



Middletown Judo Club

Few Additional Throws (*Shinmeisho no Waza*)

柔道



Yama Arashi
(*Mountain Storm*)



O Soto Otoshi
(*Major Outer Body Drop*)



Obi Otoshi
(*Belt Body Drop*)



Hikikomi Gaeshi
(*Pulling-in Reversal*)



Morote Gari
(*Two Hand Reap*)



Kibisu Gaeshi
(*Heel Trip Reversal*)



Seoi Otoshi
(*Shoulder Body Drop*)



Tawara Gaeshi
(*Rice Bale Reversal*)



Uchi Mata Makikomi
(*Inner Thigh Wrap Around*)



Sode Tsurikomi Goshi
(*Sleeve Lifting Pulling Hip*)



Harai Makikomi
(*Sweeping Wraparound*)



Uchi Makikomi
(*Inner Wraparound*)