

Falling techniques

Ukemi waza

Striking techniques

Atemi waza

Locking techniques

Kansetsu Waza

Throwing techniques

Nage Waza

Wristlock 1: Wrist twist/  
turn over

Kote Gaeshi

Wristlock 2: Reverse wrist

Ura Kote

Wristlock 3: Wrist lock

Kote Gatame

Armlock 1 (outside): Arm  
break

Kujiki Gatame

Armlock 1 (inside): Bolt  
lock

Kannuki Gatame

Armlock 2: Body lock

Karada Gatame

Armlock 2 (for tall  
person): Shoulder-carry  
lock

Katsugi Gatame

Armlock 3: Upper body  
arm entanglement

Jodan Ude Garami

Minor Inner Reap

Ko Soto Gari

Major Outer Reap

O Soto Gari

Minor Outer Prop/Hook

Ko Soto Gake