

Nage No Te

Throwing Techniques

Deashi Harai

Translation: Advanced Foot Sweep

Notes: With Uke walking toward you, when you would step back with your left, leave it in front of you and wait until Uke is just about to set his right foot down. Then with your left foot, sweep his right foot just before he places his weight on it. The arch of your foot should fit over his instep. As you remove his right leg, pull his left shoulder to yours and turn to face your left. Uke lands on his left side. Take a defensive posture.

Sasae Ashi

Translation: Stopping Foot/Leg

Notes: From a referee's position, Uke walking toward you. When you step back with your right, turn your heel out. Leave your left foot in front of his advancing right foot, and stop it at the foot or ankle with your arch. As Uke continues forward, turn out to face your left and keep pulling out on his sleeve, circling it as he goes over with your left hand, and pushing his lapel through with your right hand.

Okuri Harai

Translation: Sending Sweep

Notes: From a referee's position, shuffle step to the right. On the third step, just as Uke brings his feet together, sweep Uke's right foot into his left with the instep of your left foot. Push to the left with your right hand and pull to the right with your left hand.

Soto Gama

Translation: Outside Sickle

Notes: From a referee's position, you are walking toward Uke. As he steps back with his left foot, step deeper and wider than usual with your right foot. Scoop up Uke's right foot with the top of your left foot and kick it out "behind" Uke while simultaneously pulling Uke's left shoulder to yours.

Uchi Gama

Translation: Inside Sickle

Notes: From a referee's position, you are walking toward Uke. When he steps back with his left foot, pull him forward and plant him on his right foot. Step in with your right foot's arch behind Uke's right heel so that your right knee is to the outside of Uke's. As you drop your right knee forward and pivot it clockwise, you will lock his knee. Push him back to complete the throw.

Soto Momo Harai

Translation: Outside Thigh Sweep

Notes: From a referee's position, step across Uke's body with your right foot so that it is one of your foot's lengths in front of his right foot. As you step, reach under his left arm and around his body up toward his right shoulder (or you may keep the lapel, and lift your right elbow in his left armpit). Step in with your left foot (heel first) and place it in-between his feet. Lift your right leg, keeping Uke tight, and sweep his right leg from under him and you turn and look to your left. Uke will land on his left side.

Uchi Momo Harai

Translation: Inner Thigh Sweep

Notes: From a referee's position, as you step in with your right foot, Uke squats to counter the throw. Step in with your left foot in the center of his feet, with your arm wrapped around his body or on his lapel with your elbow in his armpit. Keep Uke tight as you throw a rear kick with your right leg and turn. The kick should lift Uke (using your glute). Keep your right leg straight as Uke goes over.

OGoshi

Translation: Major Hip

Notes: From a referee's position, step in with your right foot in front of Uke's right foot, leaving room for your hips. Lead Uke's right arm up and out and wrap your right arm behind Uke's body to his right shoulder. Step in with your left foot in-between his feet (hidden step), bending your knees on the way in. You should be facing his left front corner, below his center, with him off balance. Continue him over your hips and step back in a defensive position.

Utsuri Goshi

Translation: Changing Hip

Notes: Come in for Ogoshi as above. Uke counters it by hopping over the hip, leading with his right foot. Attempt Ogoshi again, Uke counters again. This time, raise your right leg horizontally in front of him, then turn it over and look behind you, sweeping horizontally with your leg. As Uke hops, the turn and the pull sweep his legs from under him. Uke lands on his left side.

Seoi Nage

Translation: Diagonal Throw

Notes: From a referee's position, step in as Ogoshi. With your right hand, reach under Uke's right arm and grab his gi over his shoulder. Pushing his arm up and out (to keep him high and off balance), turn into him with your hips low. Pivot Uke over your hips as you do a diagonal sword cut with his arm. Step back in a defensive stance.

Ushiro Goshi

Translation: Rear Hip

Notes: Uke attempts Seoi Nage. As he comes in, step back and out (Dragon's tail) with your left foot, push back on his left shoulder (across his neck), and sweep his hips through with your left hand. Allow his throw to do the work.

Seoi Goshi

Translation: Diagonal Hip

Notes: Begin as in OGoshi, but instead of reaching around Uke with your right hand, keep it on Uke's lapel and twist it up, keeping your wrist straight. Throw as in OGoshi, pushing up and out with your right hand.

Tsurikomi Goshi

Translation: Pulling Winding Hip

Notes: Uke attacks with both arms outstretched in front of him. Keep your right foot where it is, and as you pivot on your right foot, step back and out with your left (Dragon's tail) and grab his sleeves from underneath with your thumbs facing up and pointing toward you. Pivot your hips 270 degrees, bend your knees and keep your elbows outside his arms. With your right arm, continue Uke going up and out, and let him pivot over your hips. Release his left arm as he falls on his left side.

Harai Goshi

Translation: Sweeping Hip

Notes: From a referee's position, step across Uke's body with your right foot so that it is one of your foot's lengths in front of his right foot. Wrap your right hand around his back. Pivot in and step with your left directly in-between his feet so that you now both face the same direction. Keeping your right leg straight, lift it out parallel to Uke's hips and turn to face your left keeping Uke tight. Uke will pivot over your glute, and land on his left side.

Hane Goshi

Translation: Springing Hip

Notes: Step in as in Ogoshi. Keeping Uke tight, raise your right leg so that it is horizontal and against Uke's legs. Lean away from Uke looking over your left shoulder, taking his weight on the front of your hips and throw him directly over your body (you should be able to hold Uke in the air for a few seconds).

Uki Otoshi

Translation: Floating Drop

Notes: From a referee's position, step back and around with your left foot (Dragon's tail), leaving your right foot there. As you sit next to Uke, facing the same direction, pull your left hand to your hip and push forward with your right as if throwing a baseball. Uke will do a straight over and land on his left side. This throw should be done with as little effort as possible. Allow the sitting action to do the throw.

Makikomi

Translation: Winding Throw

Notes: From a referee's position, step in with your right foot and shoot your right arm over Uke's right shoulder. Step around with your left foot so that it is outside Uke's. Turn your hips over and drop onto your right knee, turning to look behind Uke. When Uke goes over, sit up straight to help his fall.

Kani Sute

Translation: Crab Sacrifice

Notes: Standing to Uke's left, but facing the same direction, grab his left lapel with your thumb facing down. Lift your right leg across his belt line, and as you put your left hand down, shoot your left leg behind his knees. Scissor your legs to take Uke down. Uke keeps his chin to his chest to protect his head.

Tomoe Nage

Translation: Circle Throw

Notes: From a referee's position, step between Uke's feet with your left foot. While letting your left leg collapse, raise your right leg and place it in the bend of Uke's hip. Sit under Uke, pulling down on his lapel and sleeve, and push him over with your right leg.

Yama Arashi

Translation: Mountain Storm

Notes: Uke steps in with a right punch. Block the punch out with your left hand as you step in with your left foot and strike to Uke's right clavicle with the edge of your right hand. Put your right foot behind Uke's right knee and kick it out sideways as you push his shoulder back and down. When Uke goes down, slide your right knee (bent) under his right arm and grab his lapel as deep as possible with your right hand. Apply an armbar over your knee and a choke by dropping your right elbow. Keep your left leg straight and out to the side to counter balance.

