



Lesson 9. Ude Kime Nage

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

Complete Outline

1. Technique Outlook

Safe Rolling

2. Sequence of Movements

Ura Variation

Omote Variation

3. Mechanics of the Influence

Clock Entry

Absorption Crusade

Wave Step

Aikijo Swing Input

4. Integrality of Control

Set-Up for Entrance

Under-Shoulder Kick

5. Intended Completion

Sided Kamae

6. Avoided Intentions

Excessive Step Under

Front Plane Push Entrance

Reversed Elbow Tuck

7. Counter Actions

Step Back to Chop Down

Recovery Battle

Hiji Kime Armlock

8. Mastery Drills

Drill 1: Switch to Irimi Nage

Drill 2: Switch to Nikkyo

Drill 3: Switch to Kaiten Nage

9. Self-Defense Perspective

Yokomen Uchi Ude Kime Nage