



Lesson 5. Irimi Nage

Ai Hanmi Katate Tori (Shomen Uchi, Jodan Tski) Irimi Nage, Ura and Omote

Complete Outline

- 1. Technique Outlook**
- 2. Sequence of Movements**
 - Ura Variation
 - Omote Variation
- 3. Mechanics of the Influence**
 - Fused Turns
 - Head Influence
 - Back Control
 - Leveraging Arm
 - Entire Spin
- 4. Integrality of Control**
 - Lead to Shoulder
 - Final Turn
- 5. Intended Completion**
 - Final Cutting Step
 - Follow Down Variation
- 6. Avoided Intentions**
 - Push-Down Lead
 - Excessive Spin
 - Strong Arm Reversal
- 7. Counter Actions**
 - Turn and Go Under
 - Take Arm for Koshi
- 8. Mastery Drills**
 - Drill 1: Shomen Uchi Kiri Otoshi
 - Drill 2: Without Leveraging Arm
 - Drill 3: Suwari Waza Irimi Nage
- 9. Self-Defense Perspective**
 - Two Types of Punches