



Mizzou JuJitsu KoDenKai

Nage Te

Nage Te is the second list of DanZan Ryu JuJitsu "SHODEN". It is made up of 'throwing' techniques used for self-defense and sport (JuJitsu Freestyle, JuJitsu Kata, and Judo). These throwing techniques are uniquely adaptable and are taught in a different order and style depending on what you may need them for. In Judo the idea is to use these arts as a sport form, and to throw an opponent on their back. In JuJitsu the throws are designed to defeat an opponent and cause potentially serious damage. With practice and compassion these throws can also be used to simply defeat and redirect an opponent's energy with little or no harm to them at all.

There is one clear fact of the Nage arts. The primary countering techniques for a throw - is another throw.

Uke and Tori (Receiver and Thrower)

The roles of Uke and Tori are extremely important. Throwing well is only half as important as learning to fall well. Learning to go with the flow and survive safely is a critical component of martial arts in general. Nage Te will require that BOTH Uke and Tori perform their kata functions in unison to make the kata art work correctly. This is a safety procedure.

Nage has the potential to be a deadly art form and is not taught lightly or recklessly. Tori must provide safety for Uke through careful and controlled movements, and Uke must help provide for their own safety through proper application of *Sutemi* (falling). No one is allowed to take falls from Nage throws until they are proficient in the basic individual Rolling and Falling exercises. Nage Te is not the only list of throwing arts; other throws are strategically placed on other lists.

The basics of Nage Te consist of *Kuzushi* (off balancing), *Tsukuri* (fitting into the flow of energy and positioning) and finally *Take* (completion of the throwing motion). *Taisabaki* (stances and pivoting) will also be well drilled until they are natural and easy movements. *Riai* (correct intuitive action), *Zanshin* (intuitive alertness), *Ki* (spiritual energy) and *Kiai* (exalting spiritual energy) are deeper and very important inner elements of DanZan Ryu's Nage Te that are introduced on a more advanced level with this list.

Competition

Upon learning Nage Te in depth, the student is allowed and encouraged to practice it in sport form, and artistic forms before being taught it's more dangerous and harmful applications. The student has their choice of performing the arts in a sanctioned A.J.J.F. Kata Contest (which includes a combat sequence), A.J.J.F. JuJitsu Freestyle competitions or Judo . Judo however is restricted to only selected techniques of Nage Te and Shime Te (Submission and Restriction Arts) allowed by Sensei - Yawara Te is not allowed. Techniques used in JuJitsu Kata and Freestyle Contests are restricted only by JuJitsu rank requirement levels and/or the A.J.J.F. rank guidelines.



Mizzou Ju Jitsu Ko Den Kai

Nage Te

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| 1. DeAshi Harai
(Advancing Outside Foot Sweep) | 11. Ushiro Goshi
(Behind-Hip Counter Throw) |
| 2. Sasae Ashi
(Outside Foot Stop) | 12. Seoi Goshi
(Shouldering Waist Throw) |
| 3. Okuri Harai
(Sending - Double Foot Sweep) | 13. Tsurikomi Goshi
(Lifting-Fitting-In Waist Throw) |
| 4. Soto Gama
(Outside Calf Sickle) | 14. Harai Goshi
(Sweeping Hip Throw) |
| 5. Uchi Gama
(Inside Calf Sickle) | 15. Hane Goshi
(Springing Hip Throw) |
| 6. Soto Momo Harai
(Outside Thigh Sweep) | 16. Uki Otoshi
(Floating Body Throw) |
| 7. Uchi Momo Harai
(Inside Thigh Sweep) | 17. Makikomi
(Winding-Fitting-In Throw) |
| 8. O'Goshi
(Upper Waist Throw) | 18. Kane Sute
(Crab-Scissors Sacrifice Throw) |
| 9. Utsuri Goshi
(Changing Hip Counter Throw) | 19. Tomoe Nage
(Circular Sacrifice Throw) |
| 10. Seoi Nage
(Back-Carry Shoulder Throw) | 20. Yama Arashi
(Avalanche - Counter Attack) |