

JUDO THROWS

INSTRUCTION I.

1. De-ashi-barai (Advanced Foot Sweep)
2. Hiza-guruma (Knee Wheel)
3. Sasae-tsuri-komi-ashi (Propping Drawing Ankle Throw)
4. Uki-goshi (Floating Loin)
5. O-soto-gari (Major Outer Reaping)
6. O-goshi (Major Loin)
7. O-uchi-gari (Major Inner Reaping)
8. Seoi-nage -Ippon & Morote (Shoulder Throw)

INSTRUCTION II.

9. Ko-soto-gari (Minor Outer Reaping Ankle Throw)
10. Ko-uchi-gari (Minor Inner Reaping Ankle Throw)
11. Koshi-guruma (Loin Wheel)
12. Tsurikomi-goshi (Lift-Pull Loin)
13. Okuri-ashi-barai (Sweeping Ankle Throw)
14. Tai-otoshi (Body Drop)
15. Harai-goshi (Sweeping Loin)
16. Uchi-mata (Inner Thigh)

INSTRUCTION III.

17. Kosoto-gake (Minor Outer Hooking Ankle Throw)
18. Tsurigoshi (Lifting Hip Throw)
19. Yoko-otoshi (Side Drop)
20. Ashi-guruma (Leg Wheel)
21. Hane-goshi (Spring Hip Throw)
22. Harai-tsuri-komi-ashi (Sweeping Drawing Ankle Throw)
23. Tomoe-nage (Throwing in High Circle or Stomach Throw)
24. Kata-guruma (Shoulder Wheel)

INSTRUCTION IV.

25. Sumigaeshi (Corner Throw)
26. Tani-otoshi (Valley Drop)
27. Hane-makikomi (Outer Winding Spring Hip)
28. Sukui-nage (Scooping Throw)
29. Utsuri-goshi (Changing Hip)
30. O-guruma (Major Wheel)
31. Soto-makikomi (Outer Winding Throw)
32. Uki-otoshi (Floating Drop)

INSTRUCTION V.

33. O-soto-guruma (Major Outer Wheel)
34. Uki-waza (Floating Throw)
35. Yoko-wakare (Side Separation)
36. Yoko-guruma (Side Wheel)
37. Ushiro-goshi (Rear Loin)
38. Ura-nage (Rear Throw)
39. Sumi-otoshi (Corner Drop)
40. Yoko-gake (Side Body Drop)

