

Judo forbidden techniques

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Kinshi Waza

Judo's forbidden techniques inherited from jujutsu but learned through kata.



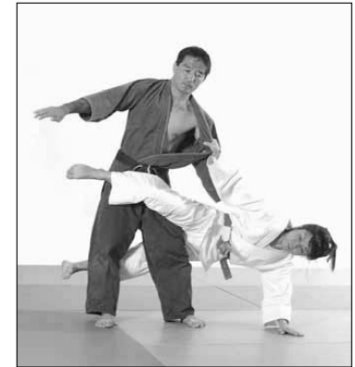
Tawara-gaeshi



Do-jime



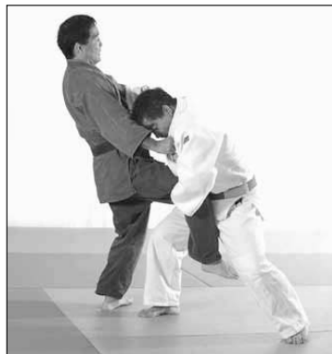
Kata-guruma



Kani-basami



Daki-age



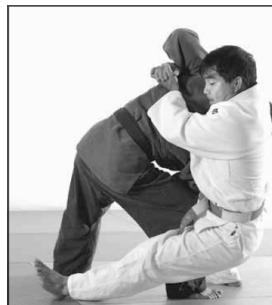
Kuchiki-taoshi against Kata-guruma



Morote-gari



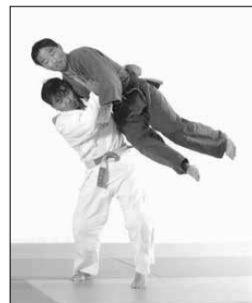
Ryo-te-jime



Crank counter against Kata-guruma



Obi-otoshi



Utsuri-goshi



Kibisu-gaeshi



Kawazu Gake



Kuchi-Makikomi



Locking Kata-guruma

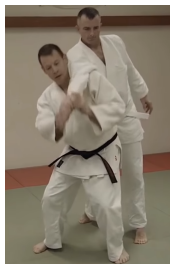


Locking Ippon-seoi-nage



New versions

Some techniques have been modified to follow the IJF rules.



Locking Ippon-seoi-nage

Do not lock the arm



Kata-guruma

Do not grab the leg



Utsuri-goshi

Do not pause on top



Kawazu gake

Do not lock the knee



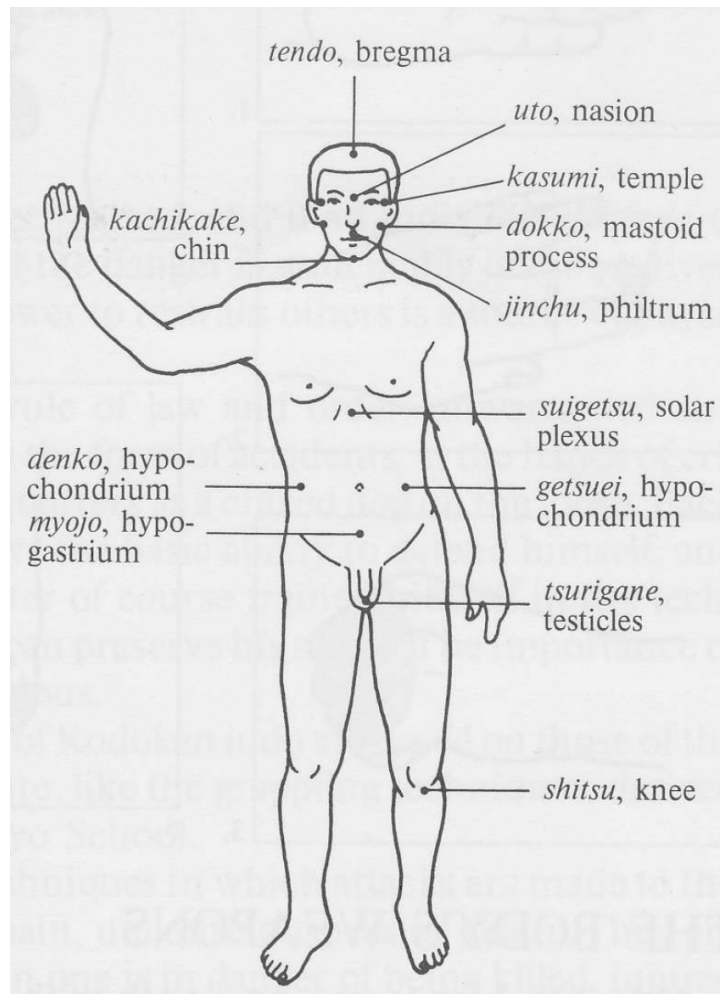
Utsuri-goshi



Judo is the study of techniques with which you may kill if you wish to kill, injure if you wish to injure, subdue if you wish to subdue, and, when attacked, defend yourself.

Jigoro Kano, Founder of Kodokan Judo

Vital points



The result of making forceful contact with a vital point can be pain, loss of consciousness, coma, disablement or death. Ate-waza are practiced in kata, never in randori.

Ate or Atemi

Ude-Ate-Waza: Arm strike techniques

Ashi-Ate-Waza: Foot or leg strike techniques

Atemi waza

Judo was made in a way that we could do it all day and also for educational purposes. While Kano didn't want to see unnecessary strikes in randori after the grappling or the throw, these techniques exist and are learned through kata only due to their lethal power.



Ude Ate Waza against a wakizashi attack



Kusure-keza-gatame against a wakizashi attack



Ude Ate Waza after Wrist lock



Ude Ate Waza after Ippon-seoi-nage



Groin strike



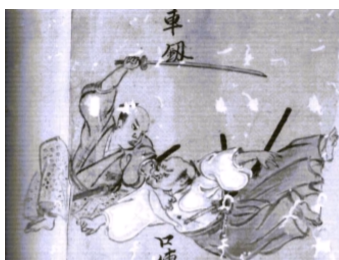
Kagato Ate Waza



Hiza gashira Ate



Sekito Ate



Okuri-eri-jime and katana finish



Yubisaki Ate



Kagato Ate