

Japanese	English	Description
<b>Type of Technique: Ashi-Waza (foot technique)</b>		
Okuri-ashi-harai (Barai)	Following Foot Sweep ; Sliding foot sweep	Tori sweeps both of Uke's feet simultaneously, sliding them sideways to break their balance and cause them to fall. This sweep is often effective against a retreating opponent.
Uchi-mata	Inner-thigh reaping throw	Tori drives in close, sweeping Uke's inner thigh with their own leg while pulling and rotating to throw Uke over their hip and leg. It involves deep hip and leg engagement and is known for its power.
<b>Type of Technique: Koshi-Waza (hip technique)</b>		
Hane-Goshi	Springing Hip Throw	A dynamic hip throw where Tori uses their hip as a fulcrum and a bent leg (acting as a spring) to lift and throw Uke. It emphasizes technique and momentum rather than pure strength, creating a high-flying throw.
Harai-Goshi	Sweeping Hip Throw	Tori steps in, placing their hip against Uke's hip, and sweeps Uke's leg with a wide, arc-like motion of their own leg, combined with strong hip rotation and pulling actions to throw.
<b>Type of Technique: Sutemi-Waza (sacrifice technique)</b>		
Tomoe-Nage	Circle Throw	Tori falls backward, using their foot (usually placed on Uke's hip or stomach) to lift and propel Uke over their head in a circular motion. This throw leverages Uke's forward momentum against them.
<b>Type of Technique: Te-Waza (hand technique)</b>		
Seoi-Nage	Shoulder Throw	Tori throws Uke over their shoulder. There are variations like Morote Seoi-Nage (two-hand grip) and Ippon Seoi-Nage (one-hand grip). While hips are involved, the primary impetus comes from the hands, and Uke is thrown over the shoulder.