

The 67 Throws of Kodokan Judo

The Gokyo no Waza as the standard syllabus of Judo throws originated in 1895. From 1920 to 1982 the Kodokan Gokyo no Waza was made up of 40 throws in 5 groups and these were all of the throwing techniques in the Kodokan syllabus. Around the 100th anniversary of the Kodokan (1982) a group of 8 traditional Judo throws were recognized that had been taken out in 1920, and 17 newer techniques were recognized as official Kodokan Judo throws (called the Shinmeisho no Waza). In 1997 the Kodokan added the last two additional Judo throws to the Shinmeisho no Waza. The following are the only throwing techniques (*nage waza*) currently recognized by the Kodokan.



Dai Ikkyo (1st group)

1. [Deashi Harai](#)
2. [Hiza Guruma](#)
3. [Sasae Tsurikomi Ashi](#)
4. [Uki Goshi](#)
5. [Osoto Gari](#)
6. [O Goshi](#)
7. [Ouchi Gari](#)
8. [Seoi Nage](#)

Dai Nikyo (2nd group)

1. [Kosoto Gari](#)
2. [Kouchi Gari](#)
3. [Koshi Guruma](#)
4. [Tsurikomi Goshi](#)
5. [Okuriashi Harai](#)
6. [Tai Otoshi](#)
7. [Harai Goshi](#)
8. [Uchi Mata](#)

Sankyo (3rd group)

1. [Kosoto Gake](#)
2. [Tsuri Goshi](#)
3. [Yoko Otoshi](#)
4. [Ashi Guruma](#)
5. [Hane Goshi](#)
6. [Harai Tsurikomi Ashi](#)
7. [Tomoe Nage](#)
8. [Kata Guruma](#)

Yonkyo (4th group)

1. [Sumi Gaeshi](#)
2. [Tani Otoshi](#)
3. [Hane Makikomi](#)
4. [Sukui Nage](#)
5. [Utsuri Goshi](#)
6. [O Guruma](#)
7. [Soto Makikomi](#)
8. [Uki Otoshi](#)

Gokyo (5th group)

1. [Osoto Guruma](#)

Habukareta Waza (preserved techniques from 1895 gokyo)

1. [Obi Otoshi](#)

2. Uki Waza
3. Yoko Wakare
4. Yoko Guruma
5. Ushiro Goshi
6. Ura Nage
7. Sumi Otoshi
8. Yoko Gake

2. Seoi Otoshi
3. Yama Arashi
4. Osoto Otoshi
5. Daki Wakare
6. Hikikomi Gaeshi
7. Tawara Gaeshi
8. Uchi Makikomi

Shinmeisho No Waza (newly accepted techniques)

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| 1. <u>Morote Gari</u> | 2. Kuchiki Taoshi |
| 3. <u>Kibisu Gaeshi</u> | 4. <u>Uchi Mata Sukashi</u> |
| 5. <u>Daki Age</u> | 6. <u>Tsubame Gaeshi</u> |
| 7. <u>Kouchi Gaeshi</u> | 8. <u>Ouchi Gaeshi</u> |
| 9. Osoto Gaeshi | 10. Harai Goshi Gaeshi |
| 11. Uchi Mata Gaeshi | 12. Hane Goshi Gaeshi |
| 13. <u>Kani Basami</u> | 14. <u>Osoto Makikomi</u> |
| 15. <u>Kawazu Gake</u> | 16. <u>Harai Makikomi</u> |
| 17. <u>Uchi Mata Makikomi</u> | 18. <u>Sode Tsurikomi Goshi</u> |
| 19. <u>Ippon Seoinage</u> | |



1895 Gokyo no Waza

Dai Ikkyo (1st group)	Dai Nikkyo (2nd group)	Dai Sankyo (3rd group)	Dai Yonkyo (4th group)	Dai Gokyo (5th group)
Hiza-guruma	Sumi-gaeshi	Okuri-ashi-	Uki-otoshi	Yoko-guruma
Sasae-	O-goshi	harai	Uki-waza	Yoko-wakare
turikomi-ashi	Ko-soto-gari	Harai-goshi	Daki-wakare	Uchi-makikomi
Uki-goshi	Koshi-	Ushiro-	Kata-	Ko-uchi-gari
Tai-otoshi	guruma	goshi	guruma	Ashi-guruma
O-soto-gari	Seoi-nage	Ura-nage	Hiki-komi-	Seoi-otoshi
De-ashi-harai	Tomoe-nage	Uchi-mata	gaeshi	Yoko-gake
Yoko-otoshi	Tani-otoshi	Obi-otoshi	Soto-	Harai-
		Hane-goshi	makikomi	tsurikomi-ashi
			Tsuri-goshi	Yama-arashi
			Utsuri-goshi	O-soto-guruma
			O-soto-	Tsurikomi-
			otoshi	goshi
			Tawara-	
			gaeshi	

1920 Gokyo no Waza [\(see videos\)](#)

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Dai Ikkyo (1st group)	Dai Nikyo (2nd group)	Dai Sankyo (3rd group)	Dai Yonkyo (4th group)	Dai Gokyo (5th group)
De-ashi-harai Hiza-guruma Sasae- tsurikomi- ashi Uki-goshi O-soto-gari O-goshi O-uchi-gari Seoi-nage	Ko-soto-gari Ko-uchi-gari Koshi- guruma Tsurikomi- goshi Okuri-ashi- harai Tai-otoshi Harai-goshi Uchi-mata	Ko-soto-gake Tsurigoshi Yoko-otoshi Ashi-guruma Hane-goshi Harai- tsurikomi- ashi Tomoe-nage Kata-guruma	Sumi-gaeshi Tani-otoshi Hane- makikomi Sukui-nage Utsuri-goshi O-guruma Soto- makikomi Uki-otoshi	O-soto- guruma Uki-waza Yoko-wakare Yoko-guruma Ushiro-goshi Ura-nage Sumi-otoshi Yoko-gake