

Japanese	English	Description
<b>Type of Technique: Ashi-Waza (foot technique)</b> Count: 1		
Ko-soto-gari	Minor outer reap	A foot sweep that involves reaping the opponent's leg from the outside as they step or are off-balance.
<b>Type of Technique: Shime Waza ( strangling techniques)</b> Count: 11		
Gyaku-juji-jime	Reverse cross strangle	A cross choke where both palms face the chest to apply a gi-based choke.
Hadaka-jime	Naked strangle	The rear-naked choke, a fundamental chokehold applied from behind the opponent without using the gi.
Kata-juji-jime	Half cross strangle	A cross choke where one palm faces the chest and the other faces away, tightening a gi-based choke.
Kataha-jime	Single-wing strangle	A chokehold applied from the rear, controlling one of the opponent's arms and using a lapel to apply pressure to the carotid artery.
Katate-jime	Single-handed strangle	A single-handed choking technique that can be used from various positions.
Nami-juji-jime	Normal cross strangle	A cross choke where the backs of both hands face the chest to apply a gi-based choke.
Okuri-eri-jime	Sliding collar strangle	A blood choke applied from behind, using one lapel to tighten the choke against the opponent's neck.
Ryote-jime	Two-handed strangle	A general term for a two-handed choke, often applied directly to the opponent's neck.
Sankaku-jime	Triangle choke	A chokehold using the legs to form a triangle and constrict the opponent's neck and arm.
Sode-guruma-jime	Sleeve wheel strangle	The "Ezekiel choke," which uses the gi sleeve to constrict the opponent's neck.
Tsukkomi-jime	Thrusting strangle	A choke using a gi lapel that is thrust deep into the opponent's neck to apply pressure.
<b>Type of Technique: Sutemi-Waza (sacrifice technique)</b> Count: 3		
Sumi-gaeshi	Corner reversal	A sacrifice throw where you roll backward, using the opponent's momentum to flip them over your legs.
Tani-otoshi	Valley drop	A counter throw where you block the opponent's legs with your own and drop to the side, throwing them backward over your body.
Ura-nage	Rear throw	A powerful sacrifice throw where you lift and throw the opponent backward over your shoulder.