

顯正館

OKU NO TE Deeper Techniques

DEASHI HAYANADA	advancing foot quick blade
OGOSHI HAYANADA	major hip quick blade
SEOI HAYANADA	back carry quick blade
NORIMI	riding the body
SUMIGAESHI	corner overturn
MIZUKUGURI	under water dive
MAEYAMAKAGE	front mountain shadow
KOMIIRI	entering into
KOTEGAESHI	forearm overturn
SAKANUKI	reverse pull out
GYAKUTE NAGE	reverse arm throw
HON TOMOE	true circle
KATATE TOMOE	one arm circle
SHIGARAMI	arm capture
GYAKU SHIGARAMI	reverse arm capture
KOTE SHIGARAMI	forearm capture
KOGURUMA	small wheel
TORA NAGE	tiger throw
TORA KATSUGI	tiger shouldering
ARASHI OTOSHI	rough drop
HIKI OTOSHI	pulling drop
KINE KATSUGI	mallet shouldering
KIN KATSUGI	testicle shouldering
KAZAGURUMA	wind wheel