

# 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.