

SHIN-KOKUSAI-SHIAIWAZA

(Classification of Innovative International Competition Techniques)



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Roy Inman holds the grade of 8th Dan, he is a Director of the British Judo Association, and is currently Chairman of the Promotion and Honours Commission as well as Chairman of the Education and Development Commission. He was the British Judo Association National Coach for over 15 years, has coached at 4 Olympic Games, and his players have won 6 Olympic Medals and 13 World

Championships. He has been the High Performance Judo Coach at the University of Bath since 1999, was awarded the UK Coach of the Year in 1991, the OBE from HM the Queen in 1992 and a Full Blue from the University of Bath in 2001.

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All judo techniques have their variations. For example, the 'circle throw' (tomoe-nage) may be performed either in the traditional way or to the side. This raises the issue of whether the two methods should be named as separate techniques. One school of thought is that they are simply variations on the same technique, while the other presents the view that, although the basic principle of the two variations may be similar, the different grip or direction of movement justifies them being regarded as distinct techniques (in this case, the 'circle throw to the side' should be called yoko-tomoe-nage).

There is no single definitive list of officially recognised techniques. The Kodokan lists 96 official techniques (comprising 67 throws and 29 other techniques), while the International Judo Federation currently recognises 99 techniques.

This presentation supports the case for specifying and naming contest waza that have previously only been recognised as variations of the established techniques. The rationale for this is that it will assist coaches in the teaching and demonstration of contest techniques. To give an example; any leg-grabbing action (one of the highest scoring actions in major tournaments) will be termed simply 'ashi-dori', but the specific variation used may require different direction of force and/or hand placement.

This presentation also questions the increasing use of the name of the pioneering judoka in the nomenclature of new techniques. It is often practical in sports such as gymnastics (and especially when techniques are named differently according to the language of individual competing countries), to name a technique after the first athlete who used it in competition rather than adding a long-winded description onto the basic technique from which it was derived. However, the Japanese nomenclature used for Judo waza is not only standard across all competing countries but also provides a highly efficient description of any technique.

The names used to describe the techniques in this research poster are not intended to be definitive, merely indicative. The paper proposes that appropriate bodies such as the International Judo Federation or the Kodokan should look towards expanding the number of officially recognised techniques and addressing the issue of the correct names rests with them.

The British Judo Association have created an additional section for their technical dan grading system, "Contest waza", which is based on the concepts proposed in this presentation.



1 Mae-daki-uranage
Front hug rear throw



2 Kata-sode-ashi-tsurikomi-goshi
Single sleeve and leg lifting drawing hip



3 Kata-sode-seoi-otoshi
Single sleeve shoulder drop



4 Kata-eri-sode-tsurikomi-goshi
Single lapel sleeve lifting drawing hip



5 Ryo-ashi-tomoenage
Two feet circle throw



6 Uchi-ashi-dori-tani-otoshi
Inside leg grab valley drop



7 Soto-mata-seoi-otoshi
Outer thigh Shoulder drop



8 Morote-eri-seoinage
Two handed lapel shoulder



9 Ashi-hara-gatame
Leg stomach arm lock



10 Ryo-hiza-seoi-otoshi
Two knee shoulder drop



11 Hiza-soto-muso
Knee outer leg



12 Kata-te-ashi-koshi-jime
Single hand/leg hip strangle



13 Daki-kosoto-gake
Hug minor hook



14 Yoko-tomoenage
Side circle throw



15 Yoko-kata-guruma-otoshi
Side Shoulder wheel body drop



16 Mae-hiza-uranage
Facing knee lifting rear throw



17 Ryo-hiza-kata-guruma
Two knee shoulder wheel



18 Kata-soto-ashi dori
Single outer leg grab



19 Uchi-kibusu-geashi
Inner heel trip



20 Soto-kibusu-geashi
Outer heel trip



21 Kata-uchi-ashi-dori
Single inner leg grab



22 Morote-kata-sode-tai-otoshi
Two hand single sleeve body drop



23 Soto-ashi-dori-ouchi-gari
Outside leg grab inner sweep



24 Ko-uchi-gake-mata-makikomi
Minor inner thigh winding throw



25 Kata-hiza-te-ouchi-gake-ashi-dori
Single knee hand inside hook



26 Kata-hiza-tai-otoshi
Single knee body drop



27 Ushiro-hiza-ura-nage
Rear knee lift



28 Kata-ashi-tai-otoshi
Single leg hand throw body



29 Name that throw



30 Name that throw

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