



# Lakewood Budo Kai



## NAGE NO KATA (THROWING ARTS)

	Yellow	Blue	Brown
1. Deashi Harai – Advancing Foot Sweep		X	X
2. Sasae Ashi – Back leg stop			X
3. Okuri Harai – Side double leg sweep		X	X
4. Soto Gama – Outside hook sweep			X
5. Uchi Gama – Inside hook sweep			X
6. Soto Momo Harai – Outside lower leg throw	X	X	X
7. Uchi Momo Harai – Inside thigh throw		X	X
8. Ogoshi – Hip throw	X	X	X
9. Utsuri Goshi – Counter hip throw escape		X	X
10. Seoi Nage – Flying mare	X	X	X
11. Ushiro Goshi – Counter flying mare			X
12. Seoi Goshi – Elbow under armpit throw	X	X	X
13. Tsuru Komi Goshi – Double arm throw	X	X	X
14. Harai Goshi – High thigh throw		X	X
15. Hane Goshi – Bent knee throw			X
16. Uki Otoshi – Surprise pull down			X
17. Maki Komi – Winding throw			X
18. Kani Sute – Flying scissors			X
19. Tomoe Nage – Circle throw			X
20. Yama Arashi – Mountain storm throw			X