

“Gokyo” – 67 Throws of the Kodokan

Known As The “Gokyo No Waza”

1895 saw a major step in the acceptance and standardisation of Judo technique. Japanese society was accepting Judo as the Martial Art to unify the nation. Kano himself was working towards the future of Judo being accepted as part of the National Schools Physical Education Program.

By now, Judo had established itself against many of the old Jujutsu Ryu (Schools) of the day in Shiai (Contest) and Judo was now being seen as an acceptable art by the older generations that anyone could practice rather than the violent methods that were still thought of in older Jujutsu arts of the warring Samurai classes.

Until 1894 the management of the Kodokan had been handled solely by Kano, however membership had gotten so large that he could no longer cope alone and the Kodokan Council was set up, consisting of his senior students, to assist him in its running.

Of these senior students Yokoyama, Yamashita, Nagaoka and Itsuka assisted Kano in codifying Judo’s pedagogy in the “Gokyo No Waza” (“Go meaning Five, “Kyo” meaning Teaching Principles and “No Waza” meaning – “Of Technique”) or Five Sets Of Techniques. Together they eliminated dangerous techniques and only included throwing techniques (Nage Waza). Judo was now to be taught in a well-structured process. Standing techniques were organized into five sets ranking from less strenuous to technically difficult to more advanced.

The original 1895 Gokyo No Waza consisted of the following 42 throws in order.

The 1895 “Gokyo No Waza”

Dai Ikkyo 1 st Group – 7 Throws	Dai Nikkyo 2 nd Group – 7 Throws	Dai Sankyō 3 rd Group – 7 Throws	Dai Yonkyō 4 th Group – 10 Throws	Dai Gokyo 5 th Group – 11 Throws
Hiza Guruma	Sumi-gaeshi	Okuri Ashi Harai	Uki Otoshi	Yoko Guruma
Sasae Tsurikomi Ashi	O Goshi	Harai Goshi	Uki Waza	Yoko Wakare
Uki Goshi	Ko Soto Gari	Ushiro Goshi	Daki Wakare	Uchi Makikomi
Tai Otoshi	Koshi Guruma	Ura Nage	Kata Guruma	Ko Uchi Gari
O Soto Gari	Seoi Nage	Uchi Mata	Hikikomi Gaeshi	Ashi Guruma
De Ashi Harai	Tomoe Nage	Obi Otoshi	Soto Makikomi	Seoi Otoshi
Yoko Otoshi	Tani Otoshi	Hane Goshi	Tsuri Goshi	Yoko Gake
			Utsuri Goshi	Harai Tsurikomi Ashi
			O Soto Otoshi	Yama Arashi
			Tawara Gaeshi	O Soto Guruma
				Tsurikomi Goshi

However note that Tsurikomi Goshi at the end of group 5 was not actually stipulated in the 1895 Gokyo No Waza but seems to have been included in the 1911 records. (Kodokan Source)

This Kodokan Judo syllabus would not be revised until 1920, when a dozen of the most prestigious Judoka of the time gathered for several days to review the “Gokyo No Waza” and analyse and perfect certain technical concepts. This gathering decided that the “Gokyo No Waza” would consist of only 40 throws in 5 groups of 8 throws. Eight throws from the previous original 1895 Gokyo were discarded (see notes later on “Habukareta Waza”) and a further 6 throws not in the original 1895 Gokyo included.

The 6 throws introduced being : -

1. O Uchi Gari
2. Ko Soto Gake
3. Hane Makikomi
4. Sukui Nage
5. O Guruma
6. Sumi Otoshi

The ordering and arrangement of the throws within the groups were also altered. Readers please note and compare the 1920 Gokyo groups with the 1895 Gokyo.

The 1920 “Gokyo No Waza”

Dai Ikkyo 1 st Group – 8 Throws	Dai Nikkyo 2 nd Group – 8 Throws	Dai Sankyō 3 rd Group – 8 Throws	Dai Yonkyō 4 th Group – 8 Throws	Dai Gokyo 5 th Group – 8 Throws
De Ashi Harai	Ko Soto Gari	Ko Soto Gake	Sumi Gaeshi	O Soto Guruma
Hiza Guruma	Ko Uchi Gari	Tsuri Goshi	Tani Otoshi	Uki Waza
Sasae Tsurikomi Ashi	Koshi Guruma	Yoko Otoshi	Hane Makikomi	Yoko Wakare
Uki Goshi	Tsurikomi Goshi	Ashi Guruma	Sukui Nage	Yoko Guruma
O Soto Gari	Okuri Ashi Harai	Hane Goshi	Utsuri Goshi	Ushiro Goshi
O Goshi	Tai Otoshi	Harai Tsurikomi Ashi	O Guruma	Ura Nage
O Uchi Gari	Harai Goshi	Tomoe Nage	Soto Makikomi	Sumi Otoshi
Seoi Nage	Uchi Mata	Kata Guruma	Uki Otoshi	Yoko Gake

This 1920 “Gokyo No Waza” formed the structure of the Kodokan Judo syllabus for 60 years, however around the 100th anniversary of the founding of the Kodokan in 1982, a further review of the “Gokyo No Waza” took place.

The group of 8 throws discarded in the 1920 review from the original 1895 Gokyo were re-instated under a separate 6th group called the “Habukareta Waza” or “Preserved Technique”.

This group consisted of the following 8 throws in order.

1982 “Habukareta Waza” – “Preserved Technique”

1. Obi Otoshi
2. Seoi Otoshi
3. Yama Arashi
4. Osoto Otoshi
5. Daki Wakare
6. Hikikomi Gaeshi
7. Tawara Gaeshi
8. Uchi Makikomi

In addition to the “Habukareta Waza” or “Preserved Technique” group, a 7th group was created called the “Shinmeisho No Waza” or “Newly Accepted Techniques”. This group consisted of 17 newer throwing techniques that had become officially recognised by the Kodokan as Kodokan Judo throws.

1997 saw a minor alteration again to the “Gokyo No Waza” in the “Shinmeisho No Waza” group with the introduction of a further 2 newly accepted throws being officially recognised by the Kodokan.

The following list represents in order the 1982 “Shinmeisho No Waza” of the “Gokyo No Waza”. Readers please note the last 2 throws introduced in 1997.

1982 “Shinmeisho No Waza” – “Newly Accepted Techniques”

1. Morote Gari	10. Uchi Mata Gaeshi
2. Kuchiki Taoshi	11. Hane Goshi Gaeshi
3. Kibisu Gaeshi	12. Kani Basami
4. Uchi Mata Sukashi	13. O Soto Makikomi
4. Daki Age	14. Kawazu Gake
5. Tsubame Gaeshi	15. Harai Makikomi
6. Kouchi Gaeshi	16. Uchi Mata Makikomi
7. Ouchi Gaeshi	17. Sode Tsurikomi Goshi (1997)
8. O Soto Gaeshi	19. Ippon Seoi Nage (1997)
9. Harai Goshi Gaeshi	

Readers note the amount of “Gaeshi Waza ” – counter or reversal techniques now accepted as official throws. Many of these throws were at one time deemed “Kuzure” or modified, variants of existing throws. However many of them has become successful used on a regular basis within international competition for them to be accepted as distinct throws in their own right.

Today’s the practice of Kodokan Judo’s “Gokyo No Waza” actually consists of 7 groups containing the 5 groups of the 1920 Gokyo No Waza, the “Habukareta Waza” or “Preserved Technique” group and the The “Shinmeisho No Waza” or “Newly Accepted Techniques” group.

These sixty-seven techniques have become known as "The 67 Recognised Techniques of Kodokan Judo." Currently they are the only throwing techniques (Nage Waza) recognised by the Kodokan. There are, of course, other throws including variations and the International Judo Federation recognises a separate list containing many more.

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