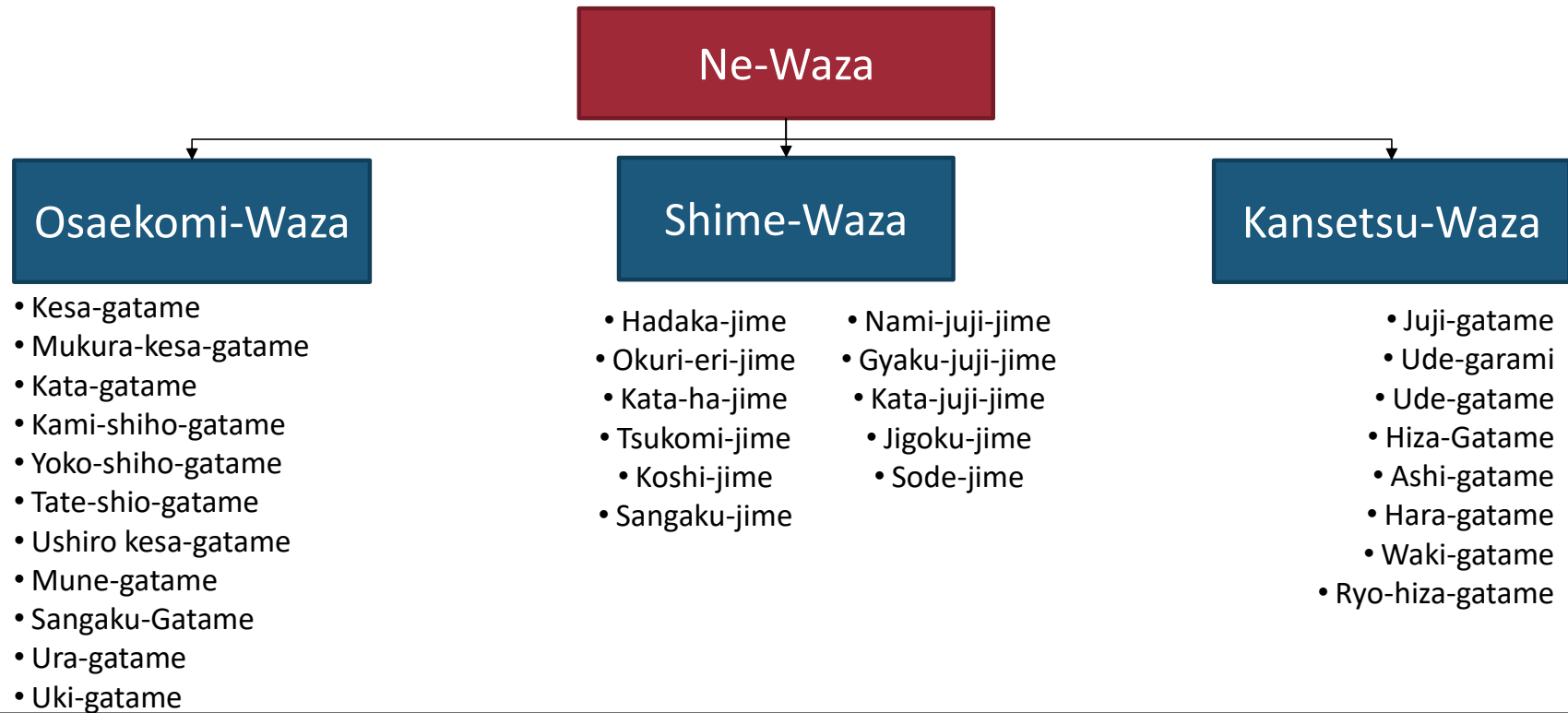
- Yoko-Otoshi
- Tani-Otoshi
- Uki-Waza
- Yoko-Wakare
- Yoko-Guruma
- Daki-Wakare
- Kani-Basami
- Kawaza-Gake
- Yoko-Gake
- Ushiro-Guruma
- Yoko-Tomoe-Nage

Makikomi

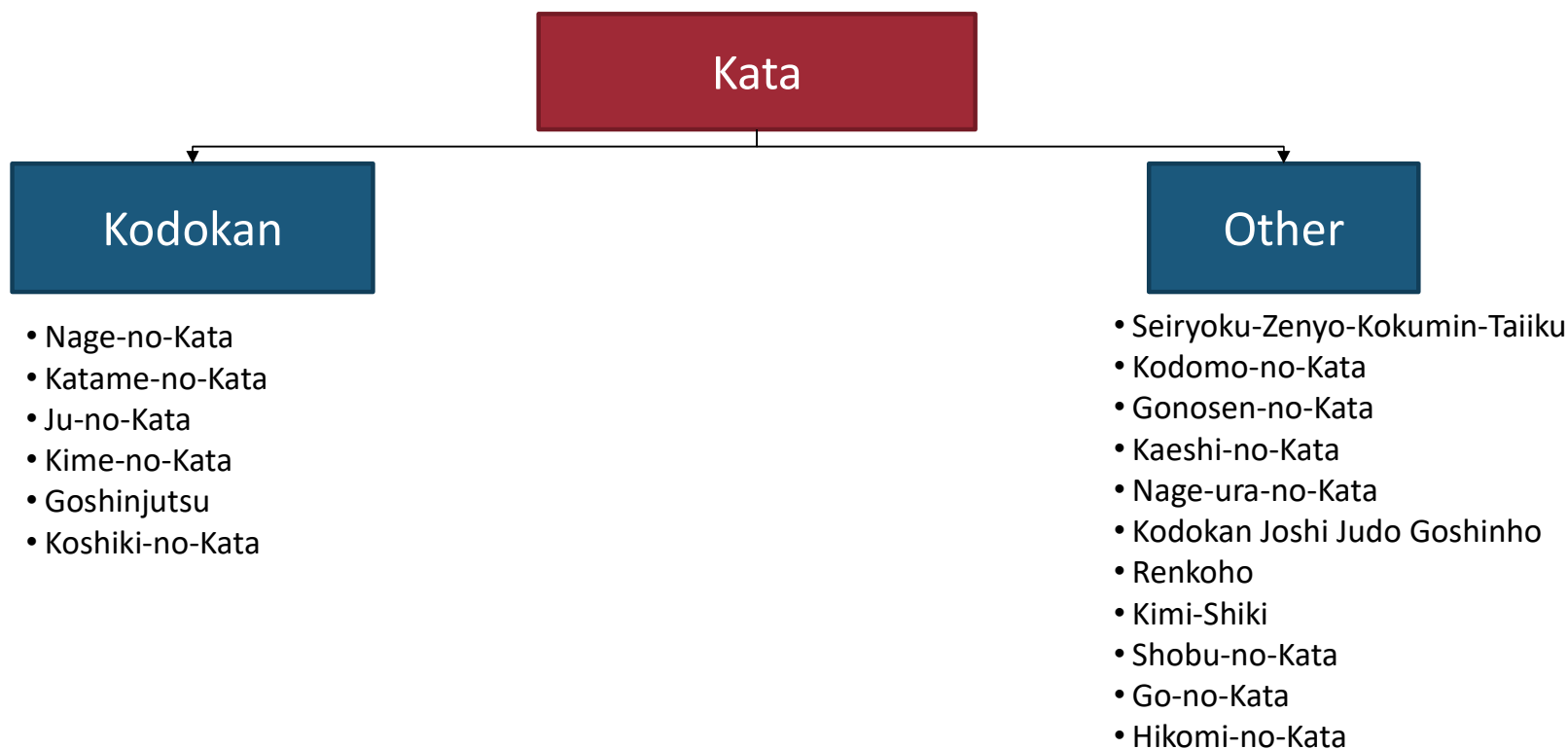
- Hane-Makikomi
- Soto-Makikomi
- Uchi-Makikomi
- Osoto-Makikomi
- Harai-Makikomi



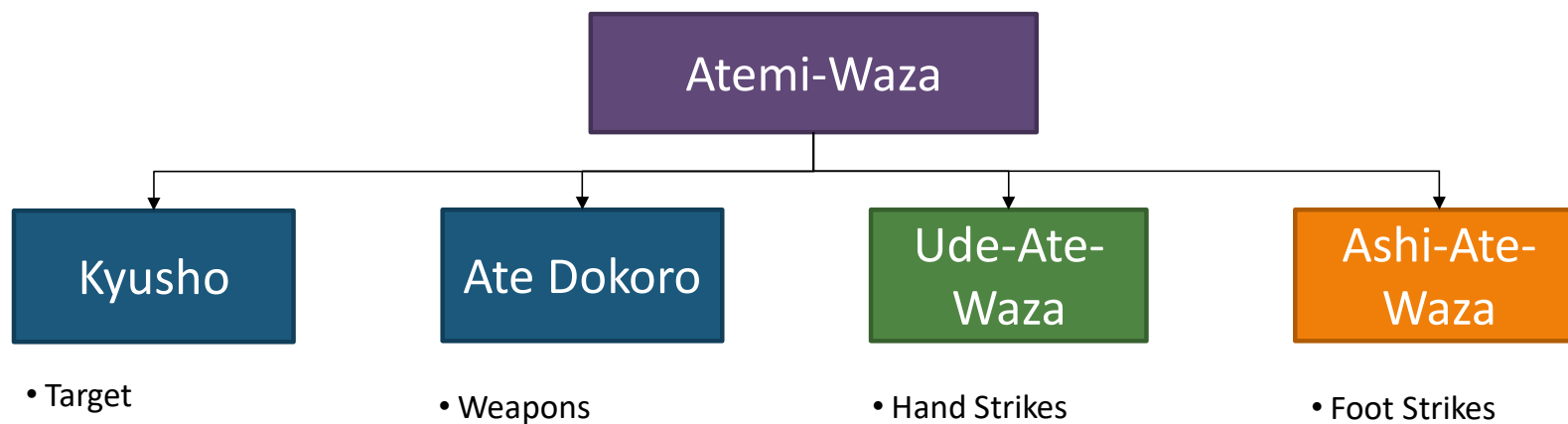
Ground Waza



Forms of Judo



Striking Waza

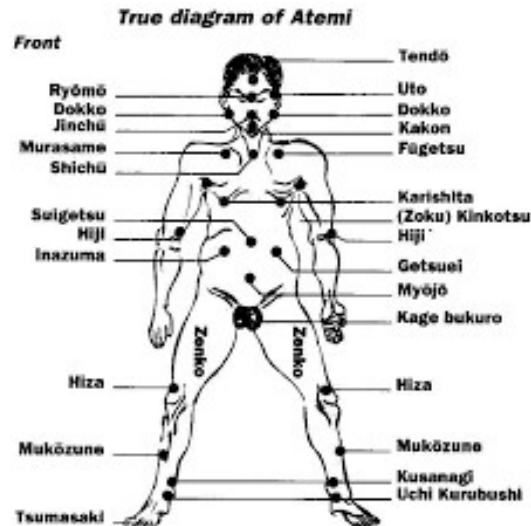




Striking Targets and Weapons

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