

# DC JUDO

## The Second Eight Judo Throws

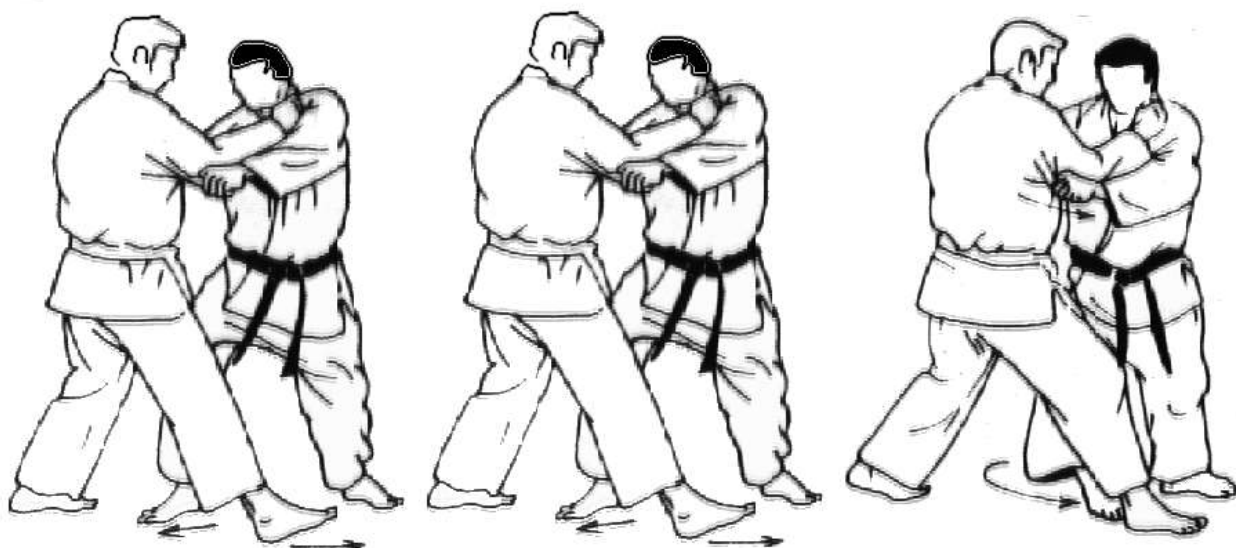
(Dai Nikkyo from the Gokyo No Waza)

### KOSOTO GARI



Tori breaks uke's balance towards his rear or his right rear corner, then he reaps uke's right heel (which carries his weight) from behind with his left foot so that he falls on his back.

### KOUCHI GARI



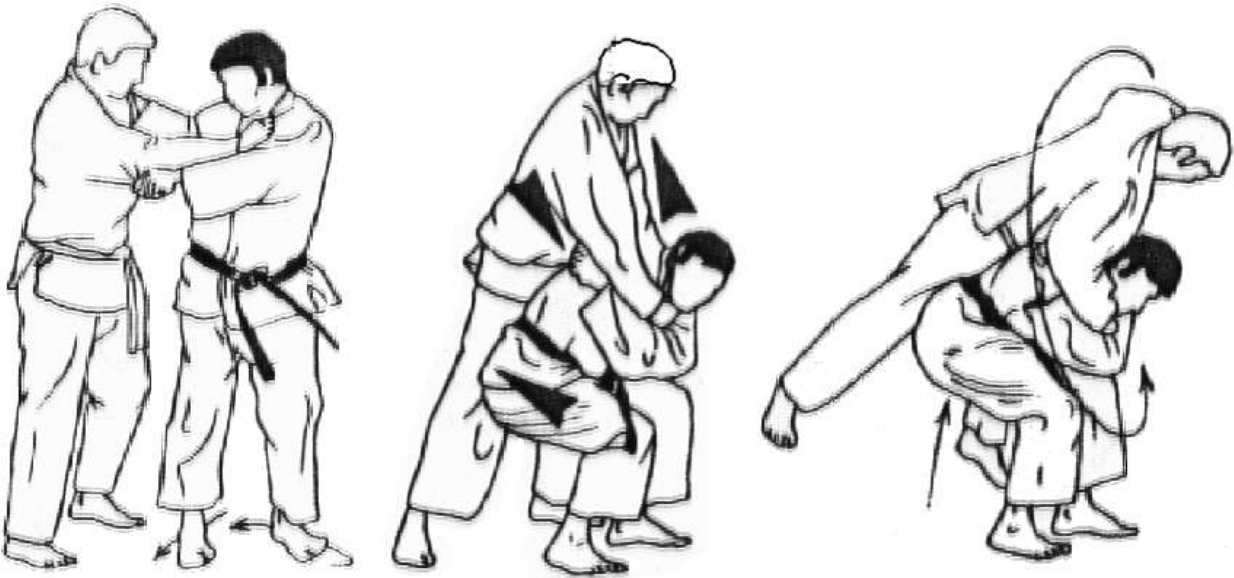
Tori reaps the inside of uke's right heel with the sole of his right foot so that he falls backwards.

### KOSHI GURUMA



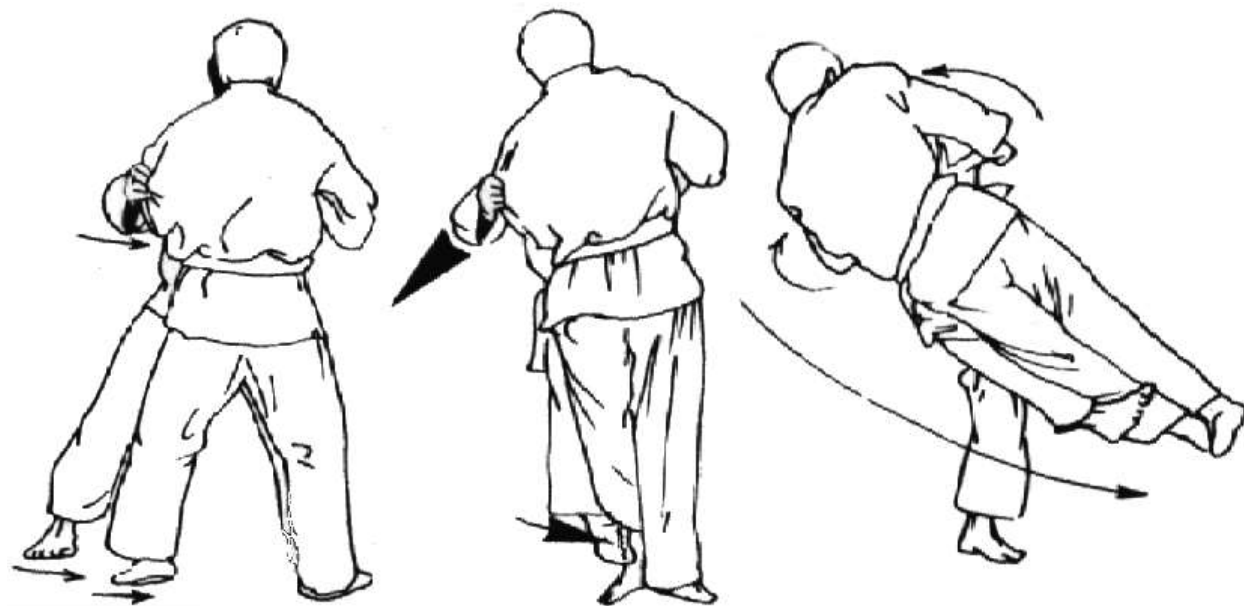
Tori holds and controls uke's neck with his right (left) arm, enters his waist deep, and, loading uke onto it, throws him in a circle around the fulcrum of his torso. (Illustrated on the right side)

### TSURIKOMI GOSHI



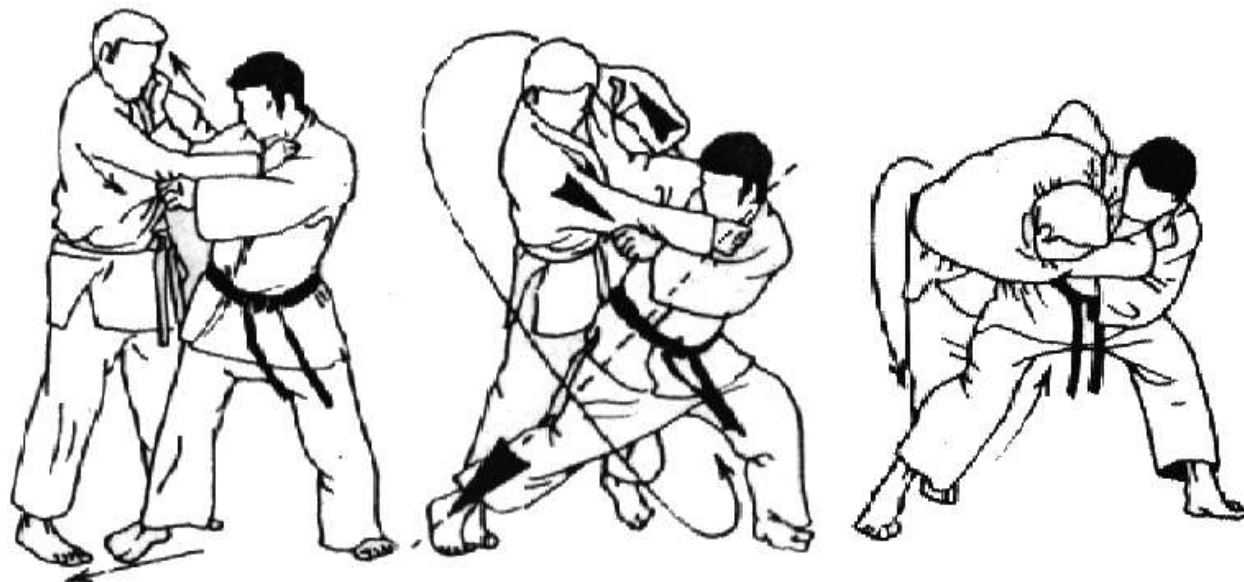
Tori breaks uke's balance straight forward, or to his right (left) front corner, lifts and pulls him onto the back of his waist, and throws him. (Illustrated on the right side in the picture)

### OKURI ASHI HARAI



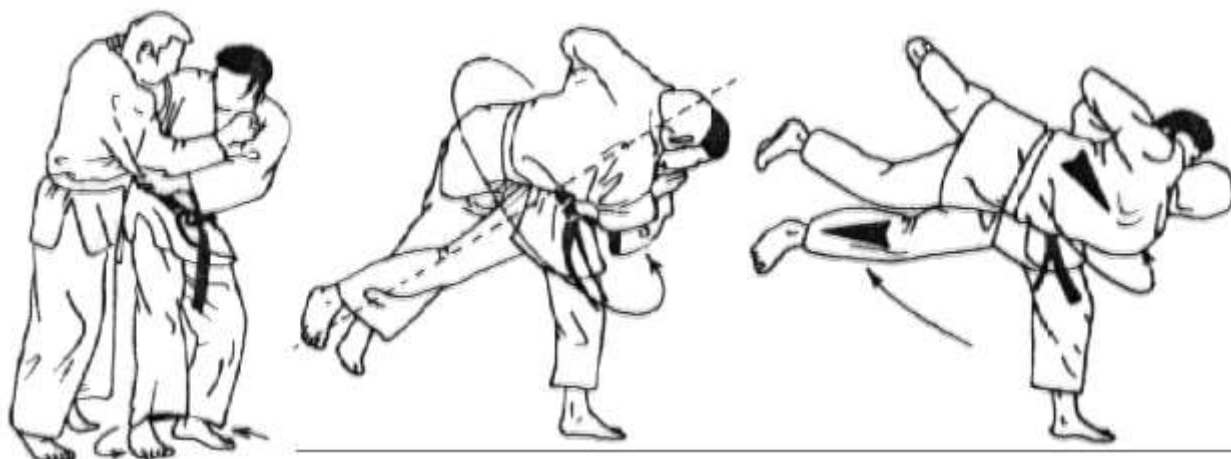
Tori sweeps (or sends) uke's right (left) foot to uke's left (right) with his left (right) foot, and sweeps both legs up to complete the throw. (Illustrated on the left side)

### TAI OTOSHI



Tori breaks uke's balance to his right (or left) front corner, opens his body to the left, steps his right (left) foot in front of uke's right (left) foot, pulls uke forward, and throws him down. (Illustrated on the right side)

## HARAI GOSHI



Tori breaks uke's balance straight forwards, or to his right (left) front corner, pulls him onto the back of his right (left) hip, and sweeps him up with the right (left) leg. (Illustrated on the right side)

## UCHI MATA



Tori breaks uke's balance forward, or to the right front corner, then he swings his right leg between uke's legs, and he reaps up the inside of uke's thigh with the back of his thigh to throw him. (Illustrated on the right side)

Images from [www.judo-tao.com](http://www.judo-tao.com)

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