



NAGE



Throwing Techniques

Professor Bob Karnes notes 1-2014 revised 9-2019

Golden Sage Martial Arts Kata Manual

Martial Arts Kata and Beyond Part 1

White belt to Green belt

DanZan Ryu Jujitsu and DZR Zenyo Bujutsu Throwing Arts

Professor Bob Karnes notes Golden Sage Martial Arts Kata Manual

1-2014 edited 9-2019

Every Nage art has 4 parts

1. Kazushi = Off balancing
2. Tsukuri = Fitting in
3. Kaki = Completion
4. Zan Shin = Lingering spirit

Gi grip- Judo kumi kata gi grip. Your right hand on Uke's left lapel. Your left hand on Uke's lower right gi sleeve at ukes elbow. Uke does the same.

Judo DanZan Ryu hidden step (Judo) kazushi



Kazushi (break Uke's balance) Uke up and slightly to your right so Uke is on the outside edge of their right foot. At the same time step in front of and 4 inches away from Uke's right foot with your right foot. You step heel first, so your right foot is pointing the same direction as Uke's right foot. Take a hidden step with your left foot under Uke's obi knot between Uke's feet.

Step-step (walking) pivot throw kazushi

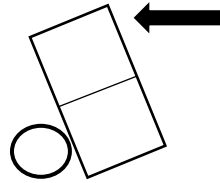


Step back with your left foot then back your right foot. Your left foot steps in line back behind your right foot swing your right foot around to your left into low wide horse stance leaning to your left for throw.

Push do not pull

From my point of view, we were taught the buddy walk as a way to overcome the tendency pulling Uke into a forward hip throw using an improper way of doing the Judo hidden step kata throw. The Judo hidden step footwork was a way to create kazushi out of nothing. To illustrate push do not pull this picture was on Prof. Estes's original Chapman school house Dojo black board before the school was demolished. It was cut out and framed by a student. It may have looked something like this according to my memory of seeing a drawing of it with these two words. This seems to agree with many of our teachers.

Something New ?



Professor Herb LaGue Buddy Walk Introductions to DanZan Ryu Zenyo Bujutsu Nage

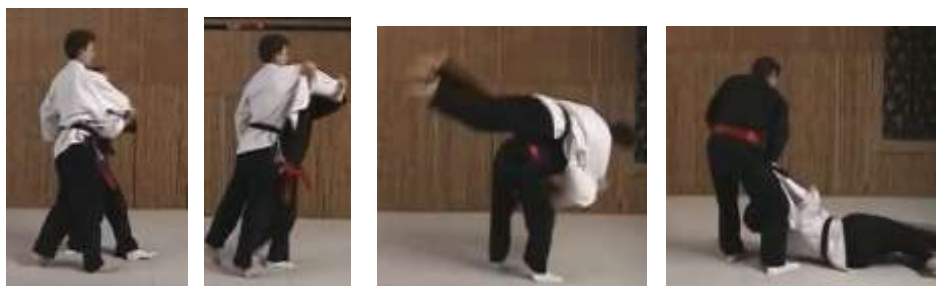
The new student threw an upper rank at their first class thus introducing them into their new DZR Zenyo Bujutsu family.

Weight – Unweight- (Fake) Pivot -Throw You create the Kazushi with a Faint



This is a strong faint to your right rear corner pivot to front buddy walk throw kazushi with an O Goshi Hayanada finish. In this method you create the kazushi as you try to throw Uke to your right rear corner causing Uke's left foot to be weighted and Uke's right foot to be light. Uke counters the rear throw by moving their weight back to their right foot as your push Uke up and forward. You pivot on the ball of your right foot and face 180 degrees. You step next to and slightly forward of where Uke steps with your left foot. Step next to the outside and slightly forward of Uke's right foot. Your hip goes in front of Uke for throw.

Foot work for DZR Zenyo Buddy walk Nage for forward two legged and one legged throws



Zenyo-buddy walk kazushi Start from basic Judo kumi kata gi grip. Uke pushes you with his right foot forward in a shuffle step. This is an attack as Uke supplies the Kazushi that you blend with. This is demonstrated in many throws applying the Zenyo arts. You step to the right with your right foot heel first to let Uke get ahead of you. Pick up your left foot and turn your hips hooking around Uke's rear left hip with your right hip. You are facing the same direction as Uke. Float Uke up into the "floating world". Place your left foot to the left of Uke's obi knot next to and a few inches in front of the inside of ukes right foot. Get low and Hula your right hip clockwise in front of Uke as you step to the outside of Uke's right foot with your right foot. As you push your hip through lean to your left so your right hip blocks Uke's middle right thigh. As you do this pivot on your left heel a little, so your left toes point to your left. Your hips and shoulders face forward as you tip Uke over for the throw.