



Attacks (Empty-Hand)

GRASPING

- Katatori
- Katatetori
- Katatekosatori
- Katate Ryotetori
- Ryotetori
- Ryokatatori
- Ushirotori
- Ushirokatatori
- Ushirohijitori
- Ushirotekubitori

STRIKING

- Shomenuchi
- Yokomenuchi
- Munetsuki

- Mae Geri

COMBINATION

- Katatori Ganmenuchi
- Katatori Menuchi
- Ushirotekubitori Kubishime

Kihon Waza (Basic Technique)

KATAME (Pinning)

- Ikkyo
- Nikyo
- Sankyo
- Yonkyo
- Gokyo

NAGE (Throwing)

- Kotegaeshi
- Kokyunage
- Iriminage
- Shihonage
- Kaitenage
- Jujinage
- Koshinage

Variations (if applicable) called:

- Omote and Ura
- Irimi and Tenkan

Other Techniques

(Often classified as kokyunage)

- Sumiotoshi
- Gyaku Sumiotoshi
- Gyaku Kotegaeshi
- Ashiotoshi
- Udekimenage
- Udegarami
- Kubinage
- Sudori



Kihon Waza (Basic Technique)

One distinct technique, executed clearly. May include omote/ura or irimi/tenkan variations. See list.

Henka Waza (Changing Technique)

Start with one technique, finish with a different technique.
(i.e. starting with shihonage and changing to kokyunage, or starting with nikyo and changing into kotegaeshi)

One kihon waza into a different kihon waza

Oyo Waza (Applied Technique)

Different endings to techniques, usually after starting with the same type of energy / tai sabaki as for the standard kihon waza. (i.e. for kihon waza shomenuchi iriminage, end with different applications of the shomenuchi iriminage energy)

Variations on one kihon waza

Kaeshi Waza (Reversing Technique)

Nage and uke switch roles during the technique. Nage executes first technique up to some point before the throw. Uke takes an opening and changes it into another technique. Nage takes an opening and changes it again, and so forth.

Uke and nage take openings and perform techniques on each other in a smooth and continuous manner