

The technical challenge

Exercise work out

Monday, Wednesday, Saturday

CLASSIFICATION	TECHNIQUES	THROWS	DYNAMIC PRINCIPLE	BIOMECHANICS	GROUP	Choose your tech
Tachi Waza	Te Waza	Seoi nage	Nage (to lift)	Leverage	Variable arm	
		Tai otoshi	Otoshi (to drop)	Leverage	Maximum arm	
Standing technique	Hand /Arm technique	Kata / Tama guruma	Guruma (to rotate)	Leverage	Minimum arm	
		Sukui nage	Nage (to lift)	Couple of forces	Trunk / leg	
		Uki otoshi / goshi	Tsurikomi To pull and lift	Leverage	Variable arm	
		Sumi otoshi	Sutemi (to drop to floor tothrow)	Leverage	Maximum arm	
		Obi otoshi	Sutemi (to drop to floor tothrow)	Leverage	Maximum arm	
		Eri seoi nage	Nage (to lift)	Leverage	Variable arm	
		Seoi otoshi	Otoshi (to drop)	Leverage	Minimum arm	
		Yama rashi	Tsurikomi To pull and lift	Leverage	Maximum arm	
	Ashi Waza	De ashi barai	Harai (to sweep)	Couple of forces	Arm/foot	
Standing technique	Leg /Foot technique	Hiza guruma	Guruma (to rotate)	Leverage	Medium arm	
		Sesae tsurikomi ashi	Tsurikomi To pull and lift	Leverage	Maximum arm	
		O soto gari	Gari To scoop	Couple of forces	Trunk / leg	
		O uchi gari	Gari To scoop	Couple of forces	Arm/foot	
		Ko soto gari	Gari To scoop	Couple of forces	Arm/foot	
		Ko uchi gari	Gari To scoop)	Couple of forces	Arm/foot	
		Okuri ashi barai	Harai	Couple of	Arm/foot	

CLASSIFICATION	TECHNIQUES	THROWS	(to sweep) DYNAMIC PRINCIPLE	forces BIOMECHANICS	GROUP	
		Ashi guruma	Guruma (to rotate)	Leverage	Medium arm	
		Harai tsurikomi ashi	Harai (to sweep)	Couple of forces	Arm/foot	
		O guruma	Guruma (to rotate)	Leverage	Maximum arm	
		O soto guruma	Guruma (to rotate)	Leverage	Maximum arm	
		O soto otoshi	Otoshi (to drop)	Leverage	Maximum arm	
	Koshi waza	Uki goshi	Tsurikomi To pull and lift	Leverage	Variable arm	
		O goshi	Tsurikomi To pull and lift	Leverage	Variable arm	
Standing technique	Hip technique	Koshi guruma	Guruma (to rotate)	Leverage	Medium arm	
		Tsurikomi goshi	Tsurikomi To pull and lift	Leverage	Variable arm	
		Harai goshi	Harai (to sweep)	Couple of forces	Trunk /leg	
		Tsuri goshi	Tsurikomi To pull and lift	Couple of forces	Trunk /leg	
		Hane goshi	Tsurikomi To pull and lift	Couple of forces	Trunk /leg	
		Utsuri goshi	Tsurikomi To pull and lift	Leverage	Maximum arm	
		Ushiro goshi	Tsurikomi To pull and lift	Leverage	Medium arm	
Suteni Waza	Ma (to UKE's Frunt)	Tome nage	Nage (to lift)	Leverage	Maximum arm	
Sacrifice technique	Voluntary falling on to your back	Sumi gaeshi	Sutemi (to drop to floor tothrow)	Leverage	Maximum arm	
		Ura nage	Nage (to lift)	Leverage	Maximum arm	

CLASSIFICATION	TECHNIQUES	THROWS	DYNAMIC PRINCIPLE	BIOMECHANICS	GROUP
		Hikkomi gaeshi	Sutemi (to drop to floor to throw)	Leverage	Maximum arm
		Tawara gaeshi		Leverage	Medium arm
		Yoko otoshi	Otoshi (to drop)		
Sacrifice technique	Voluntary falling on to your side to throw uke	Tani otoshi	Otoshi (to drop)	Leverage	Maximum arm
		Hane makikomi	Makikomi To wrap around	Couple of forces	Trunk /leg
		Soto makikomi	Makikomi To wrap around	Leverage	Medium arm
		Uki waza	Nage (to lift)	Leverage	Maximum arm
		Yoko wakara	Otoshi (to drop)	Leverage	Maximum arm
		Yoko gake	Gake To hook	Couple of forces	Arm /leg
		Daki wakara		Leverage	Maximum arm
		Uchi makikomi	Makikomi To wrap around	Leverage	Medium arm
		Yoko guruma	Guruma (to rotate)	Leverage	Maximum arm

Katame waza

Ground wrestling in judo.

1. Osaekomi waza

Immobilization technique,

These are the most used of the ground techniques around 75% of all wins are attributed to this group. This is split into 4 groups: -

- Group Kesa

Scarf immobilization:-

a. Hon Kesa Gatame

fundamental scarf hold

Choose your tech

b. Ushiro Kaesa Gatame

revers scarf hold

c. Kata Gatame

shoulder hold

- Group Shiho

4 point immobilization:-

a. kami Shiho Gatame

top 4 point hold

b. Tate Shiho Gatame

longitude 4 point hold

- c. **Yoko Shiho Gatame** **side 4 point hold** -----
 - **Group Sankaku**
Triangular immobilization:-
 - a. **Kami Sankaku Gatame** **top triangular hold** -----
 - b. **Tate Sankaku Gatame** **longitude triangular hold** -----
 - c. **Yoko Sankaku Gatame** **side triangular hold** -----
 - **Grupo atletich.**
Competitive style
 - a. **Kuzure Kesa Gatame** **variant / broken scarf hold** ----
- 2. Kansetsu waza**
Arm lock (Elbow)
This is split into 2 groups
- **Hishigi group**
(That is dominated by the hyperextension of the arm blocked)
 - a. **Ude Hishagi Juji gatame** **hyperextension of the arm against the pelvis**
 - b. **Ude Hishagi Ude gatame** **hyperextension of the arm against the elbow**
 - c. **Ude Hishagi Waki gatame** **hyperextension of the arm against the armpit**
 - d. **Ude Hishagi Harai gatame** **hyperextension of the arm against the abdominal**
 - e. **Ude Hishagi Hiza gatame** **hyperextension of the arm against the knee**
 - **Garami group**
(That is dominated by rotation of the holding arm in-respect to the arm being blocked.)
 - f. **Ude Garami Juji gatame** **rotation of the arm against the pelvis**
 - g. **Ude Garami Ude gatame** **rotation of the arm against the elbow**
 - h. **Ude Garami Waki gatame** **rotation of the arm against the armpit**
 - i. **Ude Garami Harai gatame** **rotation of the arm against the abdominal**
 - j. **Ude Garami Hiza gatame** **rotation of the arm against the knee**
- 3. Shime waza**
(The strangulation techniques are sub divided in 3 groups)
- A. Respiratory**
 - B. Blood circulation – Nerves**
 - C. Mixed (a combination of the above)**
- (But for this section it is better to divided the techniques by the way they are executed)**
- 1. Strangles executed to the front of Uke. (Omite)**
 - a. **Kata juji jime** **half cross-handed strangle. Thumb up thumb down**
 - b. **Nami juji jime** **normal cross-handed strangle thumbs in collar**
 - c. **Gyaku juji jime** **reverse cross-handed strangle thumbs out of collar**
 - d. **Morote juji jime** **double handed strangle**
 - e. **Katate juji jime** **one handed strangle**
 - f. **Tsukomi juji jime** **strangulation by the use of the opposite collar**
 - 2. Strangles executed on the back or sideways. (Ushiro, Yoko)**
 - a. **Okuri eri jime** **sliding collar strangle**
 - b. **Kata ha jime** **single wing neck strangle**
 - c. **Hadaka jime** **naked strangle**
 - d. **Sode guruma jime** **twisting collar strangle**

e. **Koshi jime** **hip strangel**

3. Strangles executed by hand and legs.

- a. **Sankaku jime** **triangular strangle (Omite, Ushiro, Yoko)**
- b. **Jigoku jime** **hell's strangle**
- c. **Ashi gatane jime** **leg controlled strangle**

Nage no kata

Fundamental forms of ncontrol

Thies are split into five groups as classified by the Kadokan.

1. Te Waza (Hand technique)

- a. uki otoshi floating throw
- b. seoi nage lifting throw
- c. kata guruma shoulder wheel

2. Koshi Waza (hip technique)

- a. uki goshi floating hip
- b. harai goshi sweeping hip
- c. tsurikomi goshi pull lift hip

3. Ashi Waza (leg/ foot technique)

- a. sesai tsuricomi ashi pull lift against foot
- b. okuri ashi barai sweeping double foot
- c. uchi mata inner thigh

4. Ma Suteni Waza (frontal sacrifice technique)

- a. tomoe nage rotational throw
- b. ura nage inverse or opposite throw
- c. sumi gaeshi side overturn

5. Yoko Sutemi Waza (side sacrifice technique)

- a. yoko gake side hook
- b. yoko guruma side wheel
- c. uki waza floating technique

THE TECHNICAL WAY OF A JUDO SESSION

- a. Ukemi controlling falls technique
- b. Shintai /tai sabaki body movements
- c. Tandoku renshyu shadow training
- d. Sotai renshyu training with out resistance
- e. Uchi komi entry techniques
- f. Yaku soku geiko training for opportunity
- g. Kakari geiko training with resistance
- h. Randori training combat
- i. Shiai competitive combat

