

Sankyu

Nage Waza

Small Throws

Ko Soto Gari
(Small Outside Leg Clip)

O Soto Gari
(Big Outside Leg Clip)

Ko Uchi Gari
(Little Inside Leg Clip)

O Uchi Gari
(Big Inside Leg Clip)

De Ashi Harai
(Foot Sweep)

Sasae Ashi
(Foot Stop)

Big Throws

Maku Nage
(Winding Throw)

Seoi Nage
(Bent Arm Throw)

O Goshi
(Big Hip Throw)

Combinations

- 1.Ko Uchi Gari/O Uchi Gari
- 2.Seoi Nage/O Soto Gari
- 3.De Ashi Harai/Sukui Nage
- 4.O Uchi Gari/Seoi Otoshi
- 5.Ko Soto Gari/Te Guruma

Counters

- 1.De Ashi Harai/De Ashi Harai
- 2.Hand in Back
- 3.Kata Guruma/Maku Nage
- 4.O Soto Gari/ O Soto Gari
- 5.De Ashi Harai/Ura Nage

Modified

Morote Goshi
(Multiple Arm Hip Throw)

Seoi Otoshi
(Drop Seoi Nage)

Ippon Seoi Nage
(Elbow Seoi Nage)

Kata Guruma
(Fireman's Carry Throw)

Sukui Nage
(Scoop Throw)

Soto Momo Harai
(O Goshi with Outside Leg Sweep)

Uchi Mata
(O Goshi with Inside Leg Sweep)

Hane Goshi
(O Goshi with Knee)

Okuri Harai
(Double Leg Sweep)

Sacrifice Throws

Tani Otoshi
(Drop Sukui Nage)

Maki Komi
(Shoulder Throw)

Tomoe Nage
(Leg Assisted Circle Throw)

Ura Nage
(Rear Sacrifice Throw)

Sumi Gaeshi
(Corner Throw)

Tai-Otoshi
(Body Drop Throw)

Te-Guruma
(Hand Assisted Corner Throw)

Advanced

Norimi
(Counter Throw)

Jump Tomoe Nage
(Double Leg Tomoe Nage)

Mayamakage
(Back to Back Throw)

Kani Basami
(Scissor Throw)

Primary Code of the Kokoro Samurai

Loyalty Above All Else

Except Honor

Theories

Angles

Kuzushi

Wet Blanket

The Box (feet)

Tornado

Push-Pull

Centerline

Double Pump

Drills

Moving and Fitting

Ko Nage

O Nage

Student must know techniques and have completed min. 78 classes in order to be scheduled to test. The test consists of technique review and 39 minutes of continuous sparring.