

Osoto-otoshi

Large Outer Drop



Like the Osoto-gari (Large outer reap), this Osoto-otoshi (Large outer drop) Waza destabilizes the opponent in the backward direction, with Tori (Player executing technique) using his leg as the fulcrum to throw Uke (Player receiving opponent's attack) onto his back.

Osoto-gari

large outer reap



The Osoto-gari (Large outer reap) consists of pulling the opponent forward to destabilize him, and then sweeping his leg out from under him like a sickle cutting grass.

Uki-goshi

Floating half-hip throw



The Uki-goshi (Floating hip throw) consists of wrapping an arm around the opponent, grasping the back of his belt from above, and then rotating your hips to throw him down.

Ippon seio-nage

Single Back throw



The Ippon-sei-nage (One-armed shoulder throw) consists of grasping one of the opponent's arms, spinning around to place your back against him, and then throwing him to the floor over your shoulder.

De-ashi-barai

Advanced foot sweep



The De-ashi-barai (-harai) (Forward foot sweep) Waza consists of sweeping the opponent's feet out from under him, and then throwing him down on his side.

Tai-otoshi

Body drop



To perform a Tai-otoshi (Body drop), you must destabilize the opponent toward the forward right corner, and then throw the opponent down in a diagonal manner over your side.

Ouchi-gari

Large Inner Reap



The Ouchi-gari (Large inner reap) consists of moving straight into the opponent's chest, and then executing a leg reap from the inner side to throw the opponent onto his back.

Kouchi-gari

Small inner reap



The Kouchi-gari (Small inner reap) consists of reaping the opponent's heel in a scooping motion, in order to topple him.

Kosoto-gake

Small Outer Hook



The Kosoto-gake (Small outer hook) consists of advancing toward the opponent, and then placing a foot behind the opponent to throw him down onto his back.

Morote-seoi-nage

Shoulder Throw



This technique consists of bringing your opponent against your back, and then throwing him over your shoulder.

Tsuri-goshi

Lifting hip throw



The Tsuri-goshi (Lifting hip throw) consists of grasping the back of the opponent's belt, and then lifting his hips to throw him.

Koshi-guruma

Hip Wheel



In the Koshi-guruma (Hip wheel) Waza, Tori (Player executing technique) wraps an arm around the back of Uke (Player receiving opponent's attack) neck and brings him onto the back of his hip, then spins like a wheel to throw him.

Sode-Tsurikomi-Goshi

Sleeve Throw



The Sode-tsurikomi-goshi (Sleeve lift-pull hip throw) Waza consists of lifting the opponent's Tsurite (Lifting hand), spinning around to bring the opponent against your back and onto your hip, and then throwing him forward in a sudden motion.

Sasae-tsurikomi-ashi

Supporting Throw



To perform this throw, the practitioner will pull the opponent towards themselves, while simultaneously sweeping the opponent's foot backward, while pulling they will also twist, causing the opponent to begin a rotation that, when offset by the foot sweep, will complete the throw.

Tsubame-gaeshi

Swallow Counter



The Tsubame-gaeshi (Swallow counter) is used as a counter sweep to a leg sweep attack.

Okuri-ashi-barai

Foot Sweep



The Okuri-ashi-barai (-harai) (Foot sweep) is performed from a Grappling stance, and consists of sweeping the opponent's leg out from under him as he moves laterally.

Harai-goshi

Hip Sweep



The Harai-goshi (Hip sweep) destabilizes the opponent's balance in the forward direction, then sweeps his legs out from under him in a sudden motion.

Kata-guruma

Shoulder Wheel



The Kata-guruma (Shoulder wheel) consists of lifting your opponent onto your shoulders, spinning around, and throwing him to the opposite side.

Uki-otoshi

Floating Drop



The Uki-otoshi (Floating drop) Waza is used to pull an opponent and throw him down the moment in moves forward.

Tani-otoshi

Valley Drop



The Tani-otoshi (Valley drop) Waza consists of scooping up the opponent's foot and throwing him down on his back.

Tsuri-komi-goshi
/sode-tsuri-komi-goshi

Lift-Pull Hip Throw



The Tsurikomi-goshi (Lift-pull hip throw) depends on effectively using the Tsurite (Lifting hand) to rotate and throw the opponent over your hip.

Hiza-guruma

Knee Wheel



The Hiza-guruma (Knee wheel) Waza uses the Tsurite (Lifting hand) and foot in the same manner as the Sasae-tsuri-komi-ashi (Supporting foot lift-pull throw) Waza, and consists of throwing the opponent in a sudden motion by rotating the hand and foot 180 degrees.

Sukui-nage

Scooping Throw



As its Sukui-nage (Scooping throw) name implies, this Waza consists of scooping up the opponent and throwing him down.

Tomoe-nage

Circular Throw



The Tomoe-nage (Circular throw) Waza consists of submarining under the opponent and throwing him with a leg throw.

Uki-waza

Floating Throw



The Uki-waza (Floating throw) is applied at the moment the opponent moves forward, and consists of destabilizing and throwing him while sacrificing your own posture.

Osoto-guruma

Large Outer Wheel



Like the Osoto-gari (Large outer reap), this Osoto-guruma (Large outer wheel) reaps both of the opponent's legs, throwing onto his back.

Uchi-mata

**Inner Thigh Reaping
Throw**



Uchi-mata (Inner-thigh reaping throw) consists of destabilizing the opponent diagonally toward the front, and then using the back of the thigh to throw him.

Hane-goshi

Hip Spring



The Hane-goshi (Hip spring) Waza consists of lifting up the opponent's hips and legs and throwing him in a sudden motion.

Ushiro-goshi

Back Hip Throw



The Ushiro-goshi (Back hip throw) is classified as a counter Waza, and consists of grasping the opponent in a bear hug, lifting him, and throwing him down as if thrusting out one's stomach.

Ashi-guruma

Leg Wheel



The Ashi-guruma (Leg wheel) Waza consists of placing one's leg against the opponent's leg between his knee and shin, and then using the rotation of arms and body to throw the opponent down in a swinging motion.

Harai-tsurikomi-ashi

Lift Pull Hoot Sweep



The Harai-tsurikomi-ashi (Lift-pull foot sweep) Waza consists of destabilizing the opponent with a lifting motion, and then sweeping his leg out from under him.

Morote-gari

Two-Hands Reap



The Morote-gari (Two-hands reap) consists of grabbing both of the opponent's legs with both arms, and then tackling him onto his back.

Hikikomi-gaeshi

**Pulling Down Sacrifice
Throw**



The Hikikomi-gaeshi (Pulling-down sacrifice throw) consists of pulling your opponent forward, and then throwing him over and behind your head.

Sumi-gaeshi

Corner Throw



The Sumi-gaeshi (Corner throw) consists of destabilizing the opponent in the forward direction, and then inserting a leg between the opponent's legs, dropping onto one's back, and then throwing the opponent back over one's head.

Kuchiki-taoshi

One-Hand Drop



The Kuchiki-taoshi (One-hand drop) Waza consists of grabbing one of the opponent's legs with one arm, and then tackling him onto his back.

Kibisu-gaeshi

Heel Trip



The Kibisu-gaeshi (Heel trip) Waza consists of grasping the opponent's heel with one hand and then pushing the opponent over onto his back.

Ouchi-gaeshi

**Large Inner Reaping
Throw Counter**



This is a counter Waza used against the Ouchi-gari (Large inner reap) Waza.

Sumi-otoshi

Corner Drop



The Sumi-otoshi (Corner drop) Waza begins in the same manner as the Uki-otoshi (Floating drop), in that the opponent is induced to take a step back, with the Waza then being applied in the moment when he brings that foot forward again.

O-guruma

Large Wheel



The O-guruma (Large wheel) Waza consists of a leg sweep that throws the opponent with a rotational motion.

Yoko-wakare

Side Separation



The Yoko-wakare (Side separation) Waza consists of sliding both legs beneath the opponent and sharply twisting the body to perform a dynamic throw.

Yoko-gake

Side Body Drop



The Yoko-gake (Side body drop) Waza consists of sweeping the weight supporting leg and sacrificing one's own posture while throwing the opponent. This Waza is often used from a Kenka yotsu (Asymmetrical grips by the two opponents) stance.

Yoko-otoshi

Side Drop



This is a Yoko sutemi waza (Side sacrifice techniques) in which a combatant throws his opponent by sliding beneath him.

Yoko-guruma

Side Wheel



The Yoko-guruma (Side wheel) Waza is used to counter the opponent's Waza by moving around to the front and using one's legs to throw the opponent with a wheel-like rotation motion.

Uchi-mata-sukashi

**Inner Thigh Reaping
Throw Slip**



The Uchi-mata-sukashi (Inner-thigh reaping throw slip) is a counter to an Uchi-mata (Inner-thigh reaping throw) being attempted by the opponent, and it represents an instantaneous counterattack.

Harai-makikomi

**Hip Sweep
Wraparound Throw**



The Harai-makikomi (Hip sweep wraparound throw) begins as an Harai-goshi (Hip sweep), and then changes to this Yoko sutemi waza (Side sacrifice techniques).

Osoto-makikomi

**Large Outside
Wraparound Throw**



The Osoto-makikomi (Large outside wraparound throw) begins as an Osoto-gari (Large outer reap), and then changes to this wraparound-and-throw Waza.

Uchi-makikomi

**Inner Wraparound
Throw**



Like the Ippon-seoi-nage (One-armed shoulder throw), the Uchi-makikomi (Inner wraparound throw) also consists of pulling an opponent's arm over your shoulder and sacrificing your posture to throw him in a rotational motion.

Soto-makikomi

**Outer Wraparound
Throw**



The Soto-makikomi (Outer wraparound throw) Waza consists of the attacker wrapping his opponent around his own body between the waist and back, and then throwing him down.

Utsuri-goshi

Hip Shift



The Utsuri-goshi (Hip shift) Waza is used as a counter to an attempted Koshi waza (Hip techniques).

Ura-nage

Back Throw



This Sute mi waza (Sacrifice techniques) closely resembles the "back drop" used in professional wrestling

Tawara-gaeshi

Bag of Rice Throw



The Tawara-gaeshi (Bag of rice throw) consists of throwing your opponent over and behind you like a bag of rice.

Daki-age

High Lift



The Daki-age (High lift) Waza consists of grasping the opponent in a hug-like grasp, and throwing him down.

Obi-otoshi

Belt Drop



The Obi-otoshi (Belt drop) Waza consists of grasping the opponent's Belt, and then extending one's foot as a fulcrum over which to throw the opponent backwards to the floor.

Yama-arashi

Mountain Storm Throw



The Yama-arashi (Mountain storm throw) consists of grasping the opponent's collar and sleeve (both on the same side), and then spinning as if to bring him onto your back while performing a foot sweep to throw him down.

Daki-wakare

Rear Trunk Turnover



The Daki-wakare (Rear trunk turnover) Waza consists of hugging and throwing the opponent from behind, and is used when the opponent attacks with a Seoi-nage (Shoulder throw), or when the opponent is down on all fours trying to escape.

Hane-makikomi

Springing Wraparound Throw



The Hane-makikomi (Springing wraparound throw) consists of a wraparound Waza in which the combatant sacrifices his own posture.

Uchi-mata-makikomi

Inner Thigh Wrap Around Throw



The Uchi-mata-makikomi (Inner thigh wraparound throw) begins as an Uchi-mata (Inner-thigh reaping throw), and then changes to this wraparound-and-throw Waza.

Uchi-mata-gaeshi

Inner Thigh Reaping Throw Counter



The Uchi-mata-gaeshi (Inner thigh reaping throw counter) is used as a leg reaping counter against an Uchi-mata (Inner-thigh reaping throw) attack.

Hane-goshi-gaeshi

Hip Spring Counter



The Hane-goshi-gaeshi (Hip spring counter) is used as a leg reaping counter against a Hane-goshi (Hip spring) attack.

Harai-goshi-gaeshi

Hip Sweep Counter



The Harai-goshi-gaeshi (Hip sweep counter) is used as a leg reaping counter against a Harai-goshi (Hip sweep) attack.

Kouchi-gaeshi

Small Inner Reaping Throw Counter



In the Kouchi-gaeshi (Small inner reaping throw counter), Tori (Player executing technique) counters the opponent's attempted Kouchi-gari (Small inner reap) by sweeping the opponent's advanced leg and throwing the opponent instead of being thrown himself.