

顯正館

NAGE TE Throwing Techniques

DEASHI HARAI	advancing foot sweep
SASAE ASHI	propping foot
OKURI HARAI	sending sweep
SOTO GAMA	outside sickle
UCHI GAMA	inside sickle
SOTO MOMO HARAI	outside thigh sweep
UCHI MOMO HARAI	inside thigh sweep
OGOSHI	major hip
UTSURI GOSHI	changing hip
SEOI NAGE	back carry throw
USHIRO GOSHI	rear hip
SEOI GOSHI	back carry hip
TSURIKOMI GOSHI	lift pull hip
HARAI GOSHI	sweeping hip
HANE GOSHI	springing hip
UKI OTOSHI	floating drop
MAKIKOMI	winding into
KANI SUTE	crab sacrifice throw
TOMOE NAGE	circle throw
YAMA ARASHI	mountain storm