

Aikijutsu Nage No Kata

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| 1. Osoto Gari: | Pendulum sweep |
| 2. Deashi Harai: | Lower Foot Sweep |
| 3. Uchi Gama: | Inside sickle |
| 4. Uchi Momo Harai: | Inside thigh sweep |
| 5. Yama Arashi: | Mountain storm |