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in such forward
throws as the seoi-
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tsurikomi-goshi find
kouchi-gari (A)
excellent as _a follow-
up to these
techniques. Kouchi-
gari (A) is often used
to advantage in judo
matches. Your right
elbow must strike the
opponent at a spot
slightly inward of his
diaphragm.

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- Throwing
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Techniques Okano
Isao, Sato Tetsuya.
1974. 193 p. english
text. Japan

Publications, US. This
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effort of two of
Japan's foremost judo
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Inokuma and
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randori (乱取),
striking techniques
are forbidden in
standard judo
competitions rules..
Ude-ate-waza
(腕当て技): arm
striking techniques
Kobushi-ate-waza: fist
techniques. Tsukkake
or Tsuki-kake:
Straight punch; Mae-
naname-ate: Front
crossing blow;

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Naname-tsuki or
Mawashi-tsuki:
Roundhouse punch or
circular punch

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Tags: Okano Isao.,
Vital Judo Grappling
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Author: Okano Isao.

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are divided into three
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Nage waza (throwing techniques), katame waza (grappling techniques, and atemi waza (vital-point striking techniques).

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