

NAGE NO KATA

i) TACHI WAZA

TE WAZA | Uki-Otoshi
Ippon-Seoi-Nage
Kata-Guruma

KOSHI WAZA | Uki-Goshi
Harai-Goshi
Tsuri-Komi-Goshi

ASHI WAZA | Okuri-Ashi-Harai
Sasae-Tsurikomi-Ashi
Uchi-Mata

ii) SUTEMI WAZA

MA SUTEMI WAZA | Tomoe-Nage
Ura-Nage
Sumi-Gaeshi

YOKO SUTEMI WAZA | Yoko-Gake
Yoko-Guruma
Uki-Waza