

# DC JUDO

## The Fourth Eight Judo Throws

(Dai Yonkyo from the Gokyo No Waza)

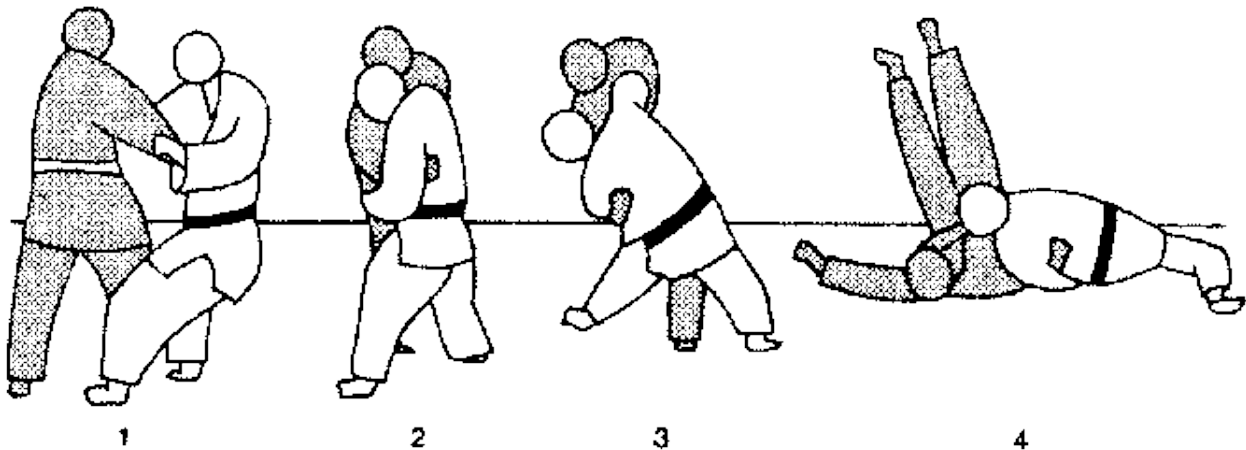
### SUMI GAESHI



Tori breaks uke's balance straight forward or to the right front corner. He drops onto his back while lifting the inside of uke's left thigh up with the bottom end of his right leg in an upwards springing motion, him straight forward.

### TANI OTOSHI

Tani-Otoshi



Tori breaks uke's balance to his right rear corner or directly backward, straightens his left leg, and, while sliding it round to uke's right leg or deep behind both legs, he drops down onto the left side of his body, and throws uke to the rear.

#### HANE MAKIKOMI



Tori breaks uke's balance to his right front corner or straight forward, and begins to spring him up with hane goshi, while holding uke's right arm in his right armpit, he throws uke by wrapping around and dropping down.

#### SUKUI NAGE



Tori holds the back of both of uke's thighs from the right (left) side of uke's back with both hands, breaks his balance directly back, scoops him up toward the rear, and drops him.

#### UTSURI GOSHI



Tori responds to uke's right (left) hip technique by holding the side of that hip and, at that instant, lifting it up, shifting and loading uke onto the left (right) hip, and throwing him down.

#### O GURUMA



Tori lifts and breaks uke's balance forward or to the right front corner. He puts his right leg on uke's lower abdomen, and, using it as a fulcrum, throws uke forward in a rotating motion.

### SOTO MAKIKOMI



Tori lifts and breaks uke's balance towards the right front corner. He holds uke's right arm with his right arm and holds it under his right armpit while pulling uke onto his back, drops down onto the left side of his body, wraps uke round and throws him.

### UKI OTOSHI



Tori lifts uke to his right (left) front corner, breaks his balance, and firmly pulls him forward and down with both hands to throw him.

Images from [www.judo-tao.com](http://www.judo-tao.com)

Text on the techniques from Kodokan Judo Throwing Techniques, by Toshiro Daigo. Kodansha International, 2005.