

## 19) Ryote mochi tenchi nage



This last section is a series of two-handed grabs. Here, as uke grasps, tori steps back, and the forward again, creating a sort of wave-like motion. Tori's right hand goes high, the left low, or "heaven and earth." (This can also be done with an early timing, stepping forward as uke's grabs.)

## 20) Ryote mochi tekubi kime



As uke grasps, tori steps to the right, essentially doing a #3 release with the right hand, and a #10 with the left, ending in light grips. (This is another expression of "one high, one low" as above.) Uke takes a rolling breakfall.

## 21) Ryote mochi sukashi nage



As uke attempts to grasp, tori “dissapears” (as in #10 of O Waza Ju Pon). The key is allowing uke to chase your hands, never quite getting a hold until it's to late.

## 22) Ryote mochi shiho nage



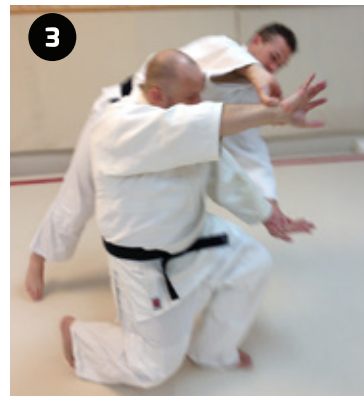
As uke grasps, tori moves to his right. The left hand curls across uke's body like a #8 release, which feeds uke's right wrist into tori's right grip. Tori steps through and turns into shiho nage.

## 23) Ryote mochi senkui nage



As uke grasps, tori steps back, allowing the hands to drop loosely. On the body rise, tori's hands engage on the inside of uke's wrists, creating a taught tension. This should feel something like stretching a bungee cord out, and when the tension is released, tori ducks down towards uke's right leg, blocking it as uke rolls out.

## 24) Ushiro ryote mochi mae nage



This time uke attempts to grab both of tori's wrists from behind. Uke's right hand grasps tori's right wrist. As uke begins to step around and attempt to grab tori's left wrist, tori does a sort of #5 release, and then drops to a knee, allowing uke to pass by and fall.