



El Toro Judo
Club

Kodomo Class



De-Ashi-Barai (Ashi-Waza)

- De = Advancing
- Ash- = Foot
- Barai/Harai = Sweep

Always attack sleeve side

1. Step Major leg back (Cheat step)
2. Push minor elbow
3. Cup your minor foot
4. Push the foot

Scan the QR Codes or click the link to view videos on De-Ashi-Barai

https://www.youtube.com/watch?v=4BUUvqxi_Kk



<https://www.youtube.com/watch?v=Dd6GuATqWrl>

Hane-Goshi (koshi-waza)

- Hane = Spring
- Goshi = Hip

Tip: Lean Forward on throwing

1. Major to Major step, with Arms High
2. Ribs to chest
3. Full Normal Pivot
4. Spring

Scan the QR Codes or click the link to view videos on Hane-Goshi

https://www.youtube.com/watch?v=M9_7De6A1kk



<https://www.youtube.com/shorts/7uChI2MpTIE>



Harai-Goshi (koshi-waza)

- Sweeping = Hip
- Goshi = Hip

Tip: Straight and upright posture

1. Major to Major step, with Arms High
2. Ribs to chest
3. Full Normal Pivot
4. Sweep

Scan the QR Codes or click the link to view videos on Harai-Goshi



<https://www.youtube.com/watch?v=qTo8HIAAkOo>



<https://www.youtube.com/watch?v=c-5NkbT4ddc>





Hiza-Guruma

- Hiza = knee
 - Guruma = Wheel
1. Toes in front of toes
 2. Lift the sleeve
 3. Block the knee
 4. Disney tea pot ride

Scan the QR Codes or click the link to view videos on Hiza-Guruma

<https://judo.ijf.org/techniques/Hiza-guruma>



https://www.youtube.com/watch?v=_n_BzCxob6I



Ippon-Seoinage (Te-Waza)

- Ippon = One Arm
- Seoi – back/shoulder
- Nage = throw

Tip: Lift with your legs not your butt

1. Short step and pull
2. Elbow to Armpit
3. Seoinage Pivot
4. Pull off your sweater/Hoodie

Scan the QR Codes or click the link to view videos on Ippon-Seoinage



<https://www.youtube.com/watch?v=FQnOICxo4oI>



<https://www.youtube.com/watch?v=5zZO8TJ0tg0>

Koshi-Guruma (koshi-waza)

- Koshi = Hip
- Guruma = Wheel

Tip: Control the head

1. Head down
2. reach for opposite shoulder
3. Deep Normal Pivot
4. Hand to the floor

Scan the QR Codes or click the link to view videos on Koshi-Guruma



<https://www.youtube.com/watch?v=SU71d6uVJ44>



<https://www.youtube.com/watch?v=JgiaC4x9lgQ>



Ko-Soto-Gari (Ashi-Waza)

- Ko = Minor
- Soto = Outer
- Gari = Reap

Tip: Position is Important, be more on outside than inside.

1. Major step across
2. Turn the Wheel
3. Minor Leg Attack
4. Reap

Scan the QR Codes or click the link to view videos on Ko-Soto-Gari



<https://www.youtube.com/watch?v=jeQ541ScLB4>



<https://www.youtube.com/watch?v=boyruuG6TXw>



Ko-Uchi-Gari (Ashi-Waza)

- Ko =Small or Minor
- Uchi = Inside
- Gari = reap

Tip: Both hands and your attacking foot go in same direction

1. Minor to Minor angle step
2. Major Deep Step
3. Tilt uke's head over major leg
4. Inside reap

Scan the QR Codes or click the link to view videos on Ko-Uchi-Gari



<https://www.youtube.com/watch?v=3Jb3tZvr9Ng>



<https://www.youtube.com/watch?v=IWPC2vnWawY>



Morote-Seoinage (Te-Waza)

- Morote = Two-handed
- Seoi = Back/Shoulder
- nage = throw

Tori belt must be lower than Uke Belt

1. Yawn
2. Shoe size step
3. Seoinage Pivot
4. Pull off your sweater/Hoodie

Scan the QR Codes or click the link to view videos on Morote Seoinage



<https://www.youtube.com/watch?v=z1q0xl0ogxk>

<https://www.youtube.com/watch?v=nOCbn787tss>





O-Goshi (Koshi-Waza)

- O = Major or Large
- Goshi = Hip technique

Hug the beltline tightly

1. Short step and pull
2. Shoot your Major Arm
3. Minor Hip to knot
4. Hug, Rock and Roll

Scan the QR Codes or click the link to view videos on O-Goshi



<https://www.youtube.com/watch?v=yhu1mfy2vJ4>



https://www.youtube.com/watch?v=35qAGGn_mes



Okuri-Ashi-Barai (Ashi-Waza)

- Okuri = sliding
- Ashi = foot
- Barai = (Harai) = sweep

Tip: sweep at a close distance

1. Follow Uke sideways
2. Step close
3. Sweep sleeve side ankle
4. Turn the steering wheel

Scan the QR Codes or click the link to view videos on Okuri-Ashi-Barai



<https://www.youtube.com/watch?v=nw1ZdRjrdRI>



<https://www.youtube.com/watch?v=luZopzXijVs>



O-Soto-Gari (Ashi-Waza)

- O = major or Large
- Soto = Outside
- Gari = Reap (cut down)

Tip: Don't put your attacking foot on the ground

1. Heel to Heel
2. Shoulder to Shoulder
3. Kick the Soccer Ball
4. Chop down the tree

Scan the QR Codes or click the link to view videos on O-Soto-Gari



https://www.youtube.com/watch?v=c-A_nP7mKAc



<https://www.youtube.com/watch?v=x3cTRRspZ5M>

O-Uchi-Gari

- O = Major or Large
- Uchi = Inside (legs usually)
- Gari = Reap (cut down)

Four Rules

1. Step with minor leg
2. Rubber Elbows
3. Chest to Chest
4. Circle Reap

Scan the QR Codes for links to videos on this months throw



O-Uchi-Gari

- O = Major or Large
- Uchi = Inside (legs usually)
- Gari = Reap (cut down)
- Attack the nearest leg
 1. Step with minor leg
 2. Rubber Elbows
 3. Chest to Chest
 4. Circle Reap

<https://www.youtube.com/watch?v=0itJFhV9pDQ>

<https://www.youtube.com/watch?v=W0trX2DCr34>



Tai-Otoshi (Te-Waza)

- Tai = Body
- Otoshi = drop

All toes point in the direction you throw

1. Watch and Armpit
2. Ride the Fat Horse
3. Body drop
4. Two-hand Throw

Scan the QR Codes or click the link to view videos on Tai-otoshi



<https://www.youtube.com/watch?v=4x6S3Q-Ktv8>

https://www.youtube.com/watch?v=5qhQ4JQP2_g



Sasae Tsurikomi Ashi

Blocking Pulling Lifting Throw.

Four Rules

1. Major to Minor Tee
2. Lift Guiding Hand Sleeve
3. Block the ankle
4. Chase your tail

Scan the QR Codes for links to videos on this months throw



Sasae Tsurikomi Ashi

- Blocking Pulling Lifting Throw.
- 1. Major to Minor Tee
- 2. Raise Guiding Hand Sleeve
- 3. Block the ankle
- 4. Chase your tail

<https://www.youtube.com/watch?v=oPbx8ZD85dM>



Sode-Tsurikomi-Goshi (Koshi-Waza)

- Sode = sleeve
- Tsurikomi = lifting pull
- Goshi = hip technique

Tip: hold sleeve with left hand, throw left. Hold sleeve with right hand, throw right

1. Minor step across
2. Push sleeve high
3. Normal Pivot
4. Pull over hip

Scan the QR Codes or click the link to view videos on Sode-Tsurikomi-Goshi



<https://www.youtube.com/watch?v=QsmAxpMYLOI>



<https://www.youtube.com/watch?v=bDZ16kMuC4I>



Uki-Goshi (Koshi-Waza)

- Uki = Floating
- Goshi = Hip Technique

This was Kano-Sensei's Favorite Throw

1. Step with Major Leg
2. Shoot the Arm
3. Feet together
4. Hug tightly and Bow

Scan the QR Codes or click the link to view videos on Uki-Goshi



<https://www.youtube.com/watch?v=bPKwtB4lyOQ>



<https://www.youtube.com/watch?v=MVhCdiVdlbM>



Yoko Otoshi (Yoko-Sutemi-Waza)

- Yoko = Side
- Otoshi = Drop

Tip: Take big steps

1. Wide major Side Step
2. Major Tsurite push
3. Minor leg Stretch forward and sit
4. Turn the wheel

Scan the QR Code or click the link to view video on Yoko-Otoshi



https://www.youtube.com/watch?v=MnNG67pF_a0



Tomoe-Nage (Ma-Sutemi-Waza)

- Tomoe = Circular
- Nage= Throw

Tip: Go for the reaction to the push

1. Push Forward hard and bull
2. Major foot to belt line
3. Sit butt to toes
4. Two hand pull over Minor shoulder

Scan the QR Codes or click the link to view videos on Tomoe-Nage



<https://www.youtube.com/watch?v=880WbHvHv6A>



<https://www.youtube.com/watch?v=EW0oFHv18JQ>





Tsuri-Goshi (koshi-Waza)

- Tsuri = Pulling
- Goshi = Hip technique

Tip: Lean forward, with bent knees

1. Short step and pull
2. Shoot your Major Arm and grab belt
3. Minor Hip to knot
4. Pull up by raising your major shoulder

Scan the QR Codes or click the link to view videos on Tsuri-Goshi



<https://www.youtube.com/watch?v=nw1ZdRjrdRI>

<https://www.youtube.com/watch?v=luZopzXijVs>

Tsurikomi-Goshi (koshi-Waza)

- Tsurikomi = Lifting-Pulling
- Goshi = hip technique

All toes point in the direction you throw

1. Minor leg back step, Strong Hiki-Te
2. Seoinage pivot, hips to thigh
3. Straighten Major Arm
4. Pull over hip

Scan the QR Codes or click the link to view videos on Tsurikomi-Goshi



<https://www.youtube.com/watch?v=4x6S3Q-Ktv8>

https://www.youtube.com/watch?v=5qhQ4JQP2_g



Ko-Soto-Gake (Ashi-Waza)

- Ko = minor
- Soto = outside
- Gake = Hook

Tip: Don't fall on your side, stay flat

1. Major foot to inside of Uke Minor foot
2. Hike-te pull, Tsure-te push
3. Minor foot hook uke major leg
4. Drive and push with major leg

Scan the QR Codes or click the link to view videos on Ko-Soto-Gake



https://www.youtube.com/watch?v=c-A_nP7mKAc



<https://www.youtube.com/watch?v=x3cTRRspZ5M>

Ashi-Guruma (Ashi-Waza)

- Ashi = Foot
- Guruma= Wheel

Tip: Spin and hip wheel are all one move

1. Minor step to Uke Minor foot
2. Tsurite pull to uke minor
3. Balance on minor leg, Spin Major leg in front
4. Block uke lower leg and wheel with major hip

Scan the QR Codes or click the link to view videos on Ashi-Guruma



<https://www.youtube.com/watch?v=QsmAxpMYLOI>



<https://www.youtube.com/watch?v=bDZ16kMuC4I>

