

# JUDO

## Inside of Same Side Foot



de ashi harai  
(forward foot sweep)

sweep one foot sideways as uke is moving forward



okuriashi harai  
(following foot sweep)

sweep both feet sideways



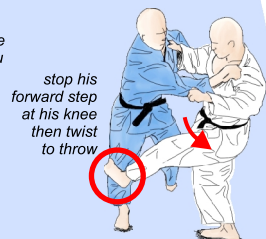
kosoto gari  
(lesser outside reap)

drag his foot forward



sasae tsurikomi ashi  
(lifting pulling ankle prop)

support the foot as you throw



hiza guruma  
(knee wheel)

stop his forward step at his knee then twist to throw



harai tsurikomi ashi  
(lifting pulling foot sweep)

slap at his feet as you throw

hook behind his leg in a lifting motion



kosoto gake  
(lesser outside hook)

## Hip/Back



uki goshi  
(floating hip)

slight bend float him on hip and twist to throw (Kano's favorite)



seio nage  
(back carry throw)

morote = elbow under  
ippon = arm under

you can extend leg out like tai otoshi



tsurikomi goshi  
(lift pull hip)  
also: sode tsurikomi goshi

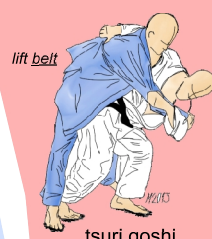


soto makikomi  
(outer wrap throw)



hane makikomi  
(spring wrap throw)

soto makikomi + uchi mata



tsuru goshi  
(lifting hip)

lift belt



o goshi  
(greater hip)

deep bend wrap waist

## Outside of Cross Foot



o soto gari  
(greater outside reap)

draw his weight onto his foot, then sweep. you can put your right arm under his arm, or you can grab the front of his belt



o soto guruma  
(greater outside wheel)

just like o soto gari but sweep both legs with a twist



koshi guruma  
(hip wheel)



hane goshi  
(spring hip)

## Between Opponent's Feet



ko uchi gari  
(lesser inner reap)



o uchi gari  
(greater inner reap)

sweep by drawing him forward just as he puts his foot down



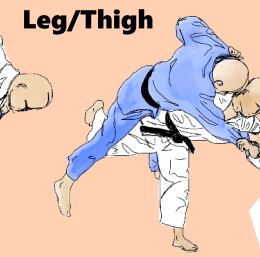
harai goshi  
(hip sweep)



ashi guruma  
(leg wheel)



o guruma  
(greater wheel)



uchi mata  
(inner thigh reaping throw)



tai otoshi  
(body drop)

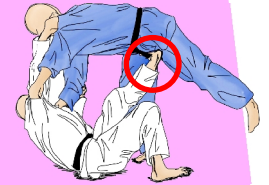


uki waza  
(floating technique)  
kuzushi front corner

## Sutemi Waza Sacrifice Techniques



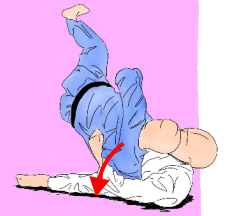
sumi gaeshi  
(corner reversal)  
inside the thigh



tomoe nage  
(circular throw)  
foot on lower belly  
"interlocked comma"



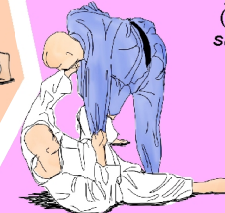
yoko wakare  
(side separation)



yoko guruma  
(side wheel)  
kuzushi to side



yoko gake  
(side hook)  
sutemi waza



uki waza  
(floating technique)  
kuzushi front corner



yoko otoshi  
kuzushi side



tani otoshi  
(valley drop)  
kuzushi backward  
dangerous

## ACTIONS

gake	hook
gaeshi	reversal/counter
gari	reap
harai (barai)	sweep
guruma	wheel
hane	winding/wrapping
makikomi	spring
otoshi	drop
sasae	support/prop
seio	back carry
tani	valley
tomoe	interlocking comma's
tsuri	lift
tsurikomi	take in/attract
uki	floating
wakare	split/separate

## ANATOMY

ashi	foot
deashi	forward foot
hiza	knee
koshi (goshi)	hip
mata	thigh
uchimata	inner thigh

## DIRECTION

ko	lesser (use inner leg)
o	greater (use outer leg)
uchi	inner/inside
soto	outer/outside
sumi	corner
yoko	side