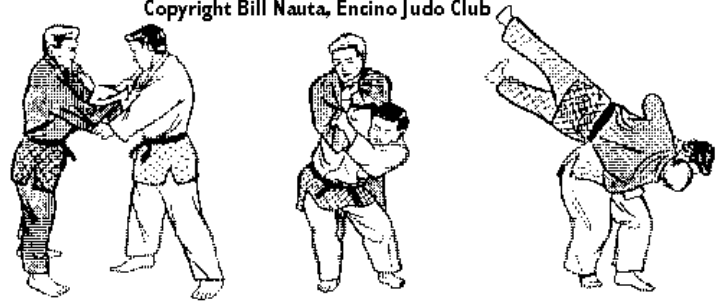


# Seoi Nage

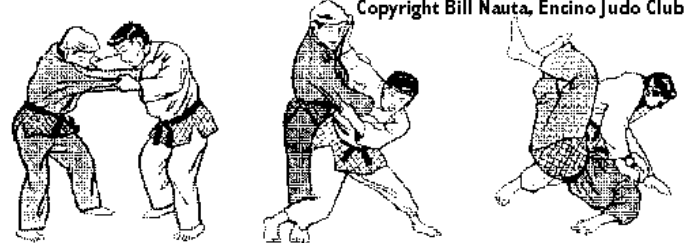
**Two Arm Shoulder Throw**  
Copyright Bill Nauta, Encino Judo Club



**Hand Technique**

# Tai Otoshi

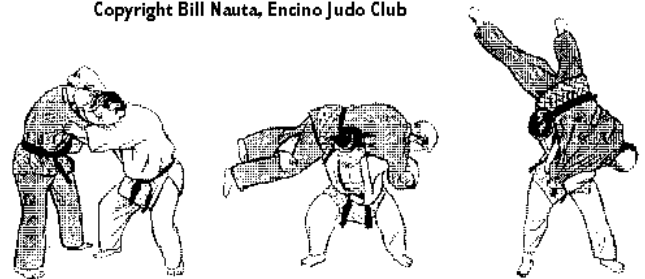
**Body Drop**  
Copyright Bill Nauta, Encino Judo Club



**Hand Technique**

# Kata Guruma

**Shoulder Wheel**  
Copyright Bill Nauta, Encino Judo Club



**Hand Technique**

# Sukui Nage

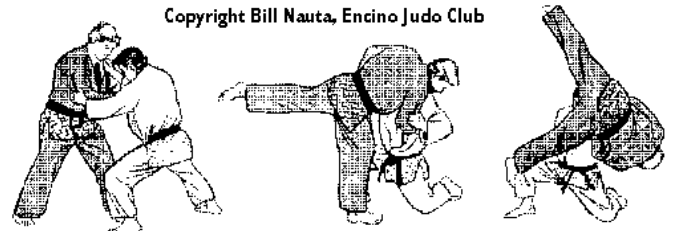
**Scoop Throw**



**Hand Technique**

# Uki Otoshi

**Floating Drop**  
Copyright Bill Nauta, Encino Judo Club

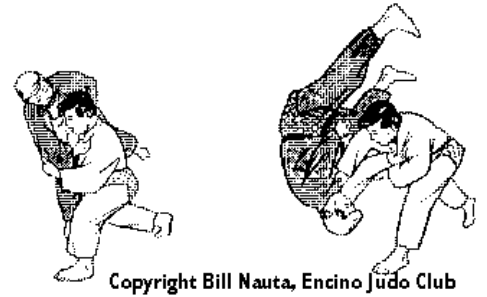


**Hand Technique**

# Sumi Otoshi



**Corner Drop**



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**Hand Technique**

# Obi Otoshi

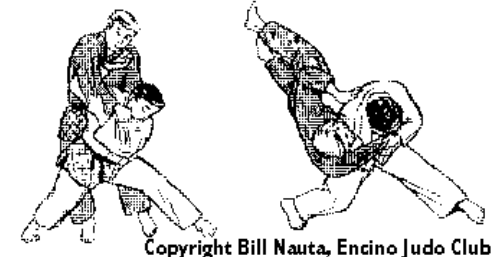
**Belt Drop**

**Hand Technique**

# Seoi Otoshi



**Shoulder Drop**



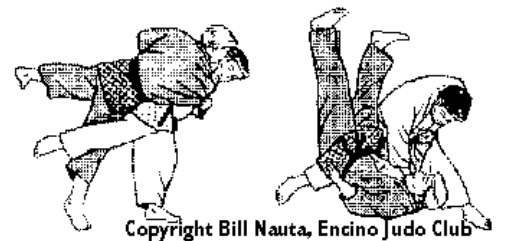
Copyright Bill Nauta, Encino Judo Club

**Hand Technique**

# Yama Arashi



**Mountain Storm**



Copyright Bill Nauta, Encino Judo Club

**Hand Technique**

# Morote Gari

**Double Leg Grab**

**Hand Technique**

# Kuchiki Taoshi

Pushing The Rotten Tree

Hand Technique

# Kibisu Gaeshi

Heel Trip Reversal



Copyright Bill Nauta, Encino Judo Club

Hand Technique

# Uchi Mata Sukashi

Uchi Mata Sidestep

Hand Technique

# Kouchi gaeshi

Ko Uchi Counter

Hand Technique

# Ippon Seoinage

One Arm Shoulder Throw

Copyright Bill Nauta, Encino Judo Club



Hand Technique

# Uki Goshi



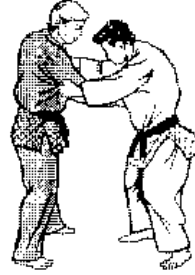
Floating Hip



Copyright Bill Nauta, Encino Judo Club

Hip Technique

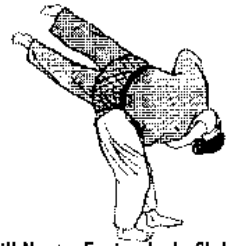
# O Goshi



Copyright Bill Nauta, Encino Judo Club

Hip Technique

# Koshi Guruma



Copyright Bill Nauta, Encino Judo Club

Hip Technique

# Tsurikomi Goshi



Copyright Bill Nauta, Encino Judo Club

Lifting Pulling Hip

# Harai Goshi



Copyright Bill Nauta, Encino Judo Club

Sweeping Hip Throw

Hip Technique

# Tsuri Goshi

**Lifting Hip**  
Copyright Bill Nauta, Encino Judo Club



**Hip Technique**

**Spring Hip Throw**

# Hane Goshi



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**Hip Technique**

**Changing Hip Throw**

# Utsuri Goshi



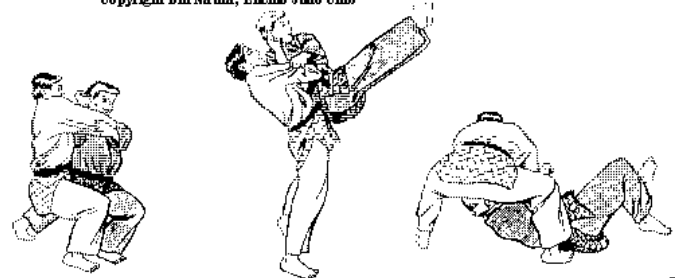
Copyright Bill Nauta, Encino Judo Club

**Hip Technique**

**Rear Hip Throw**

Copyright Bill Nauta, Encino Judo Club

# Ushiro Goshi



**Hip Technique**

# Daki Age\*

**Hug Lift – Illegal in Competition**

**Hip Technique**

# Sode Tsurikomi Goshi

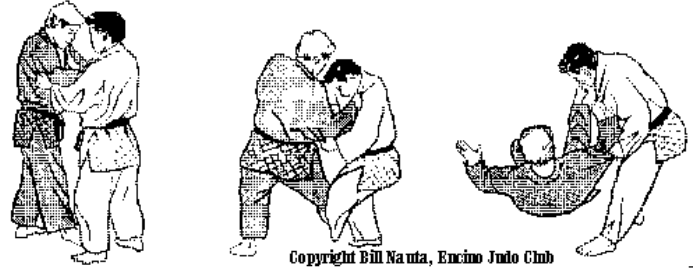
Sleeve Lifting Pulling Hip



Hip Technique

# Deashi Harai

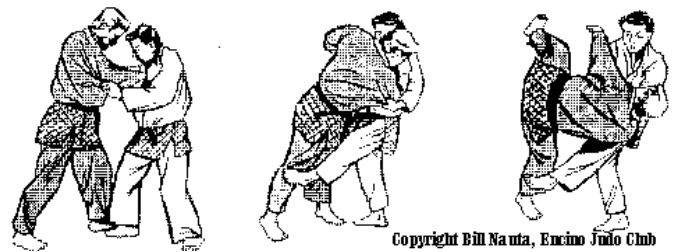
Advancing Foot Sweep



Foot & Leg Technique

# Hiza Guruma

Knee Wheel



Foot & Leg Technique

# Sasae Tsurikomi Ashi

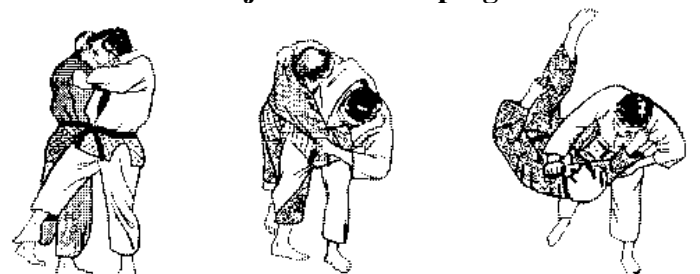
Lifting Pulling Ankle Block



Foot & Leg Technique

# Osoto Gari

Major Outer Reaping



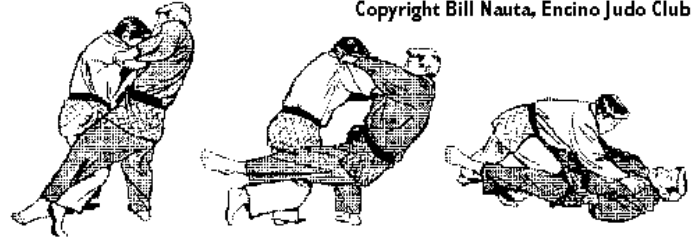
Foot & Leg Technique



# Ouchi Gari

## Major Inner Reaping

Copyright Bill Nauta, Encino Judo Club



Foot & Leg Technique

# Kosoto Gari

## Minor Outside Reap

Copyright Bill Nauta, Encino Judo Club



Foot & Leg Technique

# Kouchi Gari

## Minor Inner Reap

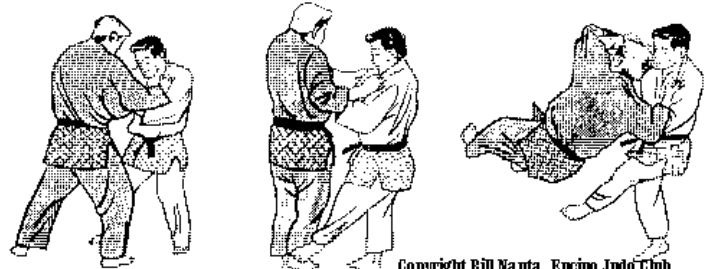
Copyright Bill Nauta, Encino Judo Club



Foot & Leg Technique

# Okuriashi Harai

## Sliding Foot Sweep



Copyright Bill Nauta, Encino Judo Club

Foot & Leg Technique

# Uchi Mata

## Inner Thigh Throw

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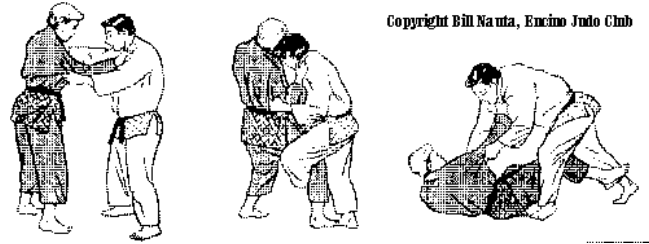


Foot & Leg Technique

# Kosoto Gake

## Minor Outside Hook

Copyright Bill Nauta, Encino Judo Club

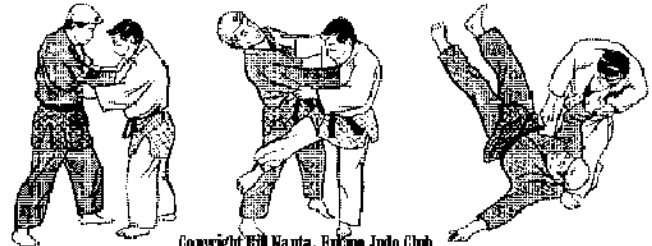


Foot & Leg Technique

# Ashi Guruma

## Foot Wheel

Copyright Bill Nauta, Encino Judo Club



Foot & Leg Technique

# Harai Tsurikomi Ashi

## Lifting Pulling Foot Sweep

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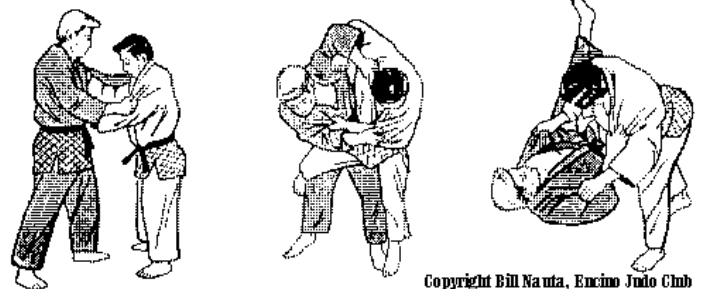


Foot & Leg Technique

# O Guruma

## Major Wheel

Copyright Bill Nauta, Encino Judo Club

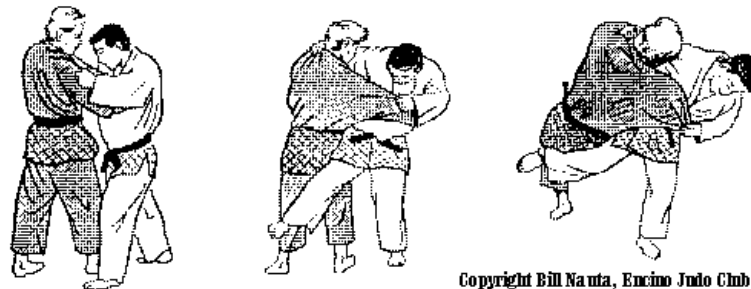


Foot & Leg Technique

# Osoto Guruma

## Major Outer Wheel

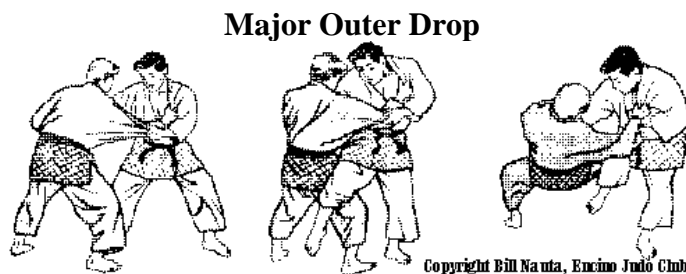
Copyright Bill Nauta, Encino Judo Club



Foot & Leg Technique



# Osoto Otoshi



Foot & Leg Technique

# Tsubame Gaeshi



Foot & Leg Technique

# Osoto Gaeshi

Osoto Counter

Foot & Leg Technique

# Ouchi Gaeshi

Ouchi Counter

Foot & Leg Technique

# Hane Goshi Gaeshi

Hane Goshi Counter

Foot & Leg Technique

# Harai Goshi Gaeshi

Harai Goshi Counter  
Foot & Leg Technique

# Uchi Mata Gaeshi

Uchi Mata Counter  
Foot & Leg Technique

# Tomoe Nage

Circle Throw



Rear Sacrifice Technique

# Sumi Gaeshi

Corner Reversal



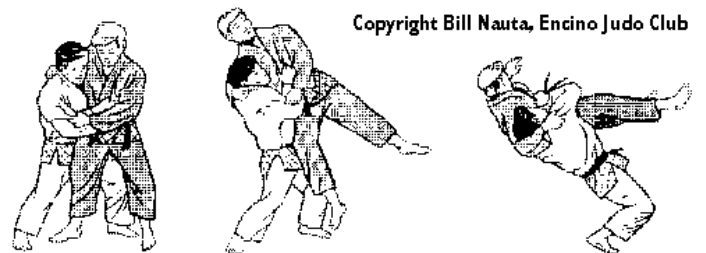
Copyright Bill Nauta, Encino Judo Club

Rear Sacrifice Technique

# Ura Nage

Back Throw

Copyright Bill Nauta, Encino Judo Club



Rear Sacrifice Technique

# Hikikomi Gaeshi

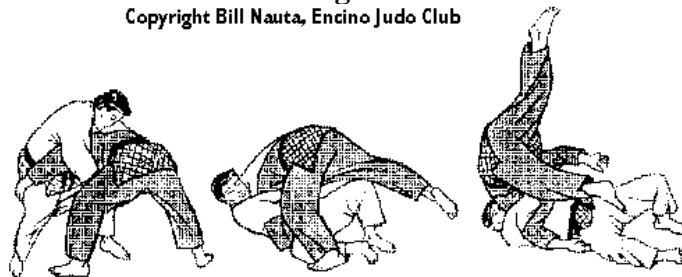
**Rolling Take Down**

**Rear Sacrifice Technique**

**Rice Bag Reversal**

Copyright Bill Nauta, Encino Judo Club

# Tawara Gaeshi

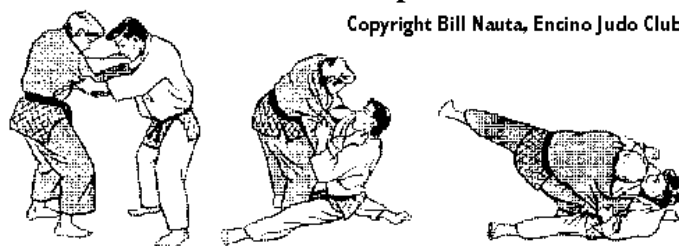


**Rear Sacrifice Technique**

**Side Drop**

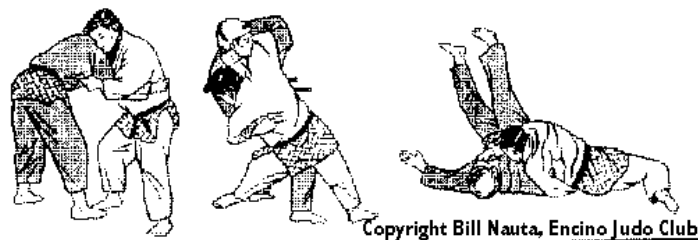
Copyright Bill Nauta, Encino Judo Club

# Yoko Otoshi



**Side Sacrifice Technique**

**Valley Drop**



Copyright Bill Nauta, Encino Judo Club

**Side Sacrifice Technique**

# Tani Otoshi

**Spring Wrap Around**

# Hane Makikomi



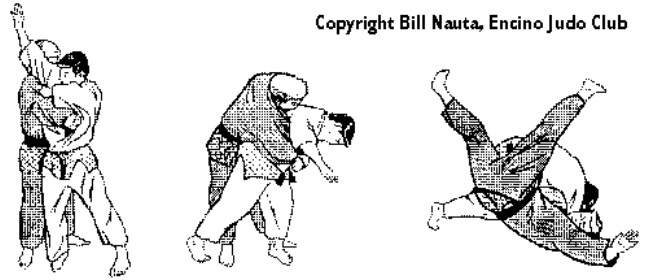
Copyright Bill Nauta, Encino Judo Club

**Side Sacrifice Technique**

# Soto Makikomi

## Outer Wrap Around

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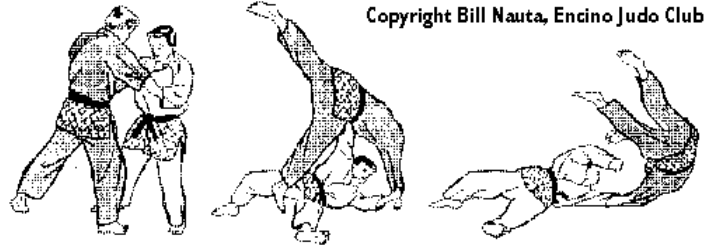


## Side Sacrifice Technique

# Uki Waza

## Floating Technique

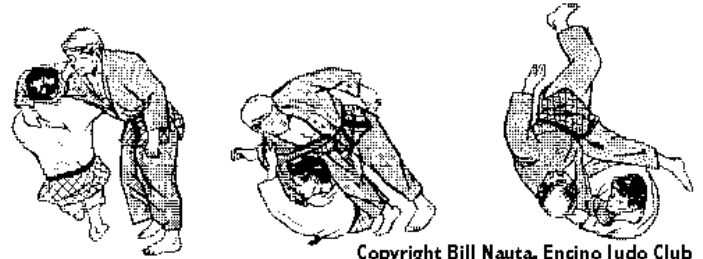
Copyright Bill Nauta, Encino Judo Club



## Side Sacrifice Technique

# Yoko Wakare

## Side Separation

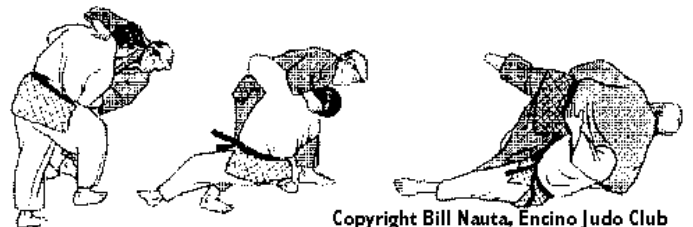


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## Side Sacrifice Technique

# Yoko Guruma

## Side Wheel



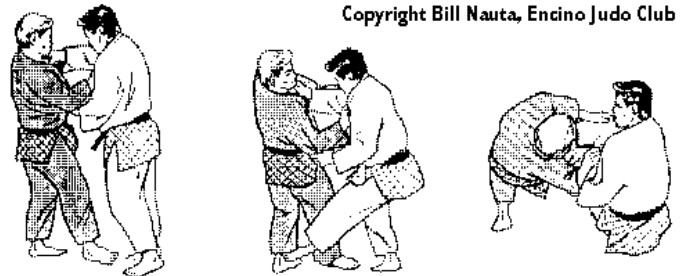
Copyright Bill Nauta, Encino Judo Club

## Side Sacrifice Technique

# Yoko Gake

## Side Hook

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## Side Sacrifice Technique

# Daki Wakare

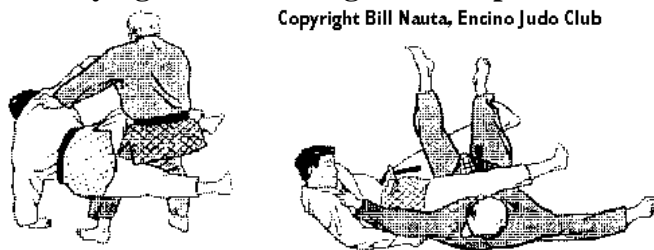
High Lift and Separate  
Side Sacrifice Technique

# Uchi Makikomi

Inner Wrap Around  
Side Sacrifice Technique

# Kani Basami \*

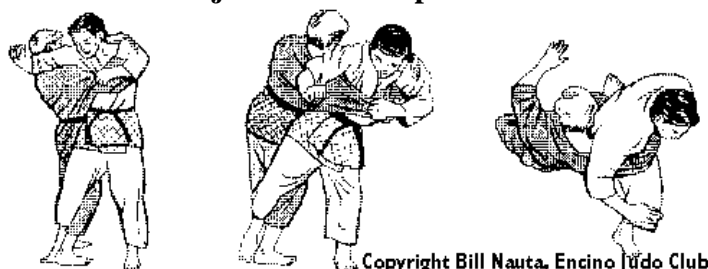
Flying Scissors – Illegal in Competition  
Copyright Bill Nauta, Encino Judo Club



Side Sacrifice Technique

# Osoto Makikomi

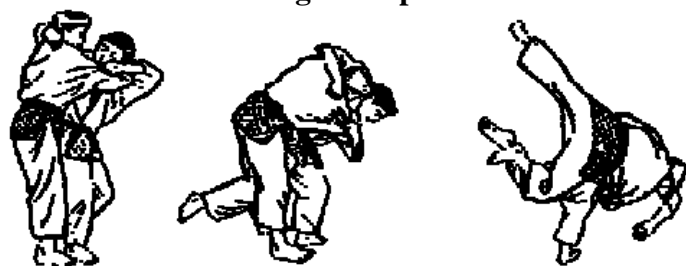
Major Outer Wrap Around



Side Sacrifice Technique

# Uchi Mata Makikomi

Inner Thigh Wrap Around



Side Sacrifice Technique

# Harai Makikomi

Sweeping Wraparound

Side Sacrifice Technique

# Kawazu Gake \*

Frog Hook – Illegal in Competition

Side Sacrifice Technique

# Kuzure Kesa Gatame

Broken Scarf Hold



Pinning Technique

Shoulder Hold



Pinning Technique

Upper Four Quarters Hold

# Kami Shiho Gatame



Pinning Technique



# Kuzure Kami Shiho Gatame

Broken Upper Four Quarters Hold



Pinning Technique

# Yoko Shiho Gatame

Side Four Quarters Hold



Pinning Technique

# Tate Shiho Gatame

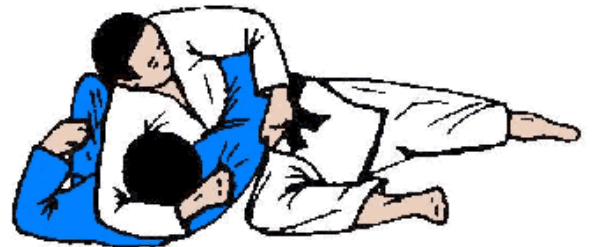
Lengthwise Four Quarters Hold



Pinning Technique

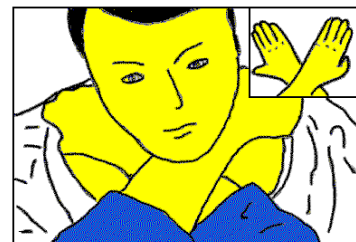
# Kesa Gatame

Scarf Hold



Pinning Technique

# Nami Juji Jime



Normal  
Cross  
Choke

# Gyaku Juji Jime

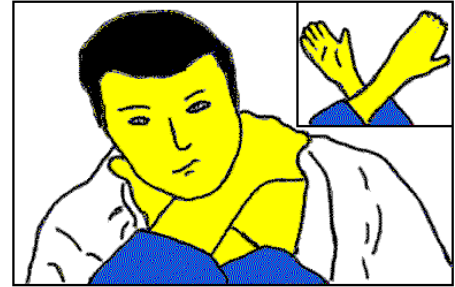
Reverse Cross Choke



Choking Technique

# Kata Juji Jime

Half Cross Choke



Choking Technique

Sliding Collar Strangle

# Okuri Eri Jime



Choking Technique

Single Collar Strangle

# Kataha Jime



Choking Technique

# Do Jime\*

Body Squeeze – Illegal in Competition

Choking Technique

# Sode Guruma Jime

Sleeve Wheel



Choking Technique

# Katate Jime

Single Hand Strangle

Choking Technique

# Ryote Jime

Double Hand Strangle



Choking Technique

Thrusting Pushing Strangle

# Tsukkomi Jime



Choking Technique

Triangle Strangle

Ashi-Gatame-Jime / Sankaku-Jime

# Sankaku Jime



Choking Technique

Ude Garami

**Bent Armlock**



**Joint Locking Technique**

Juji Gatame

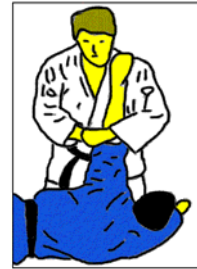
**Cross Armlock**



**Joint Locking Technique**

Ude Gatame

**Upper Cross Arm Armlock**



**Joint Locking Technique**

Hiza Gatame

**Knee Lock**



**Joint Locking Technique**

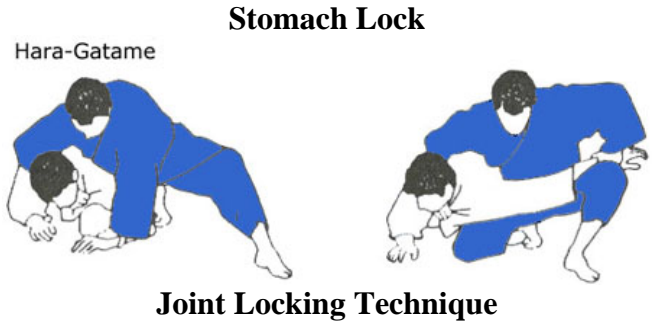
Waki Gatame

**Armpit Lock**



**Joint Locking Technique**

# Hara Gatame

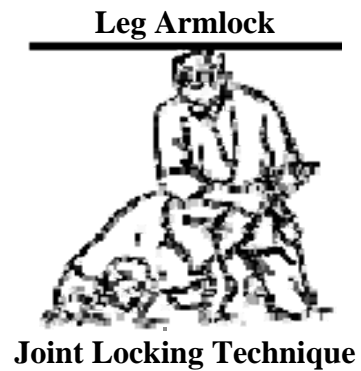


# Ashi Garami \*

**Leg Armlock – Illegal in Competition**

**Joint Locking Technique**

# Ashi Gatame



# Te Gatame

**Hand Lock**

**Joint Locking Technique**

# Sankaku Gatame

**Triangular Lock**

**Joint Locking Technique**