

Tachi-Waza (Standing Techniques)				
Nage-Waza (Throwing Techniques)			Sutemi-waza (Sacrifice Techniques)	
Te-waza (Hand Techniques)	Koshi-waza (Hip Techniques)	Ashi-waza (Foot Techniques)	Ma-sutemi-waza (Forward Sacrifice Techniques)	Yoko-sutemi-waza (Side Sacrifice Techniques)
Ippon-seoi-nage	O-goshi	De-ashi-harai	Tomoe-nage	Yoko-otoshi
Morote-seoi-nage	Uki-goshi	Hiza-guruma	Sumi-gaeshi	Tani-otoshi
Tai-otoshi	Koshi-guruma	Sasae-tsurikomi-ashi	Ura-nage	Hane-makikomi
Kata-guruma	Tsurikomi-goshi	O-soto-gari	Hikikomi-gaeshi	Soto-makikomi
Sukui-nage	Harai-goshi	O-uchi-gari	Tawara-gaeshi	Uki-waza
Uki-otoshi	Tsuri-goshi	Ko-soto-gari		Yoko-wakare
Sumi-otoshi	Hane-goshi	Ko-uchi-gari		Yoko-guruma
Obi-otoshi	Utsuri-goshi	Okuri-ashi-harai		Yoko-gake
Seoi-otoshi	Ushiro-goshi	Uchi-mata		Daki-wakare
Yama-arashi	Sode-tsurikomi-goshi	Ko-soto-gake		Uchi-makikomi
Morote-gari		Ashi-guruma		Osoto-makikomi
Kuchiki-taoshi		Harai-tsurikomi-ashi		Uchi-mata-makikomi
Kibisu-gaeshi		O-guruma		Harai-makikomi
Uchi-mata-sukashi		O-soto-guruma		<i>Kani-basami (prohibited)</i>
Ko-uchi-gaeshi		O-soto-otoshi		<i>Kawazu-gake (prohibited)</i>
		Tsubame-gaeshi		
		O-soto-gaeshi		
		O-uchi-gaeshi		
		Hane-goshi-gaeshi		
		Harai-goshi-gaeshi		
		Uchi-mata-gaeshi		

Ne-waza or Katame-Waza (Mat Techniques)		
Osaе-waza (Pin Techniques)	Shime-waza (Choking Techniques)	Kansetsu-waza (Joint Lock Techniques)
Kesa-gatame	Okuri-eri-jime	Ude-garami
Yoko-shiho-gatame	Kata-ha-jime	Ude-hishigi-juji-natame
Kami-shiho-gatame	Hadaka-jime	Ude-hishigi-ude-natame
Tate-shiho-gatame	Nami-juji-jime	Ude-hishigi-hiza-natame
Kata-gatame	Gyaku-juji-jime	Ude-hishigi-waki-natame
Kuzure-kesa-gatame	Kata-juji-jime	Ude-hishigi-hara-natame
Kuzure-kami-shiho-gatame	Sode-guruma-jime	Ude-hishigi-ashi-natame
	Kata-te-jime	Ude-hishigi-te-natame
	Ryo-te-jime	Ude-hishigi-sankaku-natame
	Tsukkomi-jime	<i>Ashi-garami (prohibited)</i>
	Sankaku-jime	
	<i>Do-jime (prohibited)</i>	

*Note: Ude-hishigi- is added to the formal names of the kansetsu-waza.