

THROWS and SWEEPS of JUDO



UCHI MATA (内股)



OSOTOGARI (大外刈)



KOSOTO GAKE (小外掛)



HARAI GOSHI (払腰)



USHIRO GOSHI (後腰)



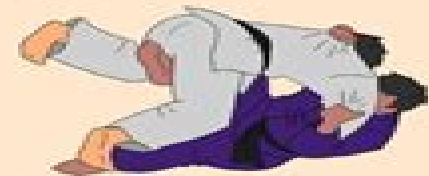
KOUCHI GARI (小内刈)



ŌUCHI GARI (大内刈)



SASAE TSURIKOMI ASHI (支釣込足)



SUMI GAESHI (隅返)



TOMOE NAGE (巴投)



IPPON SEOI NAGE
(一本背負い投げ)



TAI OTOSHI (体落)



Ō GOSHI (大腰)

Judo Throws Their Names

Patrick Vollmar



Judo Throws Their Names:

Judo Throws Their Names Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the energy of words has been much more evident than ever. They have the capability to inspire, provoke, and ignite change. Such is the essence of the book **Judo Throws Their Names**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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