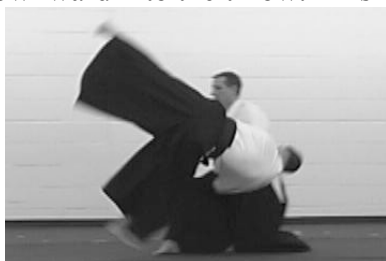


## Nage no Kata

*Tori* (on the right of the *sensei*) and *uke* (on the left) stand facing each other about 18 feet apart, turn to face the *sensei* and make a standing bow, then face each other and make a kneeling bow. Both stand and take one step forward (leading with the left leg) into the starting position. Each set begins with *uke* advancing two steps as *tori* moves forward to collect *uke*. Each set ends with both practitioners returning to the starting position, adjusting their gi, and then turning to face each other.

### Te-waza (Hand Techniques)

**Uki-otoshi:** *Uke* attacks *tori* by stepping forward and grabbing. *Tori* yields by stepping back. *Tori* steps back again. *Tori* steps back a third time pulling *uke* off balance, then drops one knee pulling *uke* forward and downward into the throw. This is repeated on the left side.



**Ippon-seoi-nage:** *Uke* steps his left leg forward and raises his right arm, then steps forward with his right leg and delivers a downward strike. *Tori* steps in, blocks and throws. This is repeated on the left side.



**Kata-guruma:** *Uke* attacks *tori* by stepping forward and grabbing. *Tori* yields by stepping back. *Tori* steps back again, breaking *uke*'s grip and taking hold of *uke*'s arm. *Tori* steps back a third time pulling *uke* off balance, then pulls *uke* forward into the throw. This is repeated on the left side.



## Nage no Kata

### Koshi-waza (Hip Techniques)

**Uki-goshi:** *Uke* steps his left leg forward and raises his right arm, then steps forward with his right leg and delivers a downward strike. *Tori* steps in and throws (grabbing left arm). This is repeated on the left side.



**Harai-goshi:** *Uke* attacks *tori* by stepping forward and grabbing. *Tori* yields by stepping back. *Tori* steps back again as he lets go of *uke*'s lapel and slides his hand around *uke*'s back. *Tori* steps back a third time pulling *uke* off balance, then pivots into the throw. This is repeated on the left side.



**Tsuri-komi-goshi:** *Uke* attacks *tori* by stepping forward and grabbing. *Tori* yields by stepping back. *Tori* steps back again as he lets go of *uke*'s lapel and grabs the back of *uke*'s collar. *Tori* steps back a third time pulling *uke* off balance, then pivots into the throw. This is repeated on the left side.



## *Nage no Kata*

### **Ashi waza (Foot Techniques)**

***Okuri-ashi-harai:*** Side-step to the right once, twice, then a third time, throwing on the third step. This is repeated on the left side.



***Sasae-tsuri-komi-ashi:*** *Uke* attacks *tori* by stepping forward and grabbing. *Tori* yields by stepping back. *Tori* steps back again. *Tori* steps back a third time pulling *uke* off balance, then pulls *uke* forward into the throw. This is repeated on the left side.



***Uchi-mata:*** Both step their right feet forward into the judo grip. *Tori* steps forward with his left foot to *uke's* back right, pivots, and slides his right leg around. *Uke* matches *tori's* rotation. This is repeated. *Tori* starts to repeat again, but this time breaks *uke's* balance forward and performs the throw. This is repeated on the left side.



## **Ma-sutemi-waza (Supine Sacrifice Techniques)**

**Tomoe-nage:** Both step their right feet forward into the judo grip. *Tori* takes three steps forward - right, left, right. *Uke* then pushes back. *Tori* brings his left foot forward to bring his feet together, then executes the throw. Repeat on the left side.



**Ura-nage:** *Uke* steps his left leg forward and raises his right arm, then steps forward with his right leg and delivers a downward strike. *Tori* steps in and throws. This is repeated on the left side.



**Sumi-gaeshi:** Both step their right feet forward into a deep judo grip. *Tori* steps back with his right leg and *uke* steps his left leg forward. As *uke* steps his right leg forward *tori* draws his left leg back to bring his feet together and throws. This is repeated on the left side.



## Nage no Kata

### Yoko-sutemi-waza (Side Sacrifice Techniques)

**Yoko-gake:** *Uke* attacks *tori* by stepping forward and grabbing. *Tori* yields by stepping back. *Tori* steps back again. *Tori* steps back a third time pulling *uke* off balance, then pulls *uke* forward and off balance into the throw. This is repeated on the left side.



**Yoko-guruma:** *Uke* steps his left leg forward and raises his right arm, then steps forward with his right leg and delivers a downward strike. *Tori* steps in as if to attempt *ura-nage*. *Uke* counters by bending forward, and *tori* counters with *yoko-guruma*. This is repeated on the left side.



**Uki-waza:** Both step their right feet forward into a deep judo grip. *Tori* steps back with his right leg and *uke* steps his left leg forward. As *uke* steps forward *tori* draws his left leg back and throws. This is repeated on the left side.



At the end of this final set, *uke* and *tori* return to the starting position, tidy their *gi* and turn to face each other. Both then take one step back, right foot first. A kneeling bow is performed, then both stand, turn to face the *sensei*, and perform a standing bow.