



Lesson 6. Shiho Nage

Ai Hanmi Katate Tori (Yokomen Uchi) Shiho Nage, Ura and Omote

Complete Outline

1. Technique Outlook

2. Sequence of Movements

Ura Variation

Omote Variation

3. Mechanics of the Influence

Fork Grip Merging

Gyaku Hanmi - Ura

Full Arm Structure

Solid Body in Rotation

Triangular Shape Control

Final Angle Turn

4. Integrality of Control

Base Extrusion

Rotation Control

5. Intended Completion

Drop-Down Follow

Cheliped Opening

6. Avoided Intentions

Pull-Up Lead

Excessive Base Push

Direct Cut

7. Counter Actions

Pull-Up Take Down

Twist Out for Counter Shiho Nage

Turn Behind for Take Down

8. Mastery Drills

Drill 1: Hanmi Handachi - Gyaku

Drill 2: Switch to Sokumen Irimi

Drill 3: Final Control Reinforcement

9. Self-Defense Perspective

Entrance from Inside

Yokomen Uchi Punch Defense