

The Gokyo of Kodokan: 40 Throwing Techniques

The Gokyo no Waza (five sets of techniques) is the standard syllabus of Judo throwing techniques originated in 1895 at the Kodokan in Tokyo, Japan

Dai Ikkyo (1st group) Yellow Belt



Osoto Gari
Forward Foot Sweep



Hiza Guruma
Knee Wheel



Sasae Tsurikomi Ashi
Lifting/Pulling Ankle Block



Uchi Goshi
Floating Hip



Osaeri Gari
Large Outer Reaping



O-Goshi
Major Hip Throw



Osuchi Gari
Big Inner Reaping



Sode Mage
Two Arm Shoulder Throw

Dai Nikyo (2nd group) Orange Belt



Kosoto Gari
Small Outside Reap



Kauchi Gari
Small Inner Reap



Koshi Guruma
Hip Wheel



Tsurikomi Goshi
Lifting/Pulling Hip



Okurashi Harai
Following Foot Sweep



Tai Otoshi
Body Drop



Harai Goshi
Sweeping Hip Throw



Uchi Mata
Inner Thigh Throw

Dai Sankyo (3rd group) Green Belt



Kosoto-Gake
Small Outside Hook



Tsuri Goshi
Lifting Hip



Yoko Otoshi
Side Drop



Ashi Guruma
Leg Wheel



Hane Goshi
Spring Hip Throw



Harai Tsurikomi Ashi
Lifting/Pulling Foot Sweep



Tomoe Mage
Circle Throw



Kote Guruma
Shoulder Wheel

Dai Yonkyo (4th Group) Blue Belt



Sumi Gaeashi
Corner Reversal



Tani Otoshi
Valley Drop



Hane Makikomi
Spring Wrap-around Throw



Sukui Mage
Scoop Throw



Utsuri Goshi
Changing Hip Throw



O-Guruma
Large Wheel



Sode Makikomi
Outer Wrap Around



Uchi Otoshi
Floating Drop

Gokyo (5th group) Brown Belt



Osoto Guruma
Large Outer Wheel



Uchi Waza
Floating Technique



Yoko Wikkari
Side Separation



Yoko Guruma
Side Wheel



Ushiro Goshi
Rear Hip Throw



Ura Mage
Rear Throw



Sumi Otoshi
Corner Drop



Yoko Gake
Side Hook

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