

DC JUDO

The Fifth Eight Judo Throws

(Dai Gokyo from the Gokyo No Waza)

O SOTO GURUMA



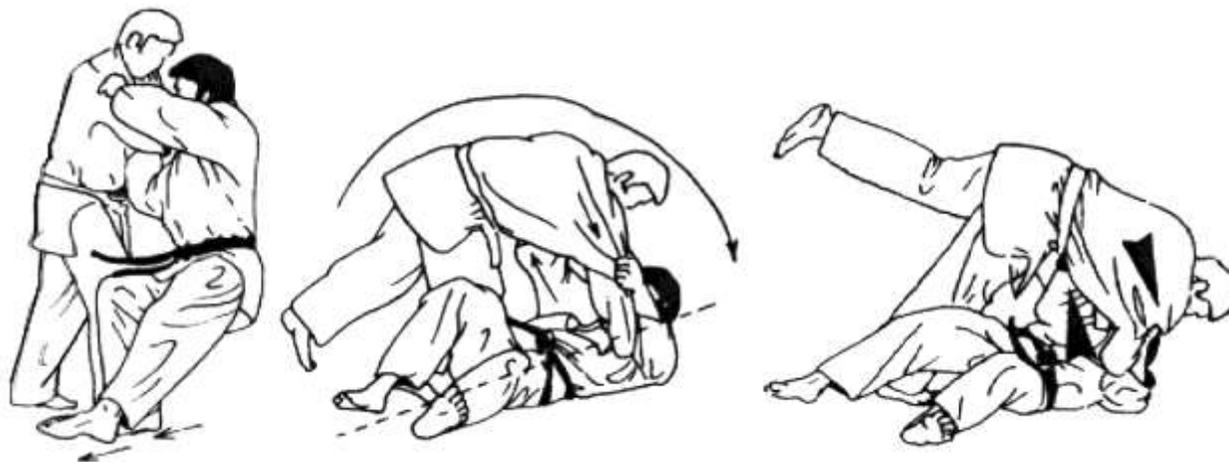
Tori breaks uke's balance towards the rear, puts his right leg diagonally across the back of uke's legs, and, using this leg as a fulcrum, throws uke backwards in a rotating motion.

UKI WAZA



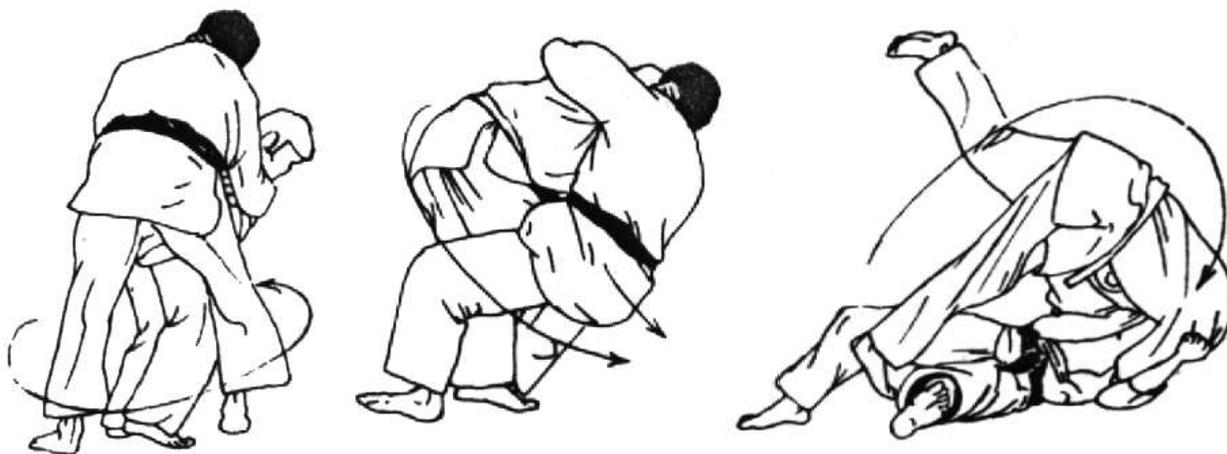
Tori lifts uke to his right front corner, breaks his balance, and, while opening his body to the left, puts his left leg (straightened) on the outside of uke's right leg, drops down half facing left, and throws uke back in a rotating movement.

YOKO WAKARE



Tori lifts uke to the right front corner or straight forward, breaks his balance, steps both feet in to the side of uke's right foot, turns to the left side, and drops down onto his back and throws uke.

YOKO GURUMA



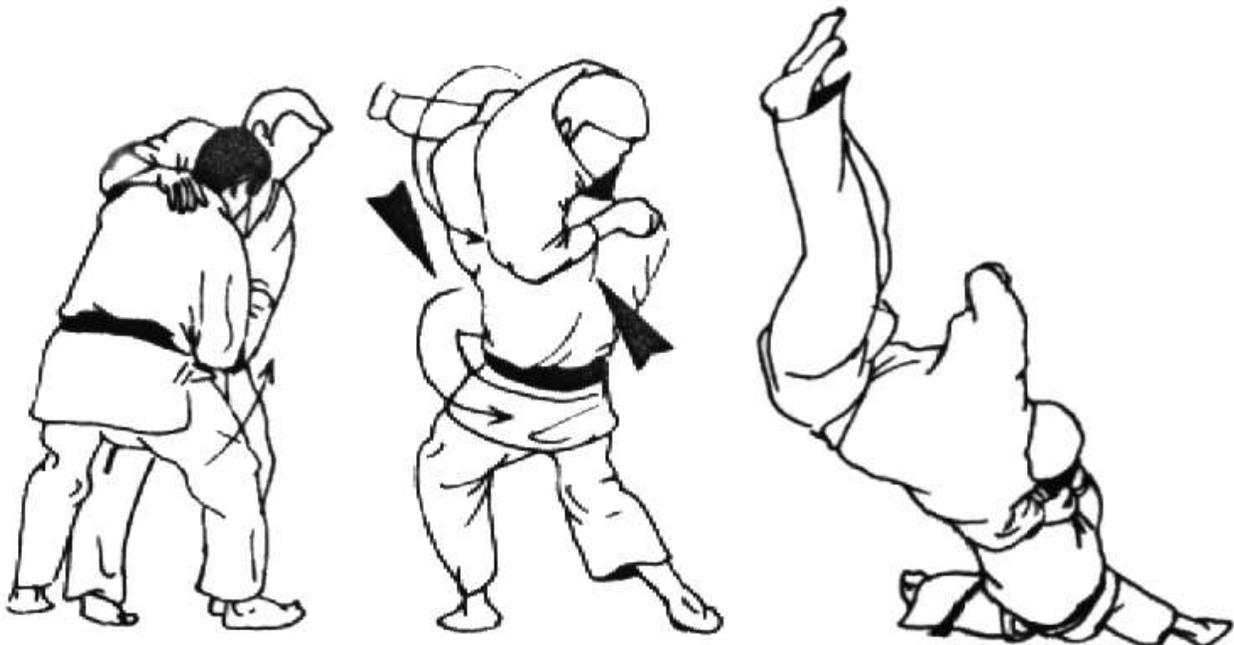
Tori holds the side of uke's waist from uke's behind with the left hand, and breaks his balance forward. While sliding his right leg between uke's legs from the front, he drops down onto the left side of his body, and throws uke forward. (tori's left rear)

USHIRO GOSHI



Tori holds uke's waist from behind with the left (right) hand, lifts his body forward and up, then throws him straight down.

URA NAGE



Tori holds uke's waist from his right side with the left arm, and, pulling with the right hand, lifts him up, then he drops down onto his back and throws uke over his left shoulder.

SUMI OTOSHI



Tori steps his left (right) foot to the outside of uke's right (left) foot, and, using tai-sabaki (body control) and the action of both hands, breaks uke's balance in the right (left) rear corner, and pushes him down.

YOKO GAKE



Tori lifts and breaks uke's balance towards his little toe, then, while dropping down onto the left side of his body, he reaps the outside of uke's right ankle from the front with the sole of his left foot, so that uke is thrown.

Images from www.judo-tao.com

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