

# Kodokan Go-Kyo

## Set 1



De-ashi-harai



Hiza-guruma



Sasae-tsurikomi-ashi



Uki-goshi



Osoto-gari



O-goshi



Ouchi-gari



Seoi-nage

## Set 2



Kosoto-gari



Kouchi-gari



Koshi-guruma



Tsurikomi-goshi



Okuri-ashi-harai



Tai-otoshi



Harai-goshi



Uchi-mata

## Set 3



Kosoto-gake



Tsurigoshi



Yoko-otoshi



Ashi-guruma



Hane-goshi



Harai-tsurikomi-ashi



Tomoe-nage



Kata-guruma

## Set 4



Sumi-gaeshi



Tani-otoshi



Hane-makikomi



Sukui-nage



Utsuri-goshi



O-guruma



Soto-makikomi



Uki-otoshi

## Set 5



Osoto-guruma



Uki-waz



Yoko-wakare



Yoko-guruma



Ushiro-goshi



Ura-nage



Sumi-otoshi



Yoko-gake