




College Park Judo Club
Pictorial Study Guide

Dai-ikkyo (group 1)

							
De-ashi-harai	Hiza-guruma	Sasae-tsurikomi-ashi	Uki-goshi	Osoto-gari	O-goshi	Uchi-gari	Seoi-nage






Dai-nikyo (group 2)

							
Kosoto-gari	Kouchi-gari	Koshi-guruma	Tsurikomi-goshi	Okuri-ashi-harai	Tai-otoshi	Harai-goshi	Uchi-mata



Dai-sankyo (group 3)

							
Kosoto-gake	Tsurigoshi	Yoko-otoshi	Ashi-guruma	Hane-goshi	Harai-tsurikomi-ashi	Tomoe-nage	Kata-guruma

Dai-yonkyo (group 4)

							
Sumi-gaeshi	Tani-otoshi	Hane-makikomi	Sukui-nage	Utsuri-goshi	O-guruma	Soto-makikomi	Uki-otoshi

Dai-gokyo (group 5)

							
Osoto-guruma	Uki-waza	Yoko-wakare	Yoko-guruma	Ushiro-goshi	Ura-nage	Sumi-otoshi	Yoko-gake