

## Nage Waza

Sumi Otoshi	Elbow and shoulder (corner) drop.
Osoto Gari	Great outside thigh sweep to opponent's thigh.
Kosoto Gari	Small outside leg sweep to knee or lower leg.
Seioi Nage	Shoulder throw (with drop to one knee)
Kaiten Nage	Circular throw (pushing his head and neck down)
Shiho Nage	"Four-sided throw" attacking wrist and shoulder.
Irimi Nage	Entering throw using a "clothesline" type attack.
Kote Gaeishi	Wrist throw, multiple variations.
Ude/Hiji Otoshi	A takedown using opponent's forearm and elbow.
Tora Nage headlock.	"Tiger Throw," throwing opponent from a forward headlock.
Uki Otoshi	Pull or drag down throw over shoulder (advanced)
Gyakute Gaeshi	Arm whip throw (advanced).
Ude Tori Gaeshi	Floating arm whip throw (advanced).