Lesson 6. Shiho Nage
Aï 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