

# 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 (1e groep) Gele band



Deashi Harai



Hiza Guruma



Sasae Tsurikomi Ashi



Uki Goshi



Osoto Gari



O Goshi



Ouchi Gari



Seoi Nage

## Dai Nikyo (2e groep) Oranjaband



Kosoto Gari



Kouchi Gari



Koshi Guruma



Tsurikomi Goshi



Okuriashi Harai



Tai Otoshi



Harai Goshi



Uchi Mata

## Dai Sankyo (3e groep) Groene band



Kosoto Gake



Tsuru Goshi



Yoko Otoshi



Ashi Guruma



Hane Goshi



Harai Tsurikomi Ashi



Tomoe Nage



Kata Guruma

## Dai Yonkyo (4e groep) Blauwe band



Sumi Gaeshi



Tani Otoshi



Hane Makikomi



Sukui Nage



Utsuri Goshi



O Guruma

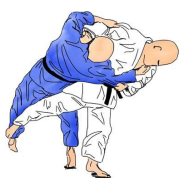


Soto Makikomi



Uki Otoshi

## Dai Gokyo (5e groep) Bruine band



Osoto Guruma



Uki Waza



Yoko Wakare



Yoko Guruma



Ushiro Goshi



Ura Nage



Sumi Otoshi



Yoko Gake