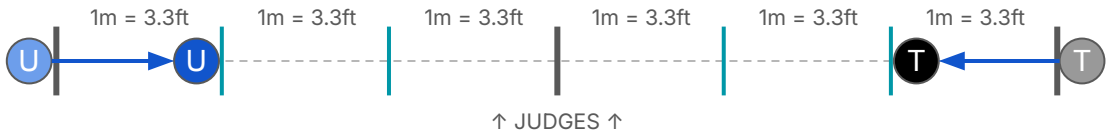
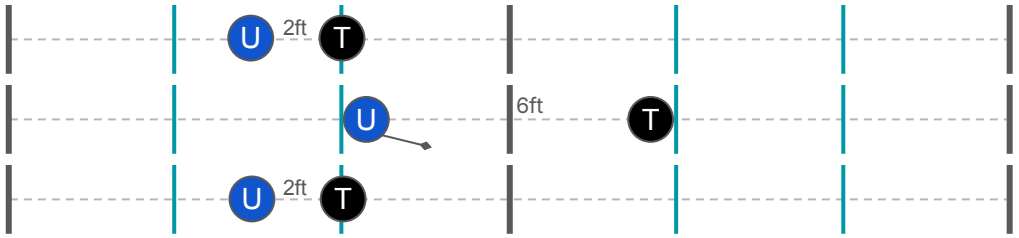
Nage-No-Kata: Starting Positions (Right Side)

0. Opening



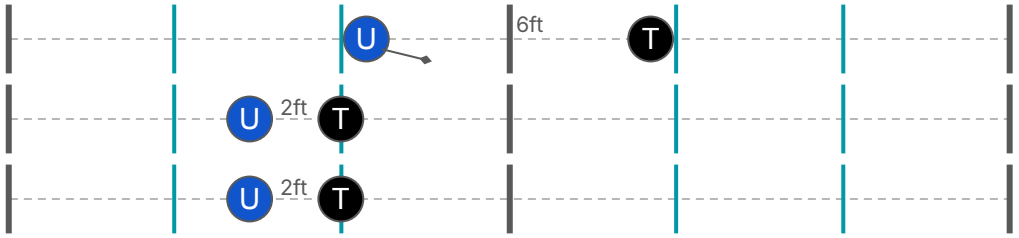
1. Te-waza (Hand Techniques)

- **Uki-otoshi**
- **Seoi-nage**
- **Kata-guruma**



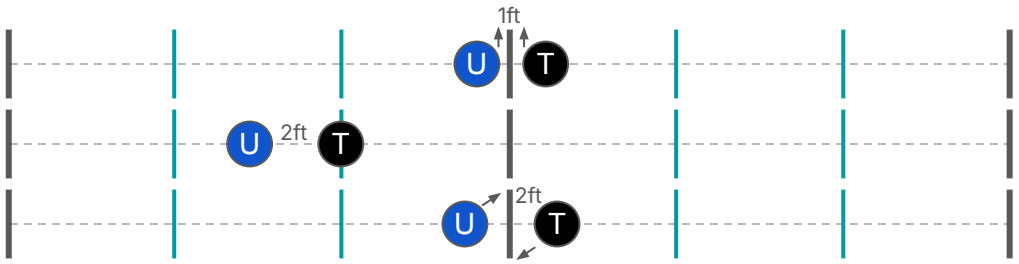
2. Koshi-waza (Hip Techniques)

- **Uki-goshi**
- **Harai-goshi**
- **Tsuri-komi-goshi**



3. Ashi-waza (Foot and Leg Techniques)

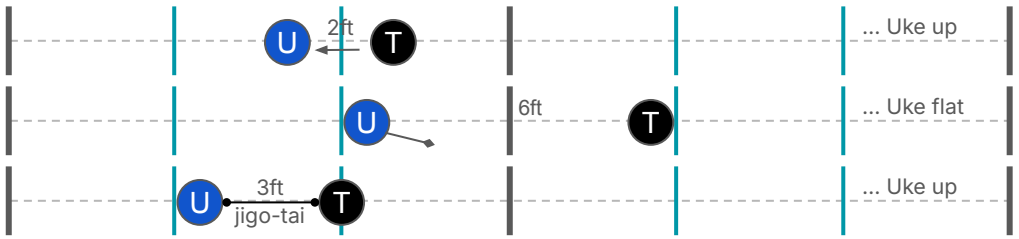
- **Okuri-ashi-harai**
- **Sasae-tsurikomi-ashi**
- **Uchi-mata**



4. Ma-sutemi-waza (Rear Sacrifice Techniques)

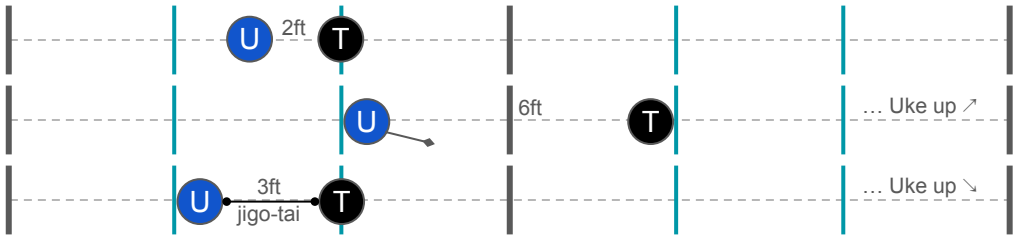
- **Tomoe-nage:**
- **Ura-nage:**
- **Sumi-gaeshi:**

quick transition



5. Yoko-sutemi-waza (Side Sacrifice Techniques)

- **Yoko-gake:**
- **Yoko-guruma:**
- **Uki-waza:**



6. Closing

