

# **KATA**

## **NAGE NO KATA**

### **TE- WAZA:**

1. Uki -otoshi
2. Seoi-nage
3. Kata-guruma

### **KOSHI-WAZA:**

4. Uki-goshi
5. Harai-goshi
6. Tsuru-komi-goshi

### **ASHI-WAZA**

7. Okuri-ashi.barai
8. Sasae-tsuru-komi-ashi
9. Uchi-mata

### **MAE-SUTEMI-WAZA**

10. Tomoe-nage
11. Ura-nage
12. Sumi-gaeshi

### **YOKO-SUTEMI-WAZA**

13. Yoko-gake
14. Yoko-guruma
15. Uki-waza