

Advanced Nage No Kata

Forms of throwing

1. Osoto Gari: Pendulum sweep
2. Deashi Harai: Lower foot sweep
3. Uchi Gama: Inside sickle
4. Ogoshi: Major hip throw
5. Dakikubi Goshi: Headlock hip throw
6. Tani Otoshi: Valley Drop
7. Ushiro Goshi: Counter hip throw
8. Seoi Nage: Shoulder throw
9. Seoi Goshi: Cross arm hip throw
10. Tsurikomi Goshi: Lift and pull sleeve hip throw
11. Okuri Harai: Side stepping throw
12. Sasae Ashi: Propping ankle throw
13. Uchi Momo Harai: Inside thigh sweep
14. Soto Momo Harai: Outside thigh sweep
15. Tai Otoshi: Body drop throw
16. Hane Goshi: Bent knee hip throw
17. Uki Otoshi: Floating drop throw
18. Makikomi: Wrapping art
19. Kani Sute: Flying scissors
20. Tomoe Nage: Stomach throw
21. Yama Arashi: Mountain storm