

Yonenbu No Kata 幼年部の型

The following arts comprise the list of throwing techniques taught in Prof. Okazaki's class for children. These are fifteen of the twenty Nage Te arts. The more dangerous throws (Utsuri Goshi, Ushiro Goshi, Uki Otoshi, Kani Sute and Yama Arashi) were not included in this list.

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| 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. | Ôgoshi | Major hip throw |
| 9. | Seoi Nage | Shoulder throw |
| 10. | Seoi Goshi | Cross shoulder throw |
| 11. | Tsurikomi Goshi | Sleeve tip throw |
| 12. | Harai Goshi | Sweeping hip throw |
| 13. | Hane Goshi | Sprining hip throw |
| 14. | Makikomi | Winding throw |
| 15. | Tomoe Nage | Circle throw |

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

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

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