



Middletown Judo Club

Nage no Kata (Forms of Throwing)

柔道

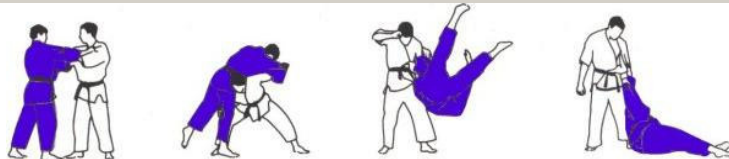
Te Waza (Hand Techniques)



Uki Otoshi (Floating Body Drop)



Seoi Nage (Shoulder Throw)

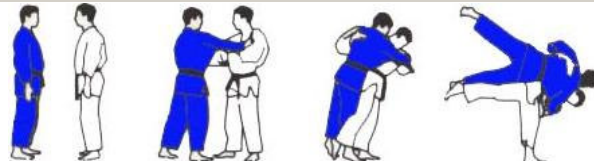


Kata Guruma (Shoulder Wheel)

Koshi Waza (Hip Techniques)



Uki Goshi (Floating Hip)



Harai Goshi (Sweeping Hip)

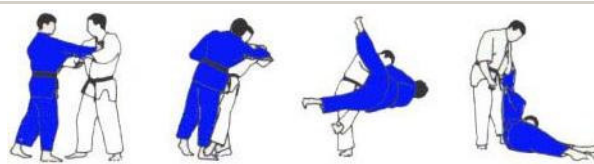


Tsuru Komi Goshi (Lifting Pulling Hip)

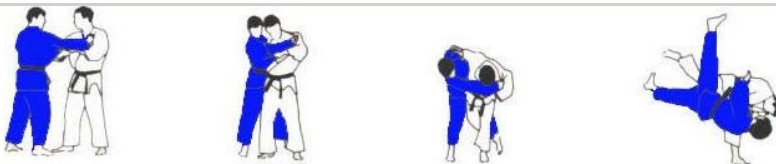
Ashi Waza (Foot Techniques)



Okuri Ashi Harai (Gathering Foot Sweep)



Sasae Tsuru Komi Ashi (Foot Stop Throw)



Uchi Mata (Inside Thigh Throw)



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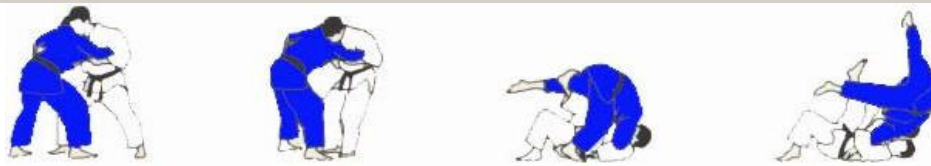
Ma Sutemi Waza (*Rear Sacrifice Techniques*)



Tomoe Nage (*Circle Throw*)

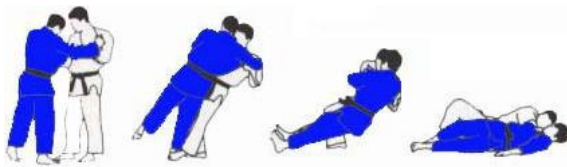


Ura Nage (*Rear Throw*)

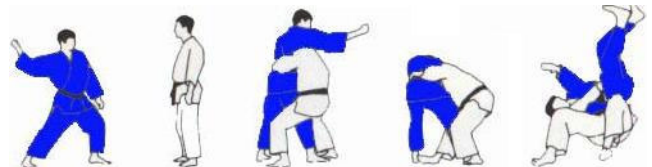


Sumi Gaeshi (*Corner Throw*)

Yoko Sutemi Waza (*Side Sacrifice Techniques*)



Yoko Gake (*Side Hook*)



Yoko Guruma (*Side Wheel*)



Uki Waza (*Floating Technique*)

The Nage no Kata was developed in 1884 and 1885 at the Kodokan. This kata consists of 5 sets of three throws, each performed on both the left and right sides. The two participants formally bow onto the mat and begin the kata with the tori, or thrower, on your right and the uke, or person being thrown, on your left. In each case, the uke attempts an attack on tori. There is a progression of attack styles here, demonstrating how tori must adjust to these differing attacks. Uke then changes his attacks based on the previous adjustments made by tori.