



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	 Okuri Ashi Harai			 Tate Shihō Gatame	 Hadaka Jime	 Ude Garami
 Uchi Mata Sukashi	 Harai Goshi	 Harai Goshi Gaeshi	 Tomoe Nage	 Uki Waza		 Tsukomi Jime	 Ude Hishigi Ude Gatame
 Harai Goshi	 Hane Goshi	 Tsubame Gaeshi			 Yoko Otoshi	 Ryo Te Jime	
 Uki Otoshi	 Sumi Otoshi	 O Guruma	 Hiki Komi Gaeshi	 Soto Maki Komi	 Kuzure Kami Shihō Gatame	 Kata Hajime	 Ude Hishigi Hiza Gatame
 Suri Komi Goshi	 Sode Suri Komi Goshi	 Harai Tsuri Komi Ashi		 Hane Maki Komi	 Kata Hajime	 Sode Guruma Jime	 Ude Hishigi Te Gatame
 O Soto Gaeshi	 Ashi Guruma	 Uchi Mata Gaeshi	 Ura Nage	 Harai Maki Komi	 Kuzure Kami Shihō Gatame	 Okuri Eri Jime	 Ude Hishigi Hara Gatame
 Kata Guruma	 Ushiro Goshi	 Ka Soto Gake		 Yoko Gake	 Kami Sankaku Gatame	 Kata Te Jime	 Sankaku Garami
 Utsuri Goshi	 O Soto Guruma	 Hane Goshi Gaeshi		 Uchi Mata Maki Komi	 Kata Te Jime	 Sankaku Jime	 Ashi Garami
	 Ura Nage	 Hane Goshi Gaeshi		 Yoko Wakare	 Koshi Jime	 Ude Hishigi Ashi Gatame	 Ude Hishigi Waki Gatame