

THE GOKYO (Nage Waza = Throws)

Yellow

De Ashi Harai
Hiza Guruma
Sasae Tsurikomi Ashi
Uki Goshi
O Soto Gari
O Goshi
O Uchi Gari
Ippon Seoi Nage
Morote Seoi Nage

Orange

Ko Soto Gari
Ko Uchi Gari
Koshi Guruma
Tsuru Komi Goshi
Okuri Ashi Harai
Tai Otoshi
Harai Goshi
Uchi Mata

Green

Ko Soto Gake
Tsuru Goshi
Yoko Otoshi
Ashi Guruma
Hane Goshi
Harai Tsuru Komi Ashi
Tomoe Nage
Kata Guruma

Blue

Sumi Gaeshi
Tani Otoshi
Hane Makikomi
Sukui Nage
Utsuri Goshi
O Guruma
Soto Makikomi
Uki Otoshi

Brown

O Soto Guruma
Uki Waza
Yoko Wakare
Yoko Guruma
Ushiro Goshi
Ura Nage
Sumi Otoshi
Yoko Gake

Holds (Katame Waza)

Yellow

Kesa Gatame
Kata Gatame
Kami Shiho Gatame
Yoko Shiho Gatame

Orange

Tate Shiho Gatame
Kuzure Kesa Gatame

Green

Kuzure Yoko Shiho Gatame
Kuzure Tate Shiho Gatame
Kuzure Kami Shiho Gatame
Makura Kesa Gatame
Ushiro Kesa Gatame

Blue

Uki Gatame
Ura Gatame

Chokes (Shime Waza)

Yellow

Hadaka Jime (3 variations)

Orange

Okuri Eri Jime

Kata Ha Jime

Green

Jigoku Jime

Tsukkomi Jime

Blue

Kata Juji Jime

Gyaku Juji Jime

Nami Juji Jime

Ryote Jime

Brown

Sankaku Jime

Sode Guruma Jime

Guruma Jime

Katate Jime

Armlocks (Kansetsu Waza)

Yellow

Ude Hishigi Juji Gatame

Orange

Ude Garami

Green

Ude Hishigi Ude Gatame

Waki Gatame

Blue

Ude Hishigi Zampaku Gatame

Hara Gatame

Brown

Ashi Garami

Ashi Gatame

Ude Hishigi Hiza Gatame

Nage No Kata (The Set of Key Judo Throws)

Blue

Te waza (hand throws)

- Uki otoshi
- Seoi nage
- Kata guruma

Brown

Koshi waza (hip throws)

- Uki goshi
- Harai goshi
- Tsurikomi goshi

Black

Ashi waza (leg throws)

- Okuri ashi harai
- Sasae tsurikomi ashi
- Uchi mata

Ma sutemi waza (rear sacrifice throws)

- Tomoe nage
- Ura nage
- Sumi gaeshi

Yoko sutemi waza (side sacrifice throws)

- Yoko gake
- Yoko guruma
- Uki waza