

67 throws of kodokan judo

67 throws of Kodokan Judo represent a comprehensive arsenal of techniques in the traditional Japanese martial art of judo. Developed by Jigoro Kano in the late 19th century, judo emphasizes the principles of balance, leverage, and movement. The 67 throws, known as "nage-waza," are categorized into various groups based on their execution and principles. This article provides an in-depth exploration of these throws, their classifications, and their significance in judo practice and competition.

Understanding Kodokan Judo

Kodokan Judo, founded in 1882, is not just a martial art but a way of life for many practitioners. Its philosophy centers around mutual welfare and benefit, which extends beyond physical training to encompass mental and moral development. The throws form a core part of judo, serving as essential techniques for both self-defense and sport.

The Importance of Nage-Waza

Nage-waza, or throwing techniques, are critical in judo for several reasons:

- Control: Mastering throwing techniques enables a judoka to control their opponent's movement and balance.
- Skill Development: Practicing throws develops coordination, timing, and spatial awareness.
- Competition Success: Throws are often decisive in judo matches, as the ability to execute a clean throw can lead to immediate victory.

Classification of the 67 Throws

The 67 throws of Kodokan Judo can be broadly categorized into several groups. Understanding these categories provides a structured approach to learning and mastering the techniques.

1. Te-waza (Hand Techniques)

Te-waza involves throws that primarily utilize the hands. These techniques often involve pulling, pushing, or lifting an opponent off balance. Notable techniques in this category include:

1. Ippon Seoi Nage - One-arm shoulder throw.
2. Morote Seoi Nage - Two-arm shoulder throw.
3. Tai Otoshi - Body drop.
4. Sumi Gaeshi - Corner reversal.

2. Koshi-waza (Hip Techniques)

Koshi-waza employs the hip as a fulcrum to throw an opponent. These techniques capitalize on leveraging body weight and positioning. Key throws in this category include:

1. O Goshi - Major hip throw.
2. Haraigoshi - Sweeping hip throw.
3. Koshi Guruma - Hip wheel.
4. Uki Goshi - Floating hip throw.

3. Ashi-waza (Foot Techniques)

Ashi-waza focuses on the feet and legs to off-balance and throw an opponent. These techniques often involve sweeping or tripping. Important throws in this category include:

1. Uchi Gari - Major inner reap.
2. Kouchi Gari - Minor inner reap.
3. Sasae Tsurikomi Ashi - Propping lifting foot technique.
4. De Ashi Barai - Advanced foot sweep.

4. Sutemi-waza (Sacrifice Techniques)

Sutemi-waza involves sacrificing one's own balance to throw the opponent. These techniques can be risky but are effective when executed correctly. Key techniques include:

1. Tomoe Nage - Circle throw.
2. Yoko Sutemi Waza - Side sacrifice techniques.
3. Ushiro Nage - Back throw.

5. Other Notable Throws

In addition to the main categories, there are various other significant throws that judokas should be familiar with:

- Kuzushi: The principle of off-balancing the opponent.
- Tachi Waza: Standing techniques.
- Ne Waza: Ground techniques, which, while not throwing techniques, are essential in judo practice.

Learning and Mastering the 67 Throws

Mastering the 67 throws of Kodokan Judo is a gradual and systematic process. Here are some effective strategies for learning these techniques:

1. Structured Training

- Enroll in a Judo Class: Joining a local dojo with qualified instructors can provide structured learning.
- Progressive Learning: Start with fundamental techniques before moving on to advanced throws.

2. Regular Practice

- Repetition: Regularly practicing each throw helps to embed the techniques into muscle memory.
- Drilling with Partners: Working with training partners allows for practical application and feedback.

3. Video Resources and Literature

- Instructional Videos: Watching experienced judokas demonstrate techniques can provide visual learning.
- Books and Manuals: Reading about the philosophy and mechanics of throws can deepen understanding.

Significance of the 67 Throws in Competition

In competitive judo, the ability to execute throws effectively is crucial. Here's why the 67 throws are significant in a competitive context:

1. Scoring

- Ippon: A clean, decisive throw that lands the opponent on their back scores the maximum point.
- Waza-ari: A near-perfect throw that does not achieve ippon can still earn points.

2. Strategy and Tactics

- Variety: Knowing a wide range of throws allows judokas to adapt their strategy based on their opponent's style and weaknesses.
- Counter Techniques: Understanding various throws enables judokas to counteract their opponent's throws effectively.

3. Psychological Edge

- Confidence: Mastery of throwing techniques can boost a judoka's confidence during competition.
- Intimidation: A well-executed throw can intimidate opponents, shifting the psychological advantage.

Conclusion

The **67 throws of Kodokan Judo** are not merely a collection of techniques but represent a comprehensive system of movement and control. Through dedication and practice, judokas can master these throws, enhancing their skills on the mat and their understanding of judo's underlying principles. Whether for self-defense, sport, or personal development, the mastery of these throws can significantly impact a judoka's journey in the art of judo.

Frequently Asked Questions

What are the '67 throws of Kodokan Judo'?

The '67 throws of Kodokan Judo' refer to the standardized list of judo techniques recognized by the Kodokan, which includes various types of throws, joint locks, and pins.

Why are the '67 throws' significant in judo training?

These throws are significant because they form the foundation of judo techniques, helping practitioners develop skills in balance, leverage, and timing essential for effective judo practice.

How are the 67 throws categorized?

The throws are typically categorized into different groups such as tachi-waza (standing techniques), nage-waza (throwing techniques), and katame-waza (grappling techniques), among others.

What is the difference between nage-waza and katame-waza?

Nage-waza refers specifically to throwing techniques used to take an opponent to the ground, while katame-waza encompasses techniques used to control an opponent on the ground, including pins and submissions.

Are all 67 throws practical for self-defense?

While many of the 67 throws can be effective in self-defense scenarios, their practicality often depends on the context and the practitioner's skill level, as some throws may require specific setups or conditions.

How has the list of 67 throws evolved over time?

The list has evolved as judo has developed, with new techniques being added and others being modified or removed based on changes in training methods, competition rules, and the input of judo masters.

Can beginners learn all 67 throws?

While beginners are introduced to fundamental techniques, mastering all 67 throws usually requires

years of practice and is typically approached gradually through progressive training.

What role do the 67 throws play in judo competitions?

In judo competitions, athletes utilize the 67 throws to gain an advantage over their opponents, aiming to score points through effective execution and control during matches.

How can practitioners effectively practice the 67 throws?

Practitioners can effectively practice the 67 throws through repeated drilling with a partner, focusing on proper technique, balance, and timing, as well as incorporating randori (free practice) to apply the techniques in realistic scenarios.

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