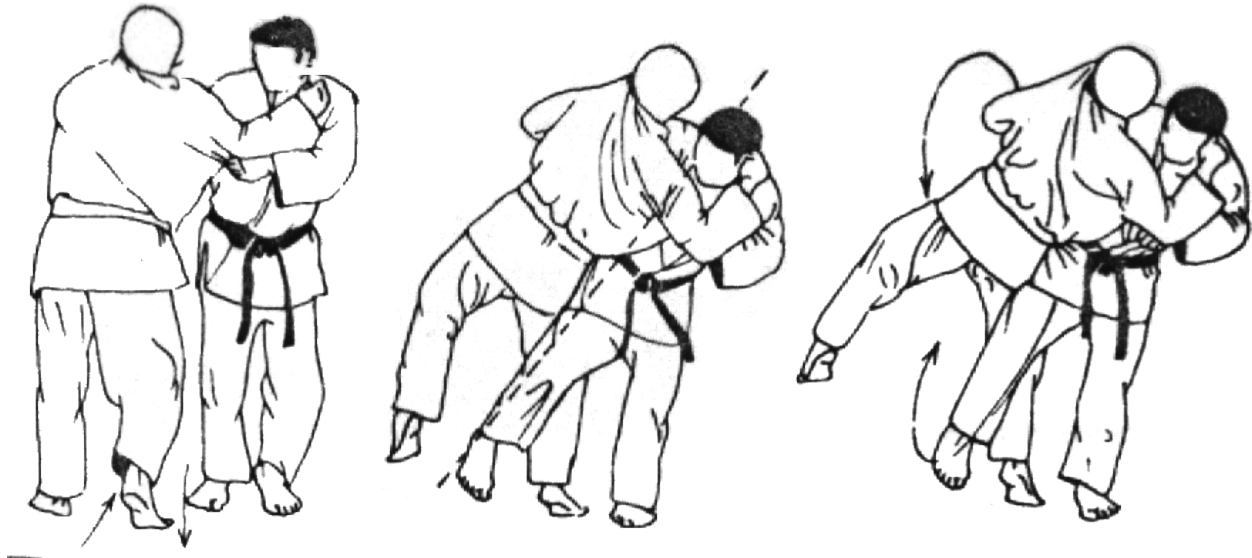


DC JUDO

The First Eight Judo Throws

(Dai Ikkyo from the Gokyo No Waza)

OSOTO GARI



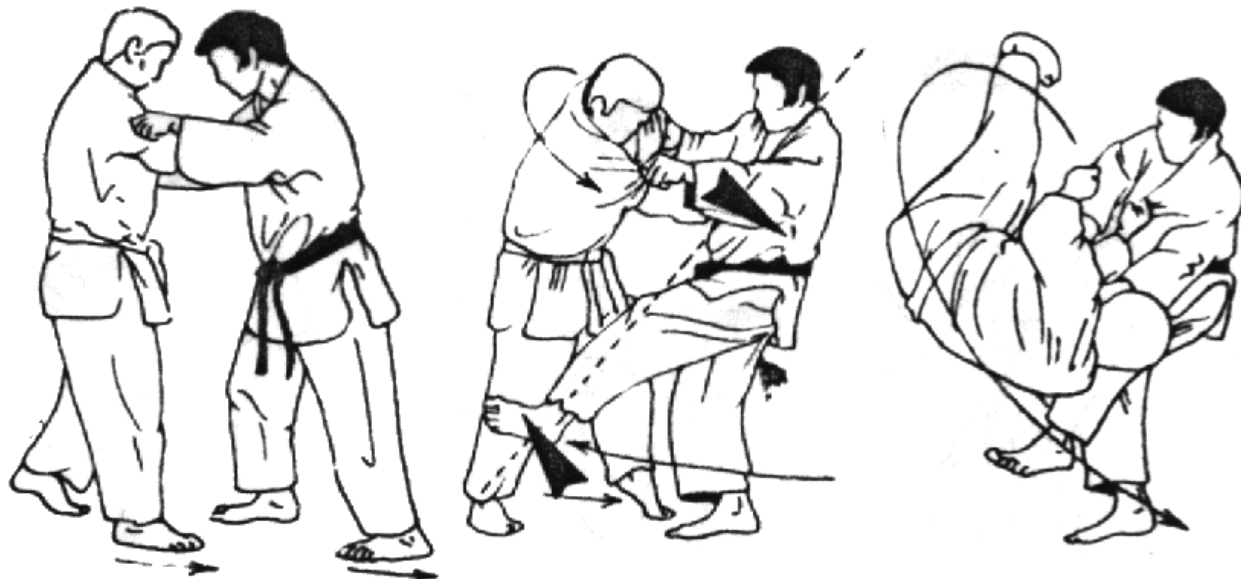
Tori breaks uke's balance to the rear or to the right rear corner, then reaps uke's right leg (which carries his weight) to throw him backward. (Illustrated on the right side)

DE ASHI BARAI



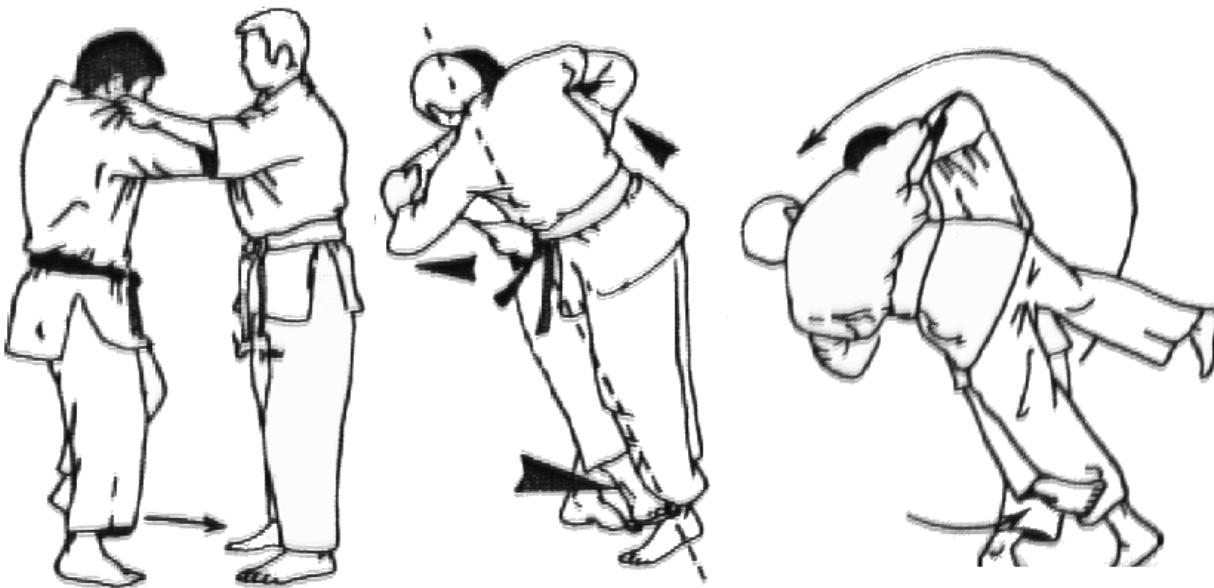
At the moment uke steps his right (left) foot forward (or backward) and transfers his weight onto it, tori reaps it from the rear or from the side with the left foot. (Illustrated on the right side)

HIZA GURUMA



Tori breaks uke's balance to his right (left) front corner, puts the sole of his left foot on the front of uke's right (left) kneecap (or on the outside), supporting it, and throws him forward in a circle. (Illustrated on the right side)

SASAE TSURIKOMI ASHI



Tori breaks uke's balance towards the right (left) front corner, puts the sole of his left (right) foot on uke's right (left) ankle, and, supporting it, rotates uke forward around the fulcrum of his ankle to throw him. (Illustrated on the left side in the picture)

UKI GOSHI



Tori breaks uke's balance forwards, inserts his right (left) arm through uke's left (right) armpit, holds the back of uke's waist, loads him onto his waist, and throws him by twisting him around the fulcrum of the back of the right (left) hip. (Illustrated on the right side)

O GOSHI



Tori breaks uke's balance straight forward or towards the right (or left) front corner, he holds uke on the back of his waist with his right (left) arm inserted through uke's left (right) armpit, then pulls him up and throws him down. (Illustrated on the right side)

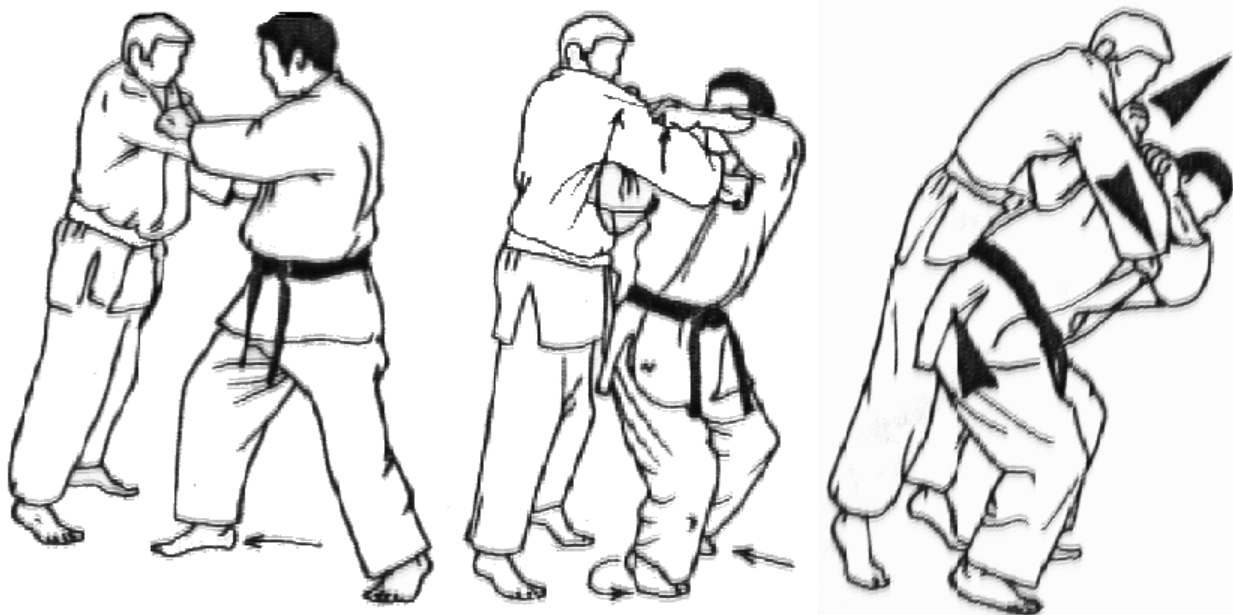
SEOI NAGE (2 Variants)

I. IPPON SEOI NAGE



Tori breaks uke's balance directly forward or to the right (left) front corner. He inserts his right (left) arm under uke's right (left) armpit, and, holding it over his right (left) shoulder, loads uke onto his back and throws him over the right (left) shoulder. (Illustrated on the right side)

II. MOROTE SEOI NAGE



Tori breaks uke's balance forward, or to the right (left) front corner. He inserts his right (left) arm under uke's right (left) armpit, loads uke onto his back, and throws him over the right (left) shoulder. (Illustrated on the right side)

OUCHI GARI



Tori reaps uke's left leg from the inside with his right leg so that uke falls onto his back. (Illustrated on the right side)

Images from www.judo-tao.com

Text on the techniques from Kodokan Judo Throwing Techniques, by Toshiro Daigo. Kodansha International, 2005.