

# DC JUDO

## The Third Eight Judo Throws

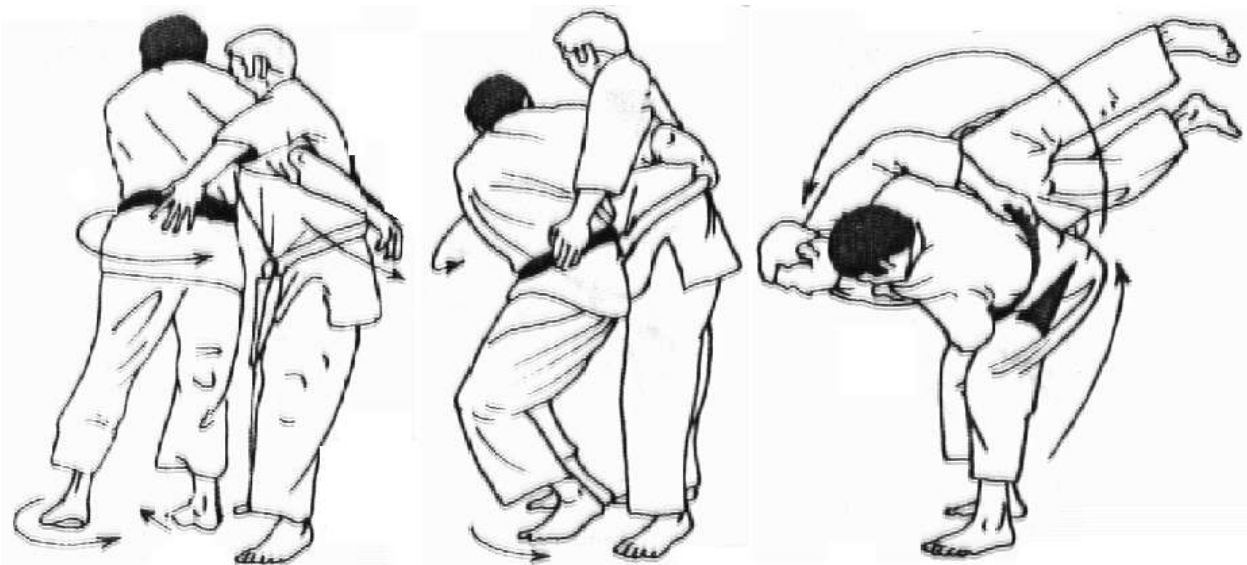
(Dai Sankyo from the Gokyo No Waza)

### KOSOTO GAKE



Tori breaks uke's balance straight backwards, or to the right rear corner, and hooks the back of uke's right outside ankle with the sole of his left foot, and scoops it up to throw him down.

### TSURI GOSHI



Tori breaks uke's balance straight forward or to his right (left) front corner, he takes hold of the back of uke's belt with the right (left) hand, pulls him closer, loads him onto the back of his waist, and throws him down.

#### YOKO OTOSHI



Tori lifts and breaks uke's balance towards his right side. He straightens his left leg and slides it to the outside of uke's right leg. He drops down onto his side facing towards the left, and throws uke towards his right side.

#### ASHI GURUMA



Tori lifts uke and breaks his balance forward or to the right front corner. He puts the lower end of his right leg on the front of uke's right kneecap and, pressing down, uses it as a fulcrum to throw uke forward in a rotating motion.

#### HANE GOSHI



Tori breaks uke's balance to his right (left) front corner or straight forward, pulls uke and throws him with the back of his right (left) hip and right (left) leg in an upward springing action.

#### HARAI TSURIKOMI ASHI



Tori breaks uke's balance straight forward or to the right (left) front corner while sweeping up the front of uke's right (left) ankle with the sole of his left (right) foot.

### TOMOE NAGE



Tori lifts uke forward or to the right front corner and breaks his balance, then, while dropping down onto his back, he puts the sole of his right foot on uke's lower abdomen, pushes him up from below, and throws him over his head.

### KATA GURUMA



Tori breaks uke's balance directly forward, or to the right (left) front corner. He loads uke's body his right (left) shoulder, across the back of his neck to his left (right) shoulder, and then throws him down. (Illustrated from left regular grip)

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.