
















TE = ESKUA  
 KOSHI= ALDAKA  
 ASHI= HANKA  
 SUTEMI= SAKRIFIZIOA










# Gokyo no waza



Desoreka judo kluba








| TE WAZA   |   |   |
|---|---|---|
|  |  |  |
| Seoi nage   | Tai otoshi  | Kata guruma   |
|  |  |  |
| Uki otoshi  | Sumi otoshi   | Sukui nage  |

| KOSHI WAZA  |   |   |   |   |
|---|---|---|---|---|
|  |  |  |  |  |
| Uki goshi   | O goshi   | Koshi guruma  | Tsurei komi goshi   | Harai goshi   |
|  |  |  |  |   |
| Tsurei goshi  | Hane goshi  | Utsuri goshi  | Ushiro goshi  |   |

| ASHI WAZA   |   |   |  |   |   |   |   |   |
|---|---|---|--|---|---|---|---|---|
|  |  |  |  |  |  |  |  |  |
| De ashi barai   | Hiza guruma   | Sasae tsuri komi ashi   | O soto gari  | O uchi gari   | Ko soto gari  | Ko uchi gari  | Okuri ashi barai  | Uchi mata   |

| SUTEMI WAZA   |   |
|---|---|
|  |  |
| Yoko otoshi   | Tani otoshi   |

|   |   |   |   |   |
|---|---|---|---|---|
|  |  |  |  |  |
| Ko soto gake  | Harai tsuri komi ashi   | O guruma  | Ashi guruma   | O soto guruma   |

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|  |  |  |  |  |  |  |  |  |
| Hane makikomi   | Uki waza  | Yoko gake   | Soto makikomi   | Yoko wakare   | Yoko guruma   | Tomoe nage  | Sumi gaeshi   | Ura nage  |