

**APPENDIX C: Nage waza (continued)**

<u><i>Gokyo</i></u>	<u><i>Shimmeisho no waza</i></u>
<b><u>YOKO-SUTEMI-WAZA</u></b>	
Uki-waza	Osoto-makikomi
Yoko-gake	Uchi-mata-makikomi
Yoko-guruma	Harai-makikomi
Tani-otoshi	
Yoko-wakare	* Kani-basami (prohibited waza)
Yoko-otoshi	* Kawazu-gake (prohibited waza)
Hane-makikomi	
Soto-makikomi	<i>Daki-wakare (IJF)</i>
Uchi-makikomi	
<b><u>KATAME-WAZA</u></b>	
<b><u>OSAE-KOMI-WAZA</u></b>	
Hon-kesa-gatame	<i>Uki-gatame (IJF)</i>
Kuzure-kesa-gatame	<i>Ura-gatame (IJF)</i>
Kata-gatame	
Kami-shiho-gatame	
Kuzure-kami-shiho-gatame	
Yoko-shiho-gatame	
Tate-shiho-gatame	
<b><u>SHIME-WAZA</u></b>	
Nami-juji-jime	Katate-jime
Kata-juji-jime	Ryote-jime
Gyaku-juji-jime	Sode-guruma-jime
Hadaka-jime	Tsukkomi-jime
Okuri-eri-jime	Sankaku-jime
Kata-ha-jime	* Do-jime (prohibited waza)
<b><u>KANSETSU-WAZA</u></b>	
Ude-garami	<i>Koshi-jime (IJF)</i>
Ude-hishigi-juji-gatame	
Ude-hishigi-ude gatame	
Ude-hishigi-hiza-gatame	
Ude-hishigi-waki-gatame	

