

The Traditional Gokyo of Kodokan Judo

Videos of 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. From 1920 to 1982 the Kodokan Gokyo no Waza was made up of the 40 throws in 5 groups as shown below. In 1982 **additional techniques** (eight reinstated techniques and Shinmeisho No Waza) were added to recognize standard Judo throws that were not part of the Gokyo. Click on the picture of the throw to see a video demonstration of how to do each technique.

Dai-ikkyo (group 1)




							
De-ashi-harai	Hiza-guruma	Sasae-tsurikomi-ashi	Uki-goshi	Osoto-gari	O-goshi	Ouchi-gari	Seoi-nage









Dai-nikyo (group 2)

							
Kosoto-gari	Kouchi-gari	Koshi-guruma	Tsurikomi-goshi	Okuri-ashi-harai	Tai-otoshi	Harai-goshi	Uchi-mata

Dai-sankyo (group 3)

							
Kosoto-gake	Tsurigoshi	Yoko-otoshi	Ashi-guruma	Hane-goshi	Harai-tsurikomi-ashi	Tomoe-nage	Kata-guruma

<i>Dai-yonkyo (group 4)</i>							
							
Sumi-gaeshi	Tani-otoshi	Hane-makikomi	Sukui-nage	Utsuri-goshi	O-guruma	Soto-makikomi	Uki-otoshi

<i>Dai-gokyo (group 5)</i>							
							
Osoto-guruma	Uki-waza	Yoko-wakare	Yoko-guruma	Ushiro-goshi	Ura-nage	Sumi-otoshi	Yoko-gake