

Seoi Nage

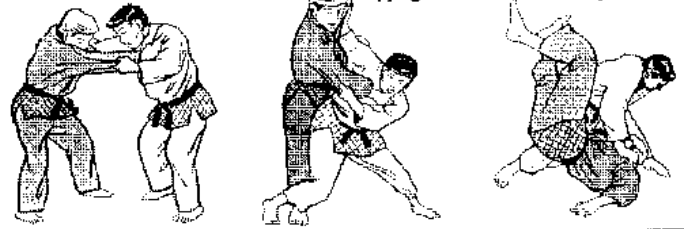
Two Arm Shoulder Throw
Copyright Bill Nauta, Encino Judo Club



Hand Technique

Tai Otoshi

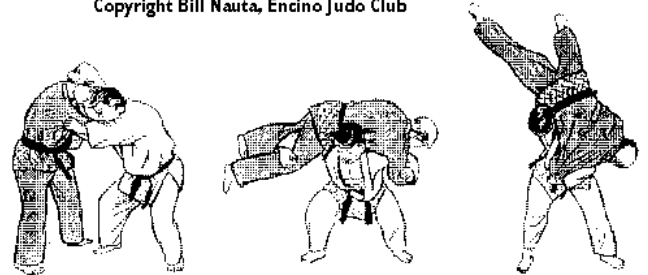
Body Drop
Copyright Bill Nauta, Encino Judo Club



Hand Technique

Kata Guruma

Shoulder Wheel
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Hand Technique

Sukui Nage

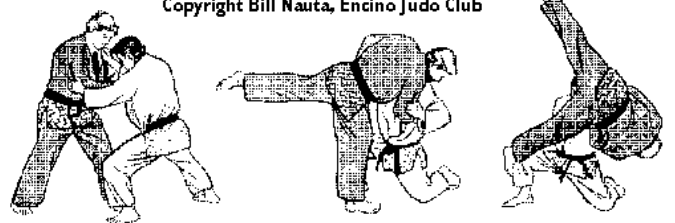
Scoop Throw



Hand Technique

Uki Otoshi

Floating Drop
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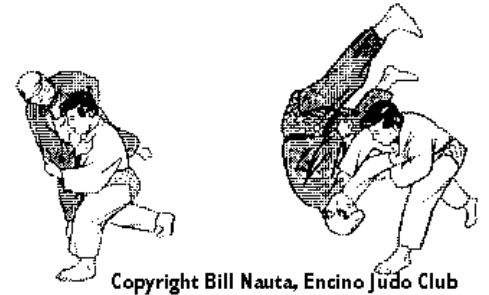


Hand Technique

Sumi Otoshi



Corner Drop



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Hand Technique

Obi Otoshi

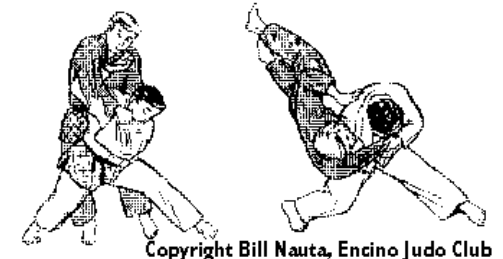
Belt Drop

Hand Technique

Seoi Otoshi



Shoulder Drop



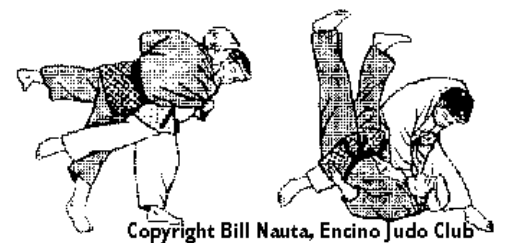
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Hand Technique

Yama Arashi



Mountain Storm



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Hand Technique

Morote Gari

Double Leg Grab

Hand Technique

Kuchiki Taoshi

Pushing The Rotten Tree

Hand Technique

Kibisu Gaeshi

Heel Trip Reversal



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Hand Technique

Uchi Mata Sukashi

Uchi Mata Sidestep

Hand Technique

Kouchi gaeshi

Ko Uchi Counter

Hand Technique

Ippon Seoinage

One Arm Shoulder Throw

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Hand Technique

Uki Goshi



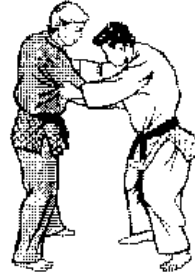
Floating Hip



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Hip Technique

O Goshi



Major Hip Throw



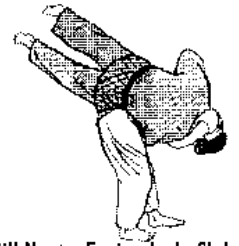
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Hip Technique

Koshi Guruma



Hip Wheel



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Hip Technique

Tsurikomi Goshi



Lifting Pulling Hip

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Hip Technique

Harai Goshi



Sweeping Hip Throw

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Hip Technique

Tsuri Goshi

Lifting Hip
Copyright Bill Nauta, Encino Judo Club



Hip Technique

Spring Hip Throw

Hane Goshi



Copyright Bill Nauta, Encino Judo Club

Hip Technique

Changing Hip Throw

Utsuri Goshi



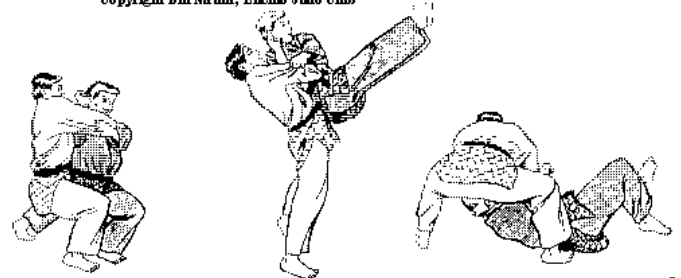
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Hip Technique

Rear Hip Throw

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Ushiro Goshi



Hip Technique

Daki Age*

Hug Lift – Illegal in Competition

Hip Technique

Sode Tsurikomi Goshi

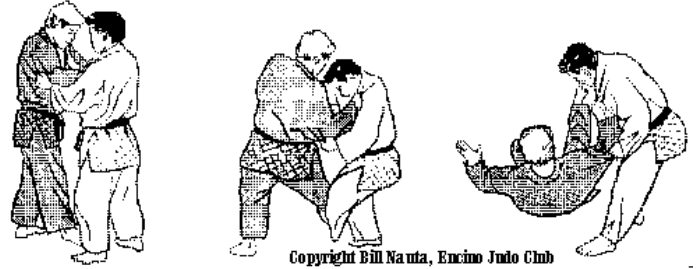
Sleeve Lifting Pulling Hip



Hip Technique

Deashi Harai

Advancing Foot Sweep



Foot & Leg Technique

Hiza Guruma

Knee Wheel



Foot & Leg Technique

Sasae Tsurikomi Ashi

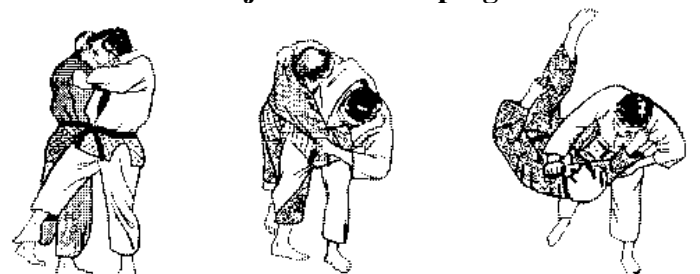
Lifting Pulling Ankle Block



Foot & Leg Technique

Osoto Gari

Major Outer Reaping

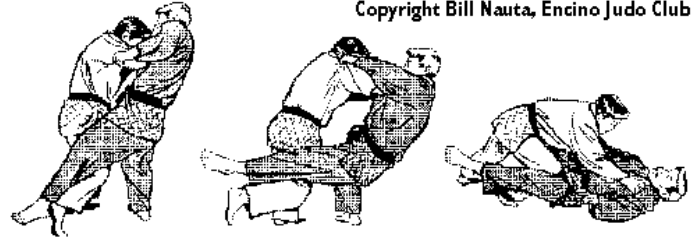


Foot & Leg Technique

Ouchi Gari

Major Inner Reaping

Copyright Bill Nauta, Encino Judo Club



Foot & Leg Technique

Kosoto Gari

Minor Outside Reap

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Foot & Leg Technique

Kouchi Gari

Minor Inner Reap

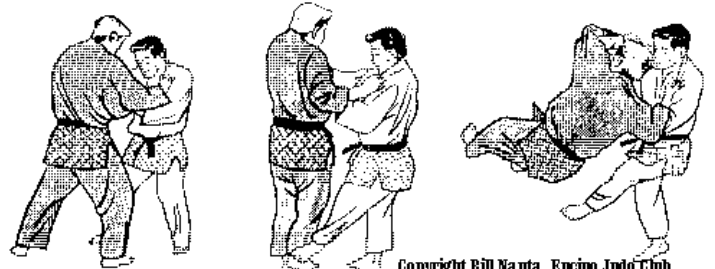
Copyright Bill Nauta, Encino Judo Club



Foot & Leg Technique

Okuriashi Harai

Sliding Foot Sweep



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Foot & Leg Technique

Uchi Mata

Inner Thigh Throw

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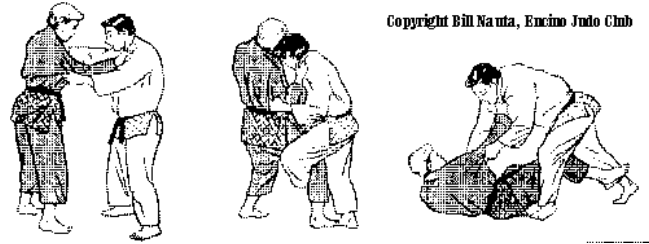


Foot & Leg Technique

Kosoto Gake

Minor Outside Hook

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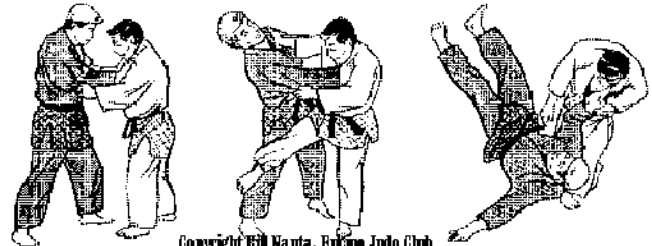


Foot & Leg Technique

Ashi Guruma

Foot Wheel

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Foot & Leg Technique

Harai Tsurikomi Ashi

Lifting Pulling Foot Sweep

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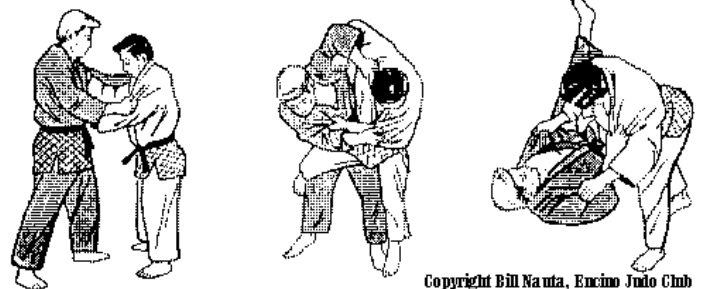


Foot & Leg Technique

O Guruma

Major Wheel

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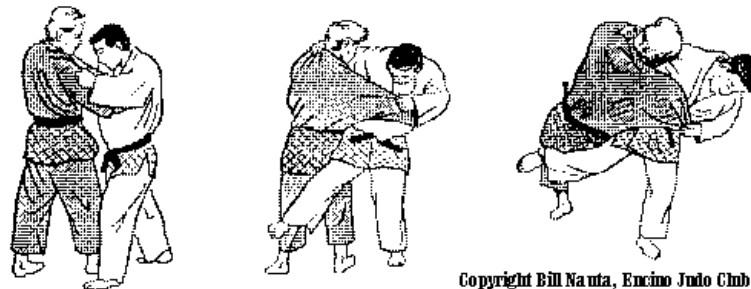


Foot & Leg Technique

Osoto Guruma

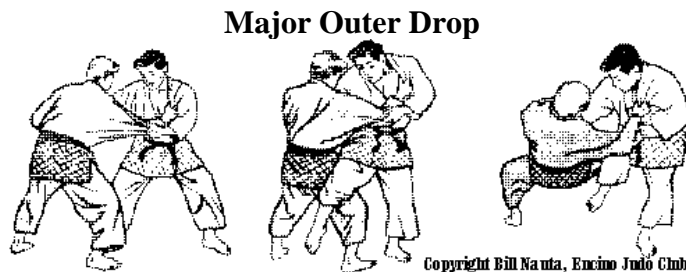
Major Outer Wheel

Copyright Bill Nauta, Encino Judo Club



Foot & Leg Technique

Osoto Otoshi



Foot & Leg Technique

Tsubame Gaeshi



Foot & Leg Technique

Osoto Gaeshi

Osoto Counter

Foot & Leg Technique

Ouchi Gaeshi

Ouchi Counter

Foot & Leg Technique

Hane Goshi Gaeshi

Hane Goshi Counter

Foot & Leg Technique

Harai Goshi Gaeshi

Harai Goshi Counter
Foot & Leg Technique

Uchi Mata Gaeshi

Uchi Mata Counter
Foot & Leg Technique

Tomoe Nage

Circle Throw



Rear Sacrifice Technique

Sumi Gaeshi

Corner Reversal



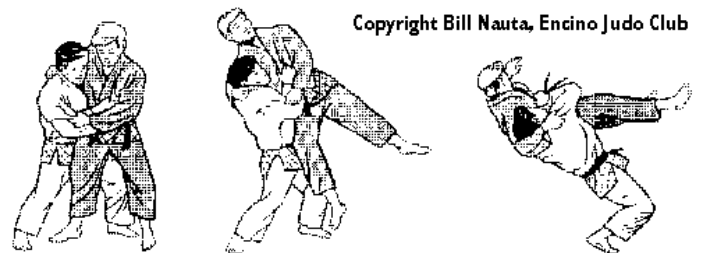
Copyright Bill Nauta, Encino Judo Club

Rear Sacrifice Technique

Ura Nage

Back Throw

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Rear Sacrifice Technique

Hikikomi Gaeshi

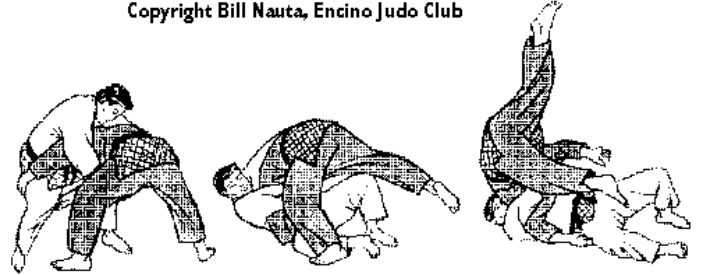
Rolling Take Down

Rear Sacrifice Technique

Rice Bag Reversal

Copyright Bill Nauta, Encino Judo Club

Tawara Gaeshi

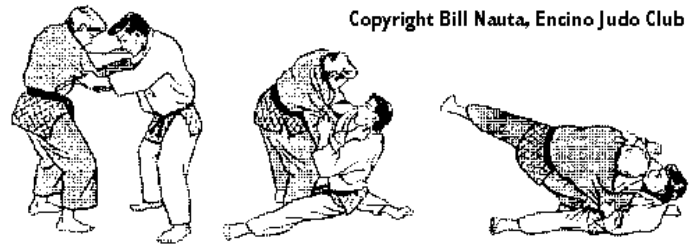


Rear Sacrifice Technique

Side Drop

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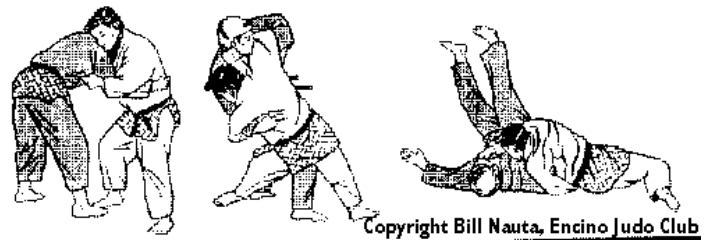
Yoko Otoshi



Side Sacrifice Technique

Valley Drop

Tani Otoshi



Copyright Bill Nauta, Encino Judo Club

Side Sacrifice Technique

Spring Wrap Around

Hane Makikomi



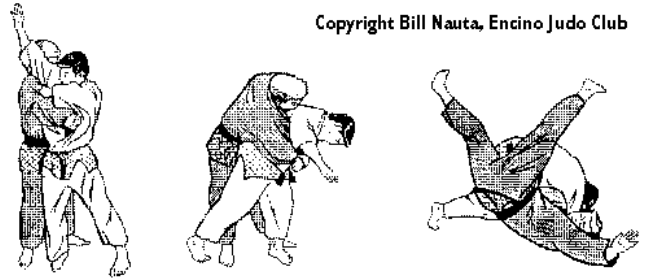
Copyright Bill Nauta, Encino Judo Club

Side Sacrifice Technique

Soto Makikomi

Outer Wrap Around

Copyright Bill Nauta, Encino Judo Club

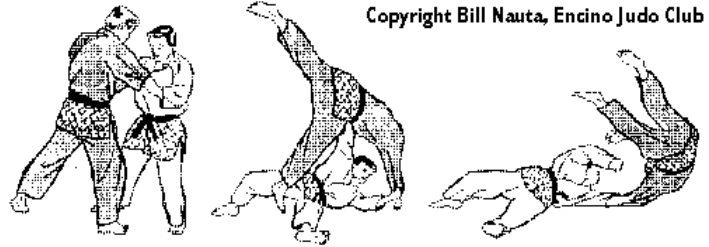


Side Sacrifice Technique

Uki Waza

Floating Technique

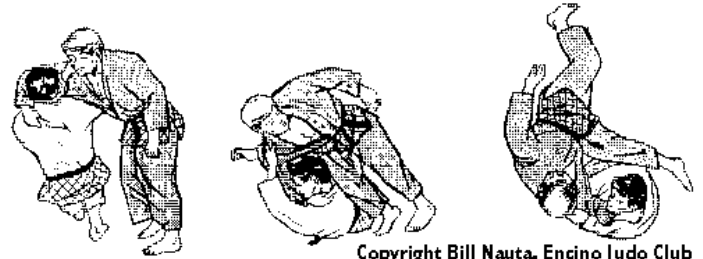
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Side Sacrifice Technique

Yoko Wakare

Side Separation

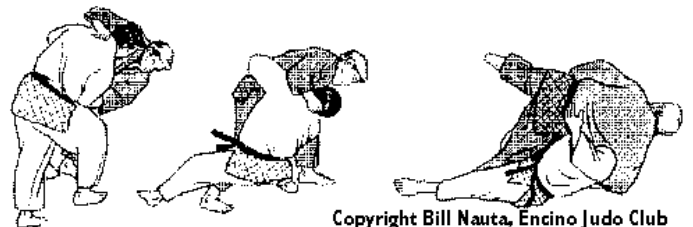


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Side Sacrifice Technique

Yoko Guruma

Side Wheel



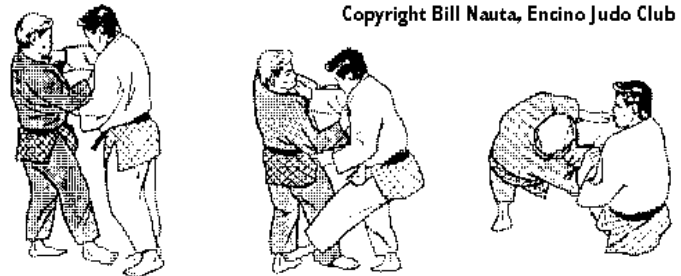
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Side Sacrifice Technique

Yoko Gake

Side Hook

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Side Sacrifice Technique

Daki Wakare

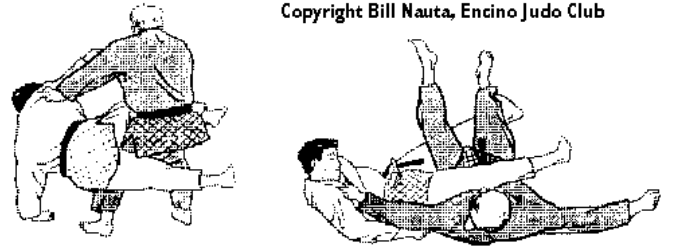
High Lift and Separate
Side Sacrifice Technique

Uchi Makikomi

Inner Wrap Around
Side Sacrifice Technique

Kani Basami *

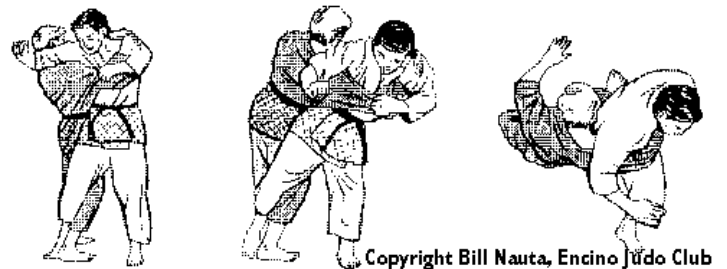
Flying Scissors – Illegal in Competition
Copyright Bill Nauta, Encino Judo Club



Side Sacrifice Technique

Osoto Makikomi

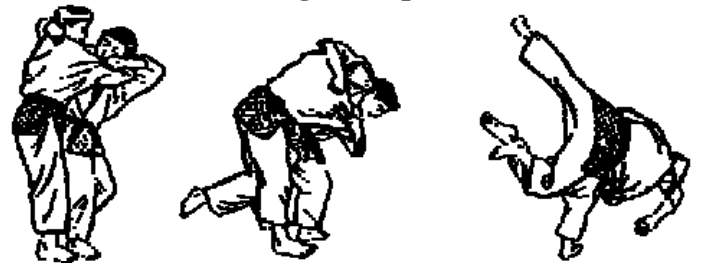
Major Outer Wrap Around



Side Sacrifice Technique

Uchi Mata Makikomi

Inner Thigh Wrap Around



Side Sacrifice Technique

Harai Makikomi

Sweeping Wraparound

Side Sacrifice Technique

Kawazu Gake *

Frog Hook – Illegal in Competition

Side Sacrifice Technique

Kuzure Kesa Gatame

Broken Scarf Hold



Pinning Technique

Shoulder Hold



Pinning Technique

Upper Four Quarters Hold



Pinning Technique

Kata Gatame

Kami Shiho Gatame

Kuzure Kami Shiho Gatame

Broken Upper Four Quarters Hold



Pinning Technique

Side Four Quarters Hold



Pinning Technique

Yoko Shiho Gatame

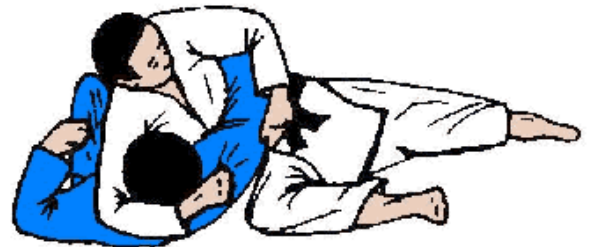
Lengthwise Four Quarters Hold



Pinning Technique

Tate Shiho Gatame

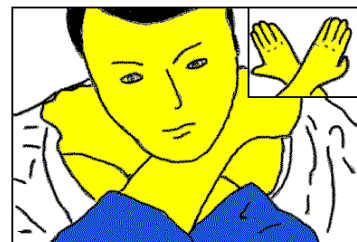
Scarf Hold



Pinning Technique

Kesa Gatame

Normal
Cross
Choke



Nami Juji Jime

Gyaku Juji Jime

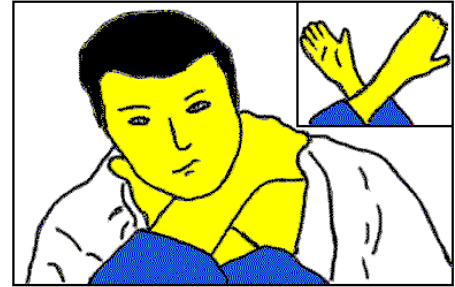
Reverse Cross Choke



Choking Technique

Kata Juji Jime

Half Cross Choke



Choking Technique

Sliding Collar Strangle

Okuri Eri Jime



Choking Technique

Single Collar Strangle

Kataha Jime



Choking Technique

Do Jime*

Body Squeeze – Illegal in Competition

Choking Technique

Sode Guruma Jime

Sleeve Wheel



Choking Technique

Katate Jime

Single Hand Strangle

Choking Technique

Ryote Jime

Double Hand Strangle



Choking Technique

Thrusting Pushing Strangle

Tsukkomi Jime



Choking Technique

Triangle Strangle

Ashi-Gatame-Jime / Sankaku-Jime

Sankaku Jime



Choking Technique

Ude Garami

Bent Armlock



Joint Locking Technique

Juji Gatame

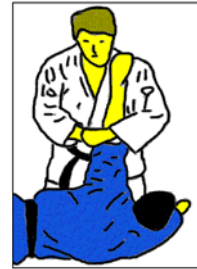
Cross Armlock



Joint Locking Technique

Ude Gatame

Upper Cross Arm Armlock



Joint Locking Technique

Hiza Gatame

Knee Lock



Joint Locking Technique

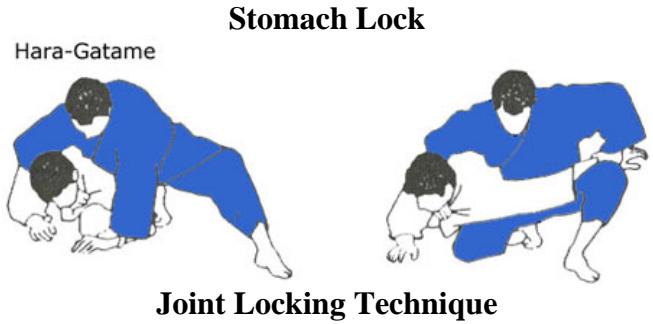
Waki Gatame

Armpit Lock



Joint Locking Technique

Hara Gatame

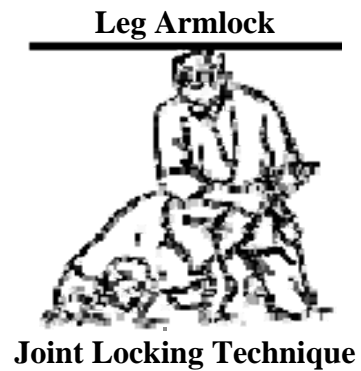


Ashi Garami *

Leg Armlock – Illegal in Competition

Joint Locking Technique

Ashi Gatame



Te Gatame

Hand Lock

Joint Locking Technique

Sankaku Gatame

Triangular Lock

Joint Locking Technique