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## Nage No Kata

Posted by Stephen - 2008/05/14 14:08

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{youtube}3wsQE6K3a6s{/youtube}

Who would like to have a go at telling me what the first three throws are in this Kata?

Why are they called Te Waza?

Do you have any questions about the kata?

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## Re:Nage No Kata

Posted by Dr Leadbeater - 2008/06/05 12:34

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Uki Otoshi.  
(Kata) Seioi Nage.  
Kata Guruma.

They are "Te Waza" because they are HAND THROWS

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## Re:Nage No Kata

Posted by Stephen - 2008/07/12 10:22

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