

Oku No Kata
The Deep Arts

1. Deashi Hayanada: Lower foot sweep and armbar
2. Ogoshi Hayanada: Hip throw and armbar (Osoto Gari)
3. Seoi Hayanada: Shoulder throw and armbar (Ude Garamme)
4. Norimi: Counter Ogoshi and choke
5. Sumi Gaeshi: Side circle throw
6. Mizukuguri: Block blow to ears and double leg takedown
7. Maeyamakage: Rear shoulder throw and knee to face
8. Komi Iri: Counter roundhouse kick and patella scoop
9. Kote Gaeshi: Wrist throw
10. Sakanuki: Stomach bump and arm whip
11. Gyakute Nage: Stiff arm throw and choke
12. Hon Tomoe: Circle throw and strangle
13. Katate Tomoe: One arm circle throw
14. Shigarami: Break arm over shoulder and take down
15. Gyaku Shigarami: Hammerlock with one foot
16. Kote Shigarami: Hold opponent down with foot or knee
17. Koguruma: Counter to Mizukuguri
18. Tora Nage: Tiger throw and kick to spine
19. Tora Katsugi: Back to back choke with belt
20. Arashi Otoshi: Storm Drop
21. Hiki Otoshi: Rear throw into fist in knee lock
22. Kinu Katsugi: Side circle shoulder throw
23. Kin Katsugi: Side circle throw on knee
24. Kazaguruma: Wind Wheel, Boston Crab
25. Jigoku Otoshi: Hell Drop