Hip Throws

Hip - Uki Goshi

Sweeping Hip – Harai-Goshi

Headlock Hip – Goshi – Guruma

Hand Throws

Drop (Tai Otoshi)

## Shoulder (Seoi Otoshi)

## Shoulder (Ippon Seio Nage)

Leg Throws

## Large Reap (O Soto Gari)

## Small Reap (Ko Soto Gari)

## Lift and Pull (Harai Tsuri Komi Ashi)