

## 13) Katate mochi shiho nage



Uke attempts to grab tori's left sleeve (as in 1 above). Before he can get a grip, tori steps back with his left foot, taking a grip with his right hand. Perform shiho nage.

## 14) Katate mochi hiji nage



Uke attacks the same way, but on the other side (left hand reaching for tori's right sleeve). Tori steps back with his right foot, takes a grip with his left hand. Tori begins as in the previous technique, but instead send uke into a breakfall. It's similar to mae otoshi from the 17/23, or better yet #8 from yon kata.

## 15) Katate mochi senkui nage



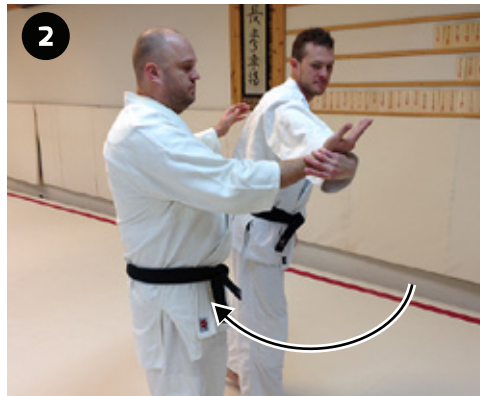
Same attack, back to tori's left arm. Tori steps back with his left foot, taking a grip with his right hand. This time he steps under uke's arm, and goes down to one knee. The left hand blocks uke's leg, the right extending uke outward into a forward roll.

## 16) Katate mochi tenkai nage



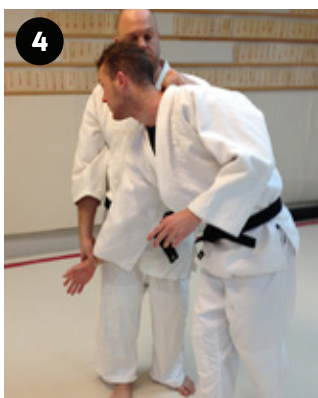
Same attack, on the other side again (left hand reaching for tori's right sleeve). Tori begins as if doing shiho nage, but then goes down on a knee to uke's right back corner. The result is a flying breakfall similar to san kata's "thread the needle." Uke can also opt to just turn around to sit down in a backfall.

## 17) Katate aya mochi irimi nage



Uke's right hand grabs tori's right wrist. Tori steps in a tenkan (turning) movement to the left, allowing the right hand to turn palm up. Tori continues to turn, pinning uke's hand to their thigh, and grabs the back of uke's collar. As uke rises, tori performs irimi nage (aiki nage).

## 18) Katate mochi irimi nage



Uke's right hand grabs tori's left wrist. Tori lays their right hand on top, palm up. Tori turns to his left as above, but now the right hand acts as a sort of "stick in a hinge," breaking the grip. Again, tori pins uke's hand to their thigh, and grabs the back of uke's collar. As uke rises, tori performs irimi nage. (Optionally, tori can hang on to uke's hand and put it back in uke's face as they rise. Kind of like the "stop hitting yourself" game. Funny, but it works!)