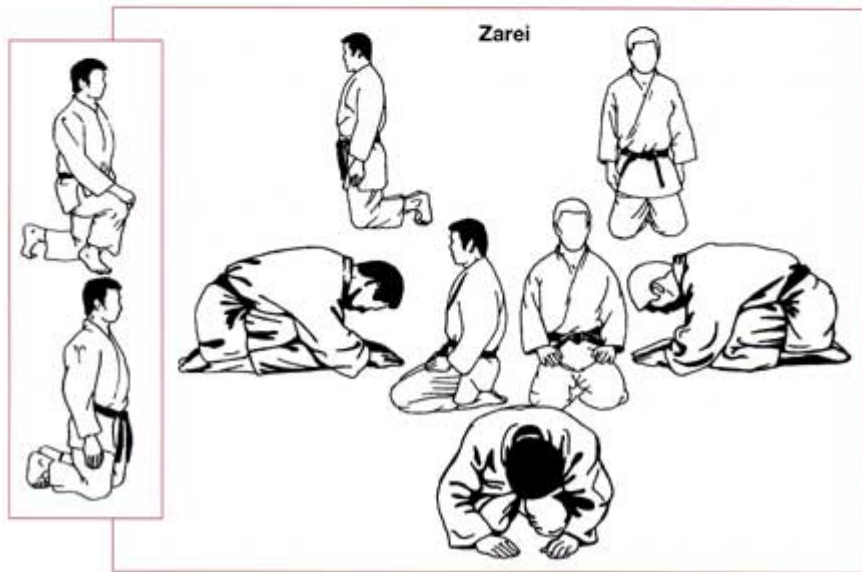
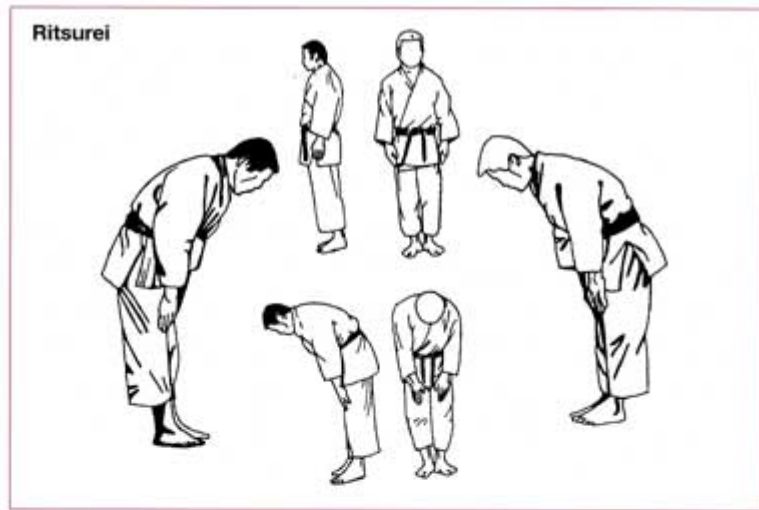
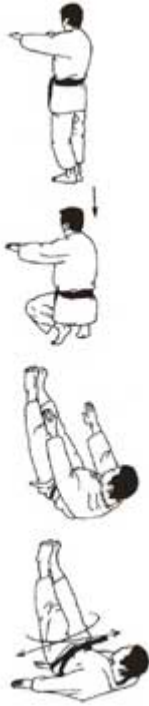


# Judo Throws

# 柔道

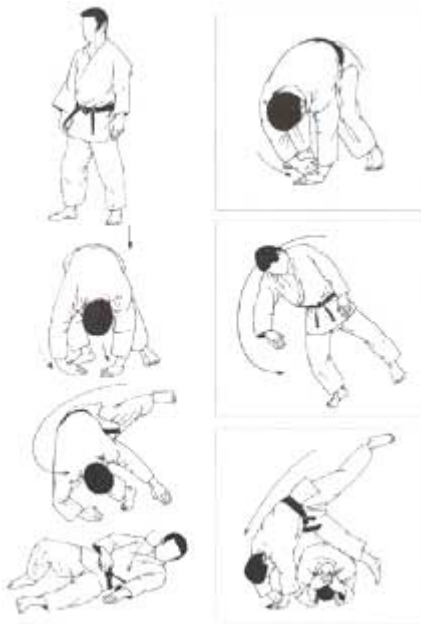




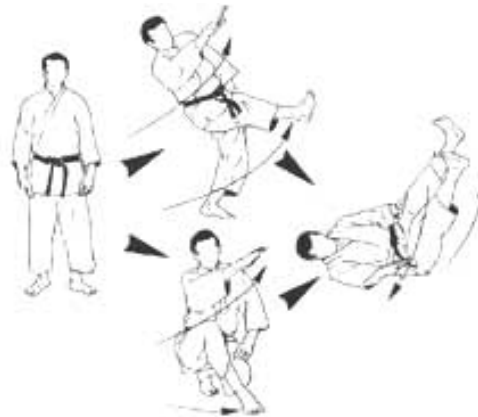
***Ushiro-ukemi (To fall to the rear)***



***Mae-ukemi (to fall to your front)***



***zempokaiten Mae-ukemi***  
***(forward rolling break fall)***



***Yoko-ukemi***  
***(side fall)***

**Techniques in Tachi-waza (standing):**

**1/Te-waza (hand or arm techniques)**



***Ippon-seoi-nage***



***Kata-guruma***



***Eri-Seoi-Nage***



***Kuchiki-Daoshi***



***Moroté Barrage***



***Moroté-Gari***



***Moroté-Seoi-Nagé***



***Tai-Otoshi***



***Te-Guruma***

2/ **Koshi-waza** (hip techniques)



*O-Goshi*



*Sode-Tsuri-Komi-Goshi*



*Hane-Goshi*



*Koshi-Guruma*



*Kubi-Nage*



*Tsuri-Komi-Goshi*



*Uki-Goshi*



*Ushiro-Goshi*



*Utsuri-Goshi*

3/ **Ashi-waza** (leg or foot techniques)



*Ashi-Guruma*



*Harai-Tsuri-Komi-Ashi*



*Hiza-Guruma*



*Ko-Soto-Gari*



*Ko-Uchi-Gari*



*Okuri-Ashi-Barai*



*O-Uchi-Gari*



*Sasae-Tsuri-Komi-Ashi*



*Uchi-Mata*

4/ Sutemi-waza and Makikomi

(Sacrifice and wraparound Techniques)



*Soto-Maki-Komi*



*Sumi-Gaeshi*



*Tani-Otoshi*



*Tomoe-Nage*



*Ura-Nage*



*Yoko-Guruma*



*Yoko-Tomoe-Nage*

**Techniques in Ne-waza (Ground work)**

**1/ Osae-Komi-Waza (immobilization techniques)**



*Kami-Shiho-Gatame*



*Kuzure-Gesa-Gatame*



*Yoko-Shiho-Gatame*



*Tate-Shiho-Gatame*

**2/ Shime-waza (Strangulation Techniques)**

*Juji-jime*



*Kata-juji-jime*



*Gyaku-juji-jime*



*Nami-juji-jime*



*Hadaka-Jime*

*Juji-jime*



*Kata-ha-Jime*



*Okuri-Eri-Jime*



*Sankaku-Jime*

**3/ Kansetsu-waza (arm lock Techniques)**



*Ashi-Gatame*



*Hara-Gatame*



*Juji-Gatame*



*Ude-Garami*



*Ude-Gatame*



*Waki-Gatame*