



TÜRKİYE JUDO FEDERASYONU

GO KYO NO WAZA



NAGE WAZA					KATAME WAZA (NE WAZA)		
TACHI WAZA			SUTEMI WAZA		OSA KOMI WAZA	SHIME WAZA	KANSETSU WAZA
TE WAZA	KOSHI WAZA	ASHI WAZA	MA SUTEMI WAZA	YOKO SUTEMI WAZA			
 Marote Seoi Nage	 Koshi Guruma	 O Soto Otoshi			 Kesa Gatame		
 Ippon Seoi Nage	 Kubi Nage	 O Uchi Gari			 Kami Shihō Gatame		
 Tai Otoshi	 O Goshi	 O Uchi Gari Gaeshi			 Mune Gatame		
 Eri Seoi Nage	 Sasae Tsuri Komi Ashi	 De Ashi Harai			 Kuzure Kesa Gatame		
 Uki Goshi	 Ko Soto Gari	 Sumi Gaeshi			 Yoko Shihō Gatame	 Gyaku Juji Jime	 Ude Hishigi Juji Gatame
 Tsuru Goshi	 Hiza Guruma	 Ko Uchi Gari			 Kata Gatame	 Nami Juji Jime	
 Seoi Otoshi	 Uchi Mata Sukashi	 Okuri Ashi Harai			 Tate Shihō Gatame	 Hadaka Jime	 Ude Garami
 Harai Goshi	 Hane Goshi	 Harai Goshi Gaeshi			 Uki Waza	 Tsukomi Jime	 Ude Hishigi Ude Gatame
 Uki Otoshi	 Sumi Otoshi	 Uchi Mata	 Tomoe Nage		 Yoko Otoshi	 Ryo Te Jime	
 Tsuru Komi Goshi	 Sode Tsuru Komi Goshi	 Tsubame Gaeshi	 Hiki Komi Gaeshi		 Soto Maki Komi	 Kuzure Kami Shihō Gatame	 Ude Hishigi Hiza Gatame
 O Guruma	 Harai Tsuru Komi Ashi	 Ashi Guruma	 Ura Nage		 Hane Maki Komi	 Kata Hajime	 Ude Hishigi Te Gatame
 O Soto Gaeshi	 Ashi Guruma	 Uchi Mata Gaeshi	 Harai Maki Komi		 Yoko Guruma	 Sode Guruma Jime	 Ude Hishigi Hara Gatame
 Ka Soto Gake	 Hane Goshi Gaeshi	 Uchi Mata Maki Komi	 Yoko Wakare		 Kata Te Jime	 Sankaku Jime	 Sankaku Garami
 Kata Guruma	 Ushiro Goshi	 Utsuri Goshi	 Ura Nage		 Kami Sankaku Gatame	 Koshi Jime	 Ashi Garami
						 Ude Hishigi Ashi Gatame	 Ude Hishigi Waki Gatame