

"Ultra Silly Kata, Ultra Happy Time, OSU"

Uki-otoshi

Floating Drop



The Uki-otoshi (Floating drop) Waza is used to pull an opponent and throw him down the moment in moves forward.

Seoi-nage

Shoulder Throw



This technique consists of bringing your opponent against your back, and then throwing him over your shoulder.

Kata-guruma

Shoulder Wheel



The Kata-guruma (Shoulder wheel) consists of lifting your opponent onto your shoulders, spinning around, and throwing him to the opposite side.

Uki-goshi

Floating half-hip throw



The Uki-goshi (Floating hip throw) consists of wrapping an arm around the opponent, grasping the back of his belt from above, and then rotating your hips to throw him down.

Harai-goshi

Hip Sweep



The Harai-goshi (Hip sweep) destabilizes the opponent's balance in the forward direction, then sweeps his legs out from under him in a sudden motion.

Tsuri-komi-goshi
/sode-tsuri-komi-goshi

Lift-Pull Hip Throw



The Tsurikomi-goshi (Lift-pull hip throw) depends on effectively using the Tsurite (Lifting hand) to rotate and throw the opponent over your hip.

Okuri-ashi-barai

Foot Sweep



The Okuri-ashi-barai (-harai) (Foot sweep) is performed from a Grappling stance, and consists of sweeping the opponent's leg out from under him as he moves laterally.

Sasae-tsuri-komi-ashi

Supporting Throw



The Sode-tsurikomi-goshi (Sleeve lift-pull hip throw) Waza consists of lifting the opponent's Tsurite (Lifting hand), spinning around to bring the opponent against your back and onto your hip, and then throwing him forward in a sudden motion.

Uchi-mata

Inner Thigh Reaping Throw



Uchi-mata (Inner-thigh reaping throw) consists of destabilizing the opponent diagonally toward the front, and then using the back of the thigh to throw him.