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Osoto Gari "Outer Reap"



1. Begin in right natural stance.
2. Step forward with left foot, so that left foot is slightly past opponent's right foot.
3. Hook right leg sharply against back of opponent's right thigh, while pushing back slightly on opponent's shoulders.
4. Lift opponent's right leg while leaning forward.
5. Hold opponent's sleeve so they fall safely.

De Ashi Harai

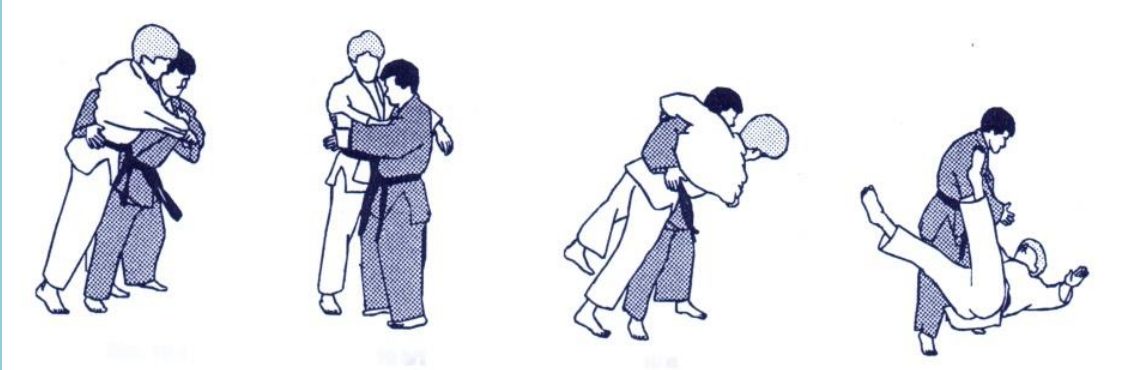
"Forward Foot Sweep"



1. Begin in left natural stance.
2. Step back with right foot, pulling opponent past you.
3. As opponent's right foot steps, sweep the heel with the bottom of your left foot. Try to catch opponent's foot before it touches the floor.
4. Push opponent gently backward as you continue sweeping their foot up and away from you.

Uki Goshi

"Floating Hip Throw"



1. Begin in Right Natural Stance
2. Step in close with right foot, pulling opponent toward you.
3. Wrap right hand around opponent's back, grabbing their belt.
4. Twist slightly to the left, pulling opponent's right arm so they are laying on your right hip.
5. Continue twisting, pulling downward on opponent's right arm and belt so they fall over your hip to the floor.

O Goshi

"Large Hip Throw"



1. Begin in Right Natural Stance
2. Step in close with right foot, pulling opponent toward you.
3. Wrap right hand around opponent's back, grabbing their belt.
4. Step back with left foot, pulling opponent's right arm so they are lying on your right hip.
5. Continue twisting, pulling downward on opponent's right arm and belt so they fall over your hip to the floor.

Hiza Guruma

"Knee Wheel"



Image shows left-footed technique; right-footed is described below

1. Begin in Right Natural Stance
2. Step slightly out with left foot, turning opponent's body to your right like a wheel.
3. Place right foot on opponent's left knee before they can step forward.
4. Continue to turn, lifting opponent's arm and pulling down on their collar, until opponent falls onto their back.

Sasae Tsurikomi Ashi

“Supporting Foot Lift-Pull” or “Foot Wheel”



Image shows left-footed technique; right-footed is described below

1. Begin in Right Natural Stance
2. Turning opponent's body to your right like a wheel, forcing them to step with their left foot.
3. Place right foot on opponent's left foot as they step forward.
4. Continue to turn, lifting opponent's arm and pulling down on their collar, until opponent falls onto their back.

Seoi Nage

"Shoulder Throw"

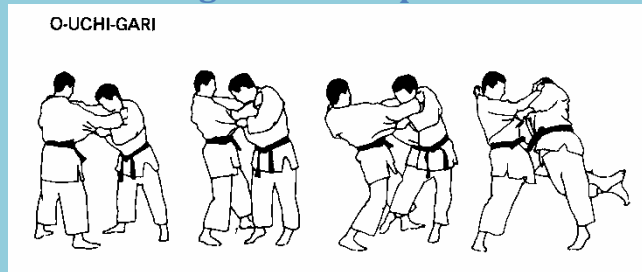


Several versions of Seoi Nage exist, all varying the method of locking the opponent's shoulder in place. The method pictured above is called Ippon Seoi Nage.

1. Begin in Right Natural Stance
2. Step right foot close to opponent's body, turning to your left as you do.
3. Reach right hand under opponent's right arm, grabbing their sleeve at or under the shoulder and lifting opponent onto your shoulder.
4. Step back firmly with your left foot, leaning forward to pull opponent onto your back and shoulder.
5. Continue to pull opponent over your shoulder to fall on their back in front of you.

Ouchi Gari

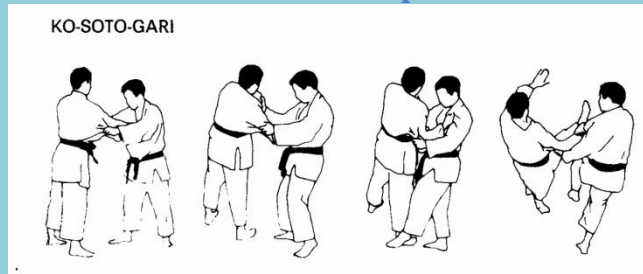
“Large Inner Reap”



1. Begin in Right Natural Stance
2. Pull opponent toward you, sliding your left foot forward to get close to them and turning so your right hip is next to them.
3. Point the toes of your right foot and slide it between opponent's legs, hooking it behind their left leg.
4. Lift opponent's left leg and push them back and to your right, causing them to fall on their back.

Kosoto Gari

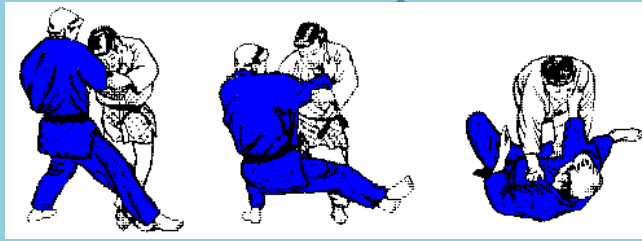
“Small Outer Reap”



1. Begin in Right Natural Stance
2. Break opponent backwards while stepping past them with your left foot.
3. Slide your right foot close to their right foot, turning to face them as you do.
4. Sweep their right heel with your left foot.

Ko-Uchi Gari

“Small Inner Reap”



As always, the small reap is done with the instep/bottom of the foot. This throw may be done equally easily with left or right foot; the left foot is explained below, as it is often the easier to do.

1. Begin in Right Natural Stance
2. Break opponent backward by stepping forward with your left foot.
3. As opponent steps backward with their right foot, reach your left foot in just behind their left heel.
4. Continue to break opponent back and to your left by pushing back and to the left.
5. Reap opponent's left foot with the bottom of your left foot.

Koshi Guruma

“Hip Wheel”



1. Begin in Right Natural Stance
2. Break opponent forward while stepping in with right foot, turning to place your back toward them as you do.
3. Bring right arm over the back of opponent's neck, hugging them against your back.
4. Pull down with left hand and throw with right arm, bringing opponent over your back to land in a back fall.

Tsurikomi Goshi

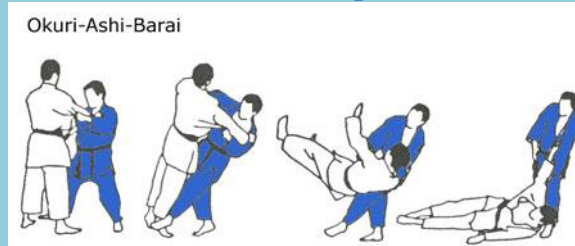
“Lifting-Pulling Hip Throw”



1. Begin in Right Natural Stance
2. Break opponent forward and right by pulling down with your left hand, stepping in as you do so.
3. Bring right hand up under opponent's left arm, grabbing their left elbow.
4. Push your right hip against opponent's stomach, at the same time pulling down with the left hand and lifting with the right hand.
5. Pull opponent over your right hip into a back fall.

Okuri-Ashi-Harai

“Full Foot Sweep”



1. Begin in Right Natural Stance
2. Step to the right, forcing opponent to step with you.
3. As opponent steps, turn them to face to your right and sweep your left foot into the heel of their right foot.
4. Continue to sweep the foot while pulling down and to the left, forcing them into a back fall.

Tai Otoshi

“Body Drop”

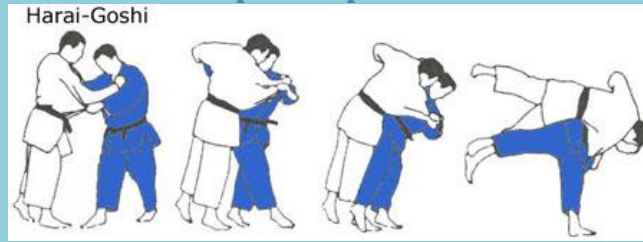


Note that while this looks like a hip technique or a reaping technique, it is not. Tai Otoshi uses the hands only; the right foot is there simply to help the throw and does not move once it is planted.

1. Begin in Left Natural Stance
2. Break opponent forward and to your left by stepping back with the left foot and pulling down with the left hand.
3. Pivot on the right foot and swing the left foot around until your back is to your opponent.
4. Step the right foot in front of opponent's right foot.
5. Pull hard to the left with both hands, spinning the opponent over your right foot (Note that neither the hip nor shoulder makes contact with the opponent at this point).
6. Continue to pull, forcing opponent into a back fall.

Harai Goshi

“Hip Sweep”



The image above shows an alternate hold, gripping the lapel rather than around the back of the neck. Either technique works, but grabbing around the neck is often easier for younger judoka.

1. Begin in Right Natural Stance
2. Break opponent forward and to your left by pulling forward with the right hand and pulling down with the left hand.
3. Step slightly in with the right foot and pivot to the right, reaching your right arm around the back of your opponent's neck.
4. Slide the left foot back in front of opponent's left foot, leaning opponent over your right hip.
5. Lift right leg and sweep opponent's right leg with your thigh/calf as you throw opponent over your right hip.

Uchi Mata



When lifting the right leg at the end of the throw, the leg can be straight or can curl around the opponent's thigh.

1. Begin in Right Natural Stance
2. Break opponent forward and up by lifting and pulling with both hands.
3. Slide left foot back next to opponent's left foot, while lifting right leg out in front.
4. Lean forward and pull opponent onto your right hip, while swinging your right leg back between opponent's legs and into their left thigh.
5. Continue to pull opponent over as you lean forward and lift your right leg, forcing them to fall over your right side.

Kosoto Gake

“Small Outer Hook”



1. Begin in right natural stance.
2. Break opponent forward, forcing them to step with their right foot, then back and to the left, bringing all of their weight onto their heels.
3. Reach your left foot around their right leg and hook just above their right heel.
4. Push them back with both arms while reaping opponent's right foot toward you, forcing them to land on their back.

Tsuri Goshi

"Lifting Hip Throw"

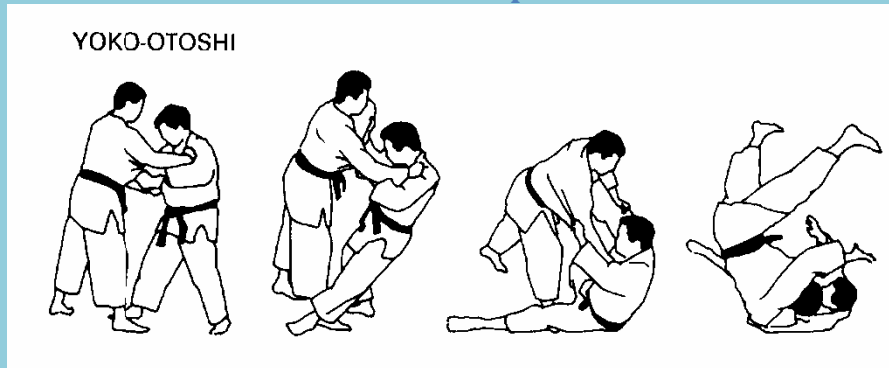


When doing a lifting throw, it is important to bend your knees and get your hips and behind up underneath your opponent. Then, by simply standing up you can lift someone much heavier than you are!

1. Begin in right natural stance.
2. Break opponent forward, then step in close to them with your right foot and reach your right arm either over or under their left arm to grab the back of their belt. *(It does not matter if you reach over or under, but usually, if you are taller than your opponent you will reach over their arm; if you are shorter or the same height, reach under their arm)*
3. Turn to your left and slide your left foot back until it is beside your right foot. Bend your knees and pull your opponent onto your back as you do so.
4. Straighten your legs and lift your opponent off their feet, pulling them to your right so they roll over your right hip and land on their back.

Yoko Otoshi

“Side Drop”



When performing sacrifice throws, such as the Yoko Otoshi, it is important that you perform a smooth, quick fall yourself. It is the weight of your fall that pulls your opponent off balance; if you fall slowly or reach to catch yourself, you will not have enough speed to bring them with you.

1. Begin in right natural stance.
2. Step your right foot deeply toward your opponent, bending your knee so that it extends under them and between their legs.
3. Slide your left foot forward just outside of your opponent's right foot, trying to keep your leg straight and the outside of your foot flat against the floor.
4. Continue sliding your leg forward, falling onto your left hip as you do so.
5. As you fall, pull your opponent over your leg, and onto their back beside you.

With sacrifice throws, it is usually easy to transition immediately into a hold, since you and your opponent are both on the ground. Take advantage of this!

Ashi Guruma

"Leg Wheel"



1. Break balance by stepping forward with left foot, forcing opponent to step back with their right foot.
2. Pivot to the left, extending your right leg in the air past opponent's right knee. Do not place foot on the ground.
3. Pull opponent down and to the left, so they twist over your right leg.

Hane Goshi

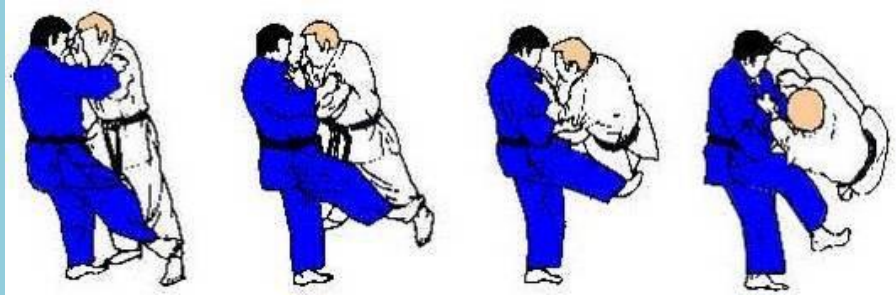
"Spring Hip Throw"



1. Break opponent's balance forward by stepping back or pulling opponent toward you.
2. Step left foot next to opponent's left foot, place right foot next to opponent's right foot with only toes touching the floor and right leg bent at the knee. Reach around the back of opponent's neck or hold tightly to collar with right hand.
3. Pull opponent onto your hip while 'springing' your right leg out and back, knocking their right leg into the air.
4. Pull with left arm and roll opponent over your hip and leg to the floor.

Harai Tsuru Komi Ashi

"Lift-Pull Foot Sweep" or "Lifting Foot Sweep"



1. Force opponent to walk backwards.
2. When opponent's left foot is in front about to step, use your right foot to push it back and to your right, forcing them to take a large step.
3. Lift opponent's gi and sweep their right foot with your left, knocking both feet into the air.

Kata Guruma

"Shoulder Wheel"



1. Break opponent's balance forward and lift with your left arm to force them onto their toes.
2. Step your right feet between opponent's legs, ducking down to wrap right arm around opponent's right thigh. Bend deeply at the knees with feet spread wide, keeping back as straight as possible.
3. Keeping back straight, stand so that opponent is lying across your shoulders.
4. Drop your left shoulder and lift with your right hand so opponnet flips off your shoulders to the ground.

Tomoe Nage

"Circle Throw"



1. Break opponent forward while stepping your left foot deep between their feet, bending your left knee.
2. Grab opponent's collar with both hands and place right foot on opponent's left hip, in front, right below their belt.
3. Roll back onto your back, pulling opponent forward and using your right leg to keep their hips up (place left foot on opponent's right hip if needed to keep them elevated).
4. Without stopping your roll, push with right foot so that opponent's hips flip over your head and opponent lands on the mat behind your head.

Sumi Gaeshi

"Corner Reversal"



1. From natural stance, grab opponent's right elbow with your right hand and pull so that their right hand is tucked under your right armpit. Lock hand in place with your right arm.
2. Step left foot behind opponent's left foot while wrapping left arm over opponent's trapped arm, to grab their belt on their left side. Feet should be wide, and opponent should be bent forward.
3. Step right foot next to left foot, allowing you to roll onto your back, pulling opponent across you with their belt. Lift with your left foot as you fall, so that opponent's left foot is kicked into the air and they flip over you.

Alternate Method

1. During a foot sweep or other throw where you are falling backward and opponent is facing you, pull opponent toward you as you fall backward.
2. Place your right foot on their left leg and kick up while pulling, flipping them over you like a Tomoe Nage.

Tani Otoshi

"Valley Drop"



1. Break opponent backward while stepping your left foot behind their right, so they cannot step backwards.
2. Grab their right shoulder with your left hand, and shoot left foot out past opponent's left foot, so that you fall to your left side.
3. Pull opponent backward as you fall, forcing them to drop to the ground.

Sukui Nage

"Scoop Throw"



1. Break opponent forward, so their left foot is in front. At the same time, break their grip on your right sleeve.
2. Duck under opponent's left arm and step right foot behind them, bending your right knee to create a 'bench' that opponent could sit on.
3. Grab opponent's legs at the upper thighs, right hand on their right thigh, left hand on their left.
4. Stand and lift opponent's legs, forcing them to roll over your right leg onto their back.
5. Alternately, stand and lift opponent into the air by their hips, then drop them onto their back.

Note: Sukui Nage is not always tournament-legal, as it involves grabbing the legs (which can be a penalty). Also, the risk of opponent's striking the back of their head is higher with this throw.