

# Nage Te 投手

**Nage Te** (sometimes referred to as Nage No Kata, or just Nage) is the second board of Danzan-Ryū Jūjutsu and deals with twenty basic methods of throwing an opponent to the ground. These techniques are similar to those found in the Nage no Kata from Kōdōkan Jūdō.

In this board, the student learns how to throw an opponent to the ground based upon their posture. This is accomplished through proper **kuzushi** 崩し, or off-balancing. When done properly, the opponent is easily moved with a minimum of effort, even with finger tip control.

**Prof. Henry Seishiro Okazaki** made the following analogy:

*"This principle can be compared to the strength of an individual who can control and manipulate a boat at ease and at will so long as the boat is floating on water, whereas the moment the boat finds itself on land it often defies the attempt of several strong men to move it."*

1.	Deashi Harai	Forward foot sweep
2.	Sasae Ashi	Leg stop throw
3.	Okuri Harai	Chasing foot sweep
4.	Soto Gama	Outside sickle
5.	Uchi Gama	Inside sickle
6.	Soto Momo Harai	Outside thigh sweep
7.	Uchi Momo Harai	Inside thigh sweep
8.	Ōgoshi	Major hip throw
9.	Utsuri Goshi	Switching hip throw
10.	Seoi Nage	Shoulder throw
11.	Ushiro Goshi	Rear throw (Counter for Seoi Nage)
12.	Seoi Goshi	Cross shoulder throw
13.	Tsurikomi Goshi	Sleeve tip throw
14.	Harai Goshi	Sweeping hip throw
15.	Hane Goshi	Springing hip throw
16.	Uki Otoshi	Floating drop throw
17.	Makikomi	Winding throw
18.	Kani Sute	Crab sacrifice throw
19.	Tomoe Nage	Circle throw
20.	Yama Arashi	Mountain avalanche

出足掃、支足、送掃、外鎌、内鎌、  
外股掃、内股掃、大腰、移腰、背負投、  
後腰、背負腰、釣込腰、掃腰、跳腰、  
浮落、卷込、蟹捨、巴投、山荒。

The detailed descriptions of these techniques are left to be supplied by your instructor.

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