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c. Tsukuri      Entry, Attack

Classification of attack

- Tobi Komi            jumping in
- Mawari Komi        rotate inwards
- Hikidashi            throwing from the outer
- Oikomi                one step entry
- Nidan biki            two step entry
- Ashimoki            hooking on leg
- Sutemi                sacrifice ( to fall )

3. The throwing principles:

- Nage                to lift
- Otoshi              to drop
- Tsurikomi        to pull and lift
- Gari                to reap
- Harai                to sweep
- Gake                to hook
- Gutuma            to rotate
- Makikomi        to wraparound
- Sutemi            to fall for the execution of a throw.

4. Sutemi Waza      Sacrifice Techniques

- Ma Sutemi            front Sacrifice Techniques (to the opponent's front)
- Yoko Sutemi        said Sacrifice Techniques

Sen      Attack initiative

- Renraku Waza        Combination techniques in same direction
- Renzoku Waza        Continuation techniques of your opponent

a. Go No Sen (the contrast of the initiative)

- Go                to Block or to Brake
- Chowa            to avoid or to dodge
- Yawara            to fall or to go with
- Ura                to project to the back

b. Sen No Sen      The initiative on the initiative

- Kaeshi Waza        Counter techniques

## Training line up

<b>Atatameru</b>	<b>Worm up</b>
<b>Ukemi</b>	<b>Controlling your falls</b>
<b>Shintai</b>	<b>Body movement</b>
<b>Tandoku Renshyu</b>	<b>Shadow training</b>
<b>Sotai Renshyu</b>	<b>training without resistance</b>
<b>Uchikomi</b>	<b>Repeated practice without throwing</b>
<b>Yakusoku Geiko</b>	<b>(or renshu) Pre-arranged free practice</b>
<b>Nagekomi</b>	<b>Repetitive throwing practice</b>
<b>Kakari Geiko</b>	<b>training whit a resisting partner</b>
<b>Randori</b>	<b>Training combat</b>
<b>Shiai</b>	<b>Actual competitive combat</b>
<b>Sute Geiko</b>	<b>Throwing practice against a higher level judoka</b>
<b>Tokui Waza</b>	<b>Favorite or best technique</b>