

Ojukan Judo

Nage No Kata Study Guide

<https://youtu.be/S-P27aaVwdU>

nage no kata, nice slow-mo camera work, plus special angles and (German) notes

<https://youtu.be/UdHt79y57NU>

Sensei Lloyd Llamas - Nage no Kata (slo-mo version) demo at NY Open

<https://youtu.be/1S8I76aPW7s>

The Kodokan video. Good instructional commentary and visuals

Nage No Kata

Opening

Te Waza

Uki Otoshi, (*strike*) Seoi Nage, Kata Guruma

Koshi Waza

(*strike*) Uki Goshi, Harai Goshi, Tsurikomi Goshi

Ashi Waza

Okuri Ashi Harai, Sasae Tsurikomi Ashi, Uchi Mata

Ma Sutemi Waza

Tomoe Nage (uke rolls to standing), (*strike*) Ura Nage, Sumi Gaeshi (uke rolls to standing)

Yoko Sutemi Waza

Yoko Gake, (*strike/crush*) Yoko Guruma (uke rolls to standing), Uki Waza (uke rolls to standing)

Closing

Book

Judo Formal Techniques – A Complete Guide to Kodokan Randori no Kata

By Tadao Otaki & Donn F. Draeger

TUTTLE Publishing