

Owaza Ju Pon 大技十本

The Big Ten

- 1 Kata Otoshi** 肩落
Shoulder drop
- 2 Kubi Guruma** 首車
Neck wheel
- 3 Ude Guruma** 腕車
Arm wheel
- 4 Hiji Guruma** 肘車
Elbow wheel
- 5 Aiki Nage** 合気投
Fitting in throw (irimi nage)
- 6 Shiho Nage** 四方投げ
Four corner (all directions) throw
- 7 Ushiro Ate** 後当て
From behind strike
- 8 Kote Gaeshi** 小手返し
Wrist reversal
- 9 Ushiro Kubi Gatame** 後首固
Neck hold from behind
- 10 Shizumi Otoshi** 沈み落
Sinking body drop



Windsong Dojo

AIKIDO · JUDO · JODO