

Nage No Kata

	<i>phase 1</i>	<i>phase 2</i>	<i>phase 3</i>
te waza	uki otoshi seionage		
koshi waza	uki goshi		kata guruma harai goshi tsuri komi goshi
ashi waza		okuri ashi harai sasae tsurikomi ashi uchi mata	
ma sutemi waza	ura nage	ura nage sumi gaeshi	
yoko sutemi waza	yoko guruma uki waza		yoko gake