

Japanese	English	English Description
<b>Type of Technique: Ashi-Waza (foot technique)</b>		
Ko-uchi-gari	One-handed minor inner reap	A variation of Kouchi-gari, where the thrower reaps the opponent's inside leg with one hand while using the other hand to control their balance, often relying on timing and speed.
Ko-uchi-gari	Minor inner reap	A leg technique where the thrower uses their foot to reap the opponent's inside heel, destabilizing their balance and causing them to fall backward.
Sasae-tsurikomi-ashi	Supporting foot lift-pull throw	A foot technique where the thrower blocks the opponent's advancing foot with their own foot, then pulls and lifts to disrupt their balance and cause them to fall forward over the blocked foot.
<b>Type of Technique: Koshi-Waza (hip technique)</b>		
Sode-tsurikomi-goshi	Sleeve lifting pull hip throw	An elegant technique where the thrower uses sleeve and collar grips to elevate and turn the opponent, creating a powerful lifting and pulling action before throwing them over their hip.
Tsurikomi-goshi	Lift-pull hip throw	A powerful hip throw where the thrower uses strong lifting and pulling actions with their hands to pull the opponent high onto their toes before rotating and throwing them over their hip.
Ushiro-goshi	Rear hip throw	A counter-throw where the thrower catches the opponent's hip throw attempt, embraces them from behind, and drives their own hips under the opponent's to lift and throw them backward.
Utsuri-goshi	Changing hip throw	A dynamic technique used as a counter-throw. The thrower intercepts the opponent's hip throw, shifts their hips under the opponent's center of gravity, and "changes" the direction of the throw to throw them in the opposite direction.
<b>Type of Technique: Te-Waza (hand technique)</b>		
Kata-guruma	Shoulder wheel	A visually dynamic technique often referred to as a "fireman's carry" where the thrower lifts the opponent onto their shoulders and then spins and throws them to the ground.
Seoi-otoshi	Dropping shoulder throw	A variation of seoi-nage where the thrower drops to one or both knees while pulling the opponent over their back, using the drop to generate momentum and leverage.
Tai-otoshi	Body drop	A hand technique where the thrower steps across their body, dropping their weight to create a barrier with their leg and throwing the opponent over the leg and their dropping body.