

## NAGE NO KATA

Uki Otoshi  
Seoi Nage  
Kata Guruma

Floating Drop  
Lifting Shoulder Throw  
Shoulder Wheel

Uki Goshi  
Harai Goshi  
Tsuru Komi Goshi

Floating Half-hip Throw  
Sweeping Hip Throw  
Lifting and Pulling Hip Throw

Okuri Ashi Harai  
Sasae Tsuru Komi Ashi  
Uchi Mata

Foot Sweep  
Propping and Drawing Ankle Throw  
Inner-thigh Reaping Throw

Tome Nage  
Ura Nage  
Sumi Gaeshi

Stomach Throw  
Rear Throw  
Corner Reversal Throw

Yoko Gake  
Yoko Guruma  
Uki Waza

Side Prop  
Side Wheel  
Floating Drop