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**Nage Waza**  
Throwing Techniques

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**Atemi Waza**  
Striking Techniques

**Kyu Sho**  
Vital Points

**Ate Dokoro**  
Body Parts used for Striking

**Te Waza  
Hand Techniques**

IPPON SEOI-NAGE  
ONE-ARM BACK CARRY THROW

KATA-GURUMA  
SHOULDER WHIRL/WHEEL

KIBISU-GAESHI  
HEEL COUNTER

KO-UCHI-GAESHI  
MINOR INNER COUNTER

KUCHIKI-TAOSHI  
DEAD-TREE DROP

MOROTE-GARI  
TWO-ARM REAP

OBI-OTOSHI  
BELT DROP

SEOI-NAGE (MOROTE)  
BACK CARRY THROW (BOTH ARMS)

SEOI-OTOSHI  
BACK CARRY DROP

SUKUI-NAGE  
SCOOP THROW

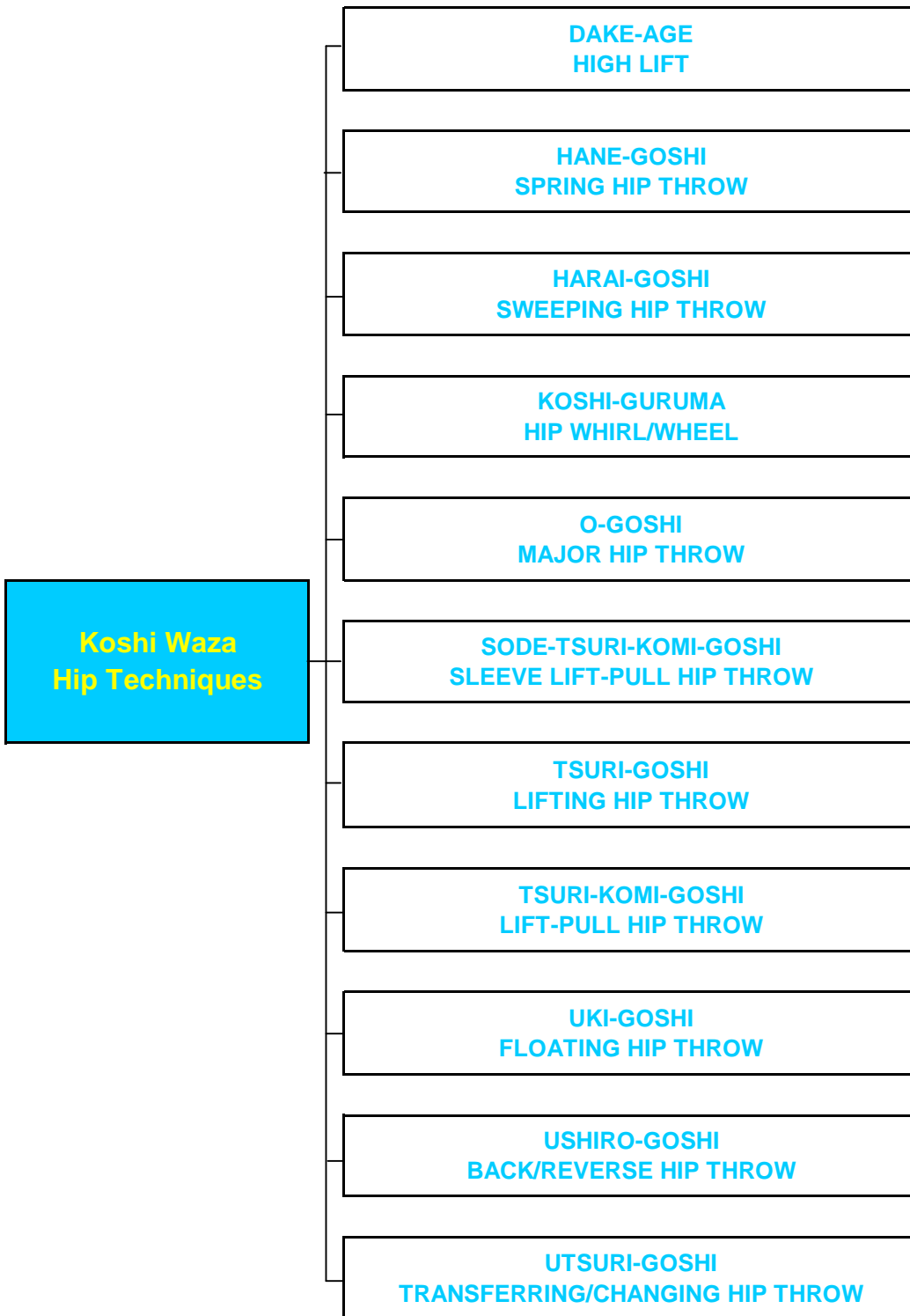
SUMI-OTOSHI  
CORNER DROP

TAI-OTOSHI  
BODY DROP

UCHI-MATA-SUKASHI  
INNER THIGH AVOIDANCE

UKI-OTOSHI  
FLOATING DROP

YAMA-ARASHI  
MOUNTAIN STORM



**Ashi Waza  
Foot Techniques**

ASHI-GURUMA  
FOOT/LEG WHIRL/WHEEL

DE-ASHI-BARAI  
FORWARD (ADVANCED) FOOT SWEEP

HANE-GOSHI-GAESHI  
SPRINGING HIP COUNTER

HARAI-GOSHI-GAESHI  
SWEEPING HIP COUNTER

HARAI-TSURI-KOMI-ASHI  
SWEEPING LIFT-PULL FOOT

HIZA-GURUMA  
KNEE WHIRL/WHEEL

KO-SOTO-GAKE  
MINOR OUTER HOOK

KO-SOTO-GARI  
MINOR OUTER REAP

KO-UCHI-GARI  
MINOR INNER REAP

O-GURUMA  
MAJOR/BIG WHIRL/WHEEL

OKURI-ASHI-BARAI  
SLIDING (ASSISTING) FOOT SWEEP

O-SOTO-GAESHI  
MAJOR OUTER COUNTER

O-SOTO-GARI  
MAJOR OUTER REAP

O-SOTO-GURUMA  
MAJOR OUTER WHIRL/WHEEL

O-SOTO-OTOSHI  
MAJOR OUTER DROP

O-UCHI-GAESHI  
MAJOR INNER COUNTER

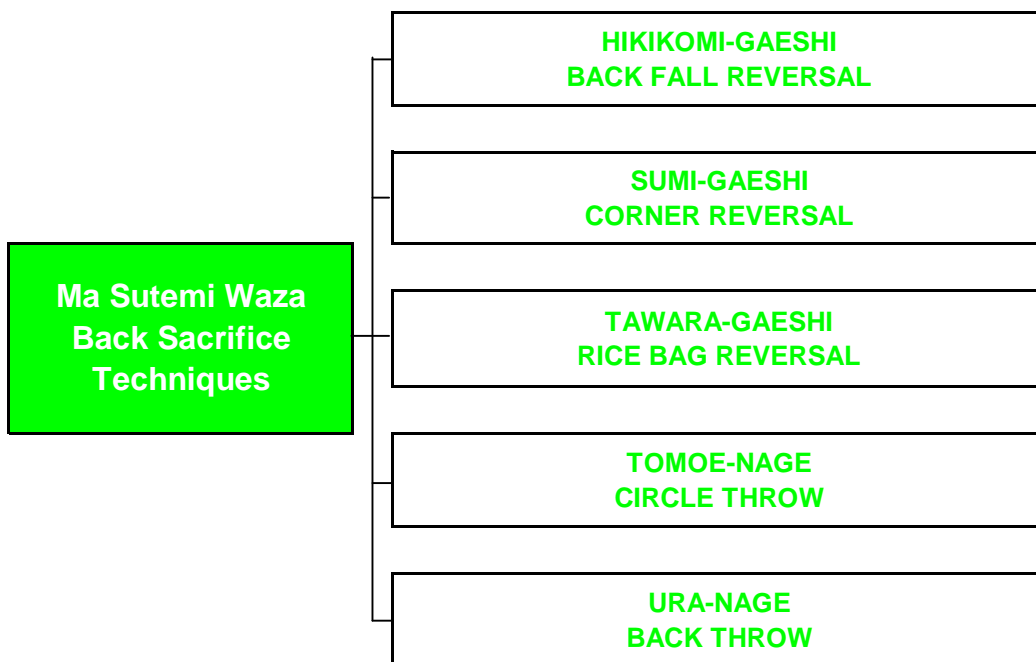
O-UCHI-GARI  
MAJOR INNER REAP

SASAE-TSURI-KOMI-ASHI  
PROPPING (BLOCKING) LIFT-PULL FOOT

TSUBAME-GAESHI  
SWALLOW (RAPID) FOOT COUNTER

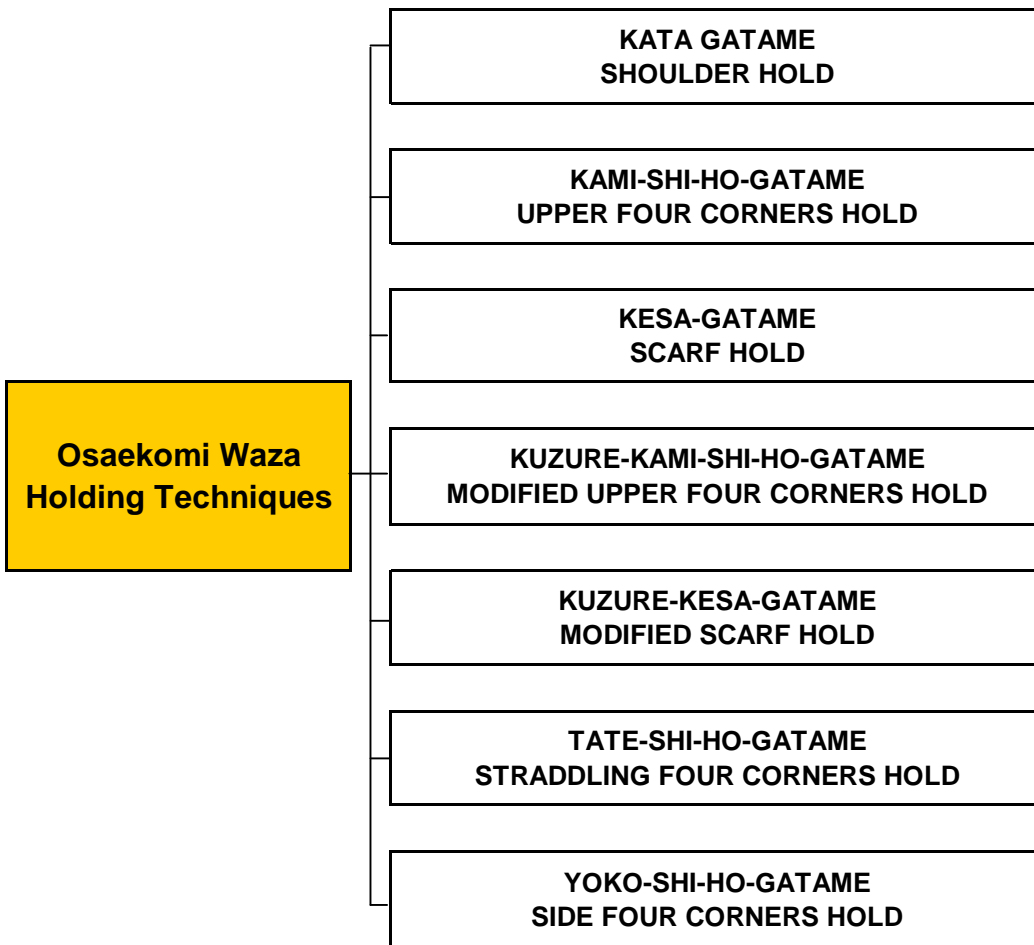
UCHI-MATA  
INNER THIGH THROW

UCHI-MATA-GAESHI  
INNER THIGH THROW COUNTER



**Yoko Sutemi Waza  
Side Sacrifice  
Techniques**





**Shime Waza  
Choking Techniques**

