



## Lesson 8. Kaiten Nage

Gyaku Hanmi Katate Tori Uchi Kaiten Nage

### Complete Outline

#### 1. Technique Outlook

#### 2. Sequence of Movements

Ura Variation

Omote Variation

#### 3. Mechanics of the Influence

Entrance from Tenkan

Set-Up Turn for Uchi Step

Uchi Step Forward

Step-Up and Fixation

Rotary Lead

#### 4. Integrality of Control

Atemi Considerations

Balanced Forces

#### 5. Intended Completion

Momentum Follow

Irimi Step

#### 6. Avoided Intentions

Wrong Lead from Jodan

Head Influence in Gedan

Two Hands Push-Away

#### 7. Counter Actions

Recover for Counter Attack

Hip Push Takedown

Stand-Up for Counter Attack

#### 8. Mastery Drills

Drill 1: Rotation and Irimi Entrance

Drill 2: Switch to Koshi

Drill 3: Switch to Ude Garami

#### 9. Self-Defense Perspective

Underhook Lead

Punch Defense Series