



Yasu Nage List-Low Impact Nage
Self-Defense list by Professor John Shipley



1. Deashi Harai “Advancing foot” outside foot sweep- parry from punch
2. Soto Gama..... “Outside sickle” cross step to outside heel ankle hook
3. Uchi Gama..... “Inside Sickle” knee to stomach do Uchi Gama
4. Ushiro Ashikubi Kake Nage .. “Rear ankle hook throw” push knee out with leg
5. Maki Soku Nage..... “Rolling up leg throw” wrap around leg into front fall
6. Soku Tamaki Nage “Circling leg throw” swing around leg uke falls on back
7. Shitsuka Geri Nage..... “Knee cave kick throw” kick back of knee
8. Ushiro Goshi Nage.... “Rear hip throw” hand on shoulder and hip throw to rear
9. Ushiro Uke Otoshi “Rear floating drop” right knee behind uke push over leg
10. Ushiro Gata Nage..... “Rear shoulder throw” hook both shoulders throw to rear
11. Hana Appaku Nage “Nose pressure throw” fingers under nose throw to rear
12. Ude Otoshi Nage “Arm drop throw” grab wrist pull down to opposite heel
13. Ude Korebi..... “Arm rollover” pass through lead uke into roll
14. Kote Mawashi Nage “Forearm Winding Throw” pass through to Kote Gaeshi
15. Ushiro Gata Oshi Nage..... “Rear shoulder push throw” to front fall
16. Shi Sotogari..... “Threading outside hip throw” Kata Hagai to leg takedown
17. Tessen Yubi Nage “Fanning Finger Throw” Ude Tori chin flip hand
18. Ashige Ushiro Soku Haku “ Kicking Rear Leg Sweep” kick defense from inside
19. Kani Sute “crab throw” leg scissors throw from a punch
20. Yama Arashi “Mountain Storm” block right hook to leg sweep and choke

Yasu Nage – Introduction Low Impact Throws

Caution: ANY THROW USED IN REAL SELF-DEFENSE CAN CAUSE DEATH AND UNINTENDED CONSEQUENCES!

Yasu Nage

This is a gentler self-defense list than Judo or DZR Nage for both partners. Yasu is often defined as **peaceful** and Nage is defined as **throw**. Yasu Nage together is often referred to as low-impact Nage or **Low Impact Throws**. Yasu Nage is a list of 20 self-defense arts that do not require the wearing of a traditional Judo Gi so self-defense applications for a real attack can be practiced. Yasu Nage does not require the students to take high Sutemi or straight over Judo falls. Most of these arts are from DanZan Ryu or DanZan Ryu Zenyo Bujutsu Kata lists. Some of these arts are from other martial arts systems and maybe from a few wrestling takedowns.

Who Created this List?

Professor John Shipley created this list of Yasu Nage. John is the Sensei of the Koshinkan Dojo located in Fallon, Nevada USA. Prof. Shipley created this list and offered his permission for this author to share it in this book. He is a member of the Bushidokan Martial Art Temple Dojo, and of the Bushidokan International Federation. With the encouragement of Professor Herb LaGue, Sensei of the Bushidokan Martial Art Temple and Shodai / 10th Degree Black Belt founder of the Bushidokan International Federation, we have the privilege to share it to all like-minded Dojos. A video of a class demonstrating this list is on the Bushidokan Federation web site for members. Found at www.bushidokan.us

The need for less violent throws and take-downs during class and in real Self-Defense

As our DanZan Ryu Jujitsu was formed back in the 1920's it has been refined and adapted to meet the cultural and legal liability changes. Generally, we are using less brute force and more finesse. Not every altercation is life or death. Our self-defense side of Zenyo Bujutsu is called conflict resolution with unlimited variety of techniques and gentler throws included in our schools teaching. Life and death defensive techniques are also taught.

Older students and students with specialized needs can learn self-defense and attain rank.

I use Yasu Nage and any other self-defense techniques to fit the needs of any student. We have a long history of teaching girls and women a specialized Self-Defense course as women and children who are not current martial arts students are often smaller and physically weaker than a larger, stronger attacker. We have taught people with other specialized needs like people in wheel chairs and the developmentally disabled. One of Prof. Musselman's students did not have the physical ability to do most of DanZan Ryu but he excelled in the Yawara or hand arts. This student was tasked to come up with a 1,000 or so variations of Yawara arts and teach them to the regular DanZan Ryu students. He was awarded a Black Belt in Yawara. This provided a very dedicated student a path to elevate himself and the Dojo at the same time.

Professor Okazaki, the founder of DanZan Ryu, pulled arts from all his DanZan Ryu lists for his Girls and Women's self-defense course. We also add lists and use other non-original DanZan Ryu lists to adapt our martial art to fit the needs of our students while also preserving the tradition of the arts, our Sensei and of the founders of our Ryu. The Science of Self Defense for Girls and Women Paperback – written 1929 by **H.S. Okazaki (Author)** Bob's notes.

Yasu Nage Arts - Low Impact Throws

Professor John Shipley - Koshinkan Dojo Fallon Nevada USA

At our Golden Sage Martial Arts School, I teach a few easy falls that go well with this list of Yasu Nage (as shown in Chapter 1). I also teach different types of release holds like wrist locks and armbars when possible.

These notes are from my book Martial Arts Kata and Beyond Manual Part 1 (MAKB)
(written by Prof. Bob Karnes).

Uke = defender Tori = attacker

#1 Deashi Harai

Advancing foot sweep-Sweep the Forward Foot



From Uke's right punch, block with a right hand, clockwise, outside parry, and grip Uke's arm with both hands like a baseball bat with Uke's little finger up. At the same time, slide your left foot to your left rear corner your right foot slides in front of your left pointing to uke. Push their straight arm towards their shoulder to shift the weight to Uke's left foot. Sweep Uke's right foot with your left foot then step back bringing them with you. You are now in a closed judo stance. You can apply a wrist lock while your right knee presses into uke's right shoulder blade for a controlled release or disengage without a release as above. Uke can sit on their heel for back roll fall.

#2 Soto Gama

Outside sickle-Outside Ankle Hook Throw



From Uke's right punch the defender does a left foot shuffle step as shown (or a right cross step to your left front corner with your toes pointed to the right). At the same time do an outside mirror block, your left hand on Uke's right shoulder, your right hand on their forearm (if you do cross step, pivot on the ball of your right foot to face the same direction as Uke). You are at the right rear corner of Uke. Shift Uke's weight to their left foot and do a rear ankle hook to Uke's right rear heel. Do football kick forward and then step back. Uke is on their left side. Uke can sit on their heel for back roll fall. **(see MAKB Part 1 for my recommended low impact fall)**

#3 Uchi Gama

Inside Sickle-Inside Ankle Hook Throw “Banana Peel Art”



Parry Uke's right punch (step to the left), from the outside control Ukes right wrist, do a right knee strike. Then hook the inside of Uke's right heel and reap it back. Uke can sit on his heel for back roll fall.

#4 Ushiro Ashikubi Kake Nage

Rear Ankle Hook Throw / Zenyo Knee Press



Shuffle step to your forward left corner. Use an outside parry from Uke's right-handed punch. Hook Uke's right heel from the inside with your right foot toes pointing the same direction as uke's right foot. Push Uke's right knee to outside with your right knee. Uke protects his knee by bending it forward and sitting on the mat. Tori takes a deep step to your left foot as you kneel on the mat, with your right knee. Take care to stay on the ball of your right foot to protect Uke's right shin. Uke can sit back on the mat.

#5 Maki Soku Nage

Rolling up leg Throw-Take down to Front Fall



Parry Uke's right punch and drop to a left-handed half-kneeling stance. Wrap your right arm around the outside, grabbing through the inside of Uke's right leg. Sit back pressing the back of Uke's right knee with the rear of your right shoulder causing Uke to take an easy front fall. Roll to the left and strike them with left elbow to their back while capturing Uke's right ankle with your right arm. Uke does gentle kneeling front fall.

#6 Soku Tamaki Nage

Circling Leg Throw-Take Down to Back Fall



Parry Uke's right punch. Drop into a left-handed half kneeling stance. With your left hand grab palm up on front of Uke's right ankle, wrap your right-arm around the inside of Uke's right leg. Swing around the outside with your head around in between Uke's legs causing uke to sit down, swing around heel and kick to face to keep Uke from sitting up. You can apply a leg stretch technique following through with your left foot on the inside of Uke's left knee. Uke sits back to the mat.

#7 Shitsuka Geri Nage

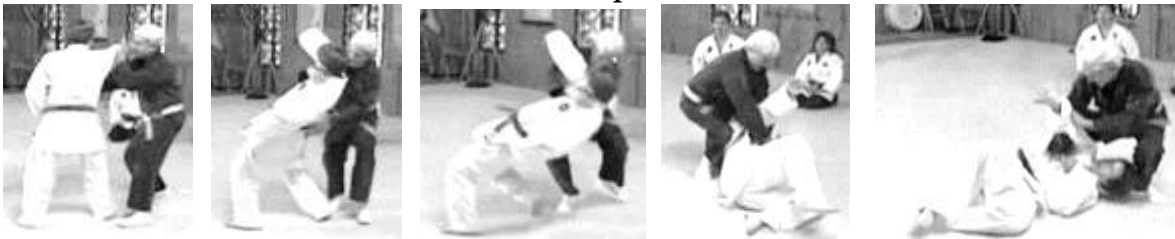
Knee Cave Kick Throw-Bent Knee Takedown to Front Fall



Uke throws a right-hand punch. You do a mirror block step to left. Go to a Tibetan one-legged stance, your right foot resting on your inside left knee bottom of foot up. Hook Uke's front right shoulder with your right hand. Kick to the back of Uke's right knee, causing them to kneel (do gently in practice). Step off Uke's knee to the outside with your right foot and step to the inside of Uke's feet with your left foot. Pivot to your right and simulate a palm strike to back of Uke's head (only if you are in fear of losing your life). As you pivot into strike Uke does front fall. Your left knee is over Uke's right calf as you kneel on your left knee. Uke does gentle kneeling front fall.

#8 Ushiro Goshi Nage

Rear Hip Throw



View 2 check arm

Do a soft parry from Uke's right punch as you shuffle step to your left front corner. Put your right hand under Uke's right arm to the front of Uke's left shoulder. Put your left hand on Uke's right rear hip. Step forward with your right foot. Push their hip and shoulder in a scissoring movement. Uke sits down. Check their right arm.

#9 Ushiro Uke Otoshi

Rear Floating Drop-Knee Bracing Throw to Rear



Uke does a right punch. You use a soft parry with your left hand as you step to your left front corner. Your right arm goes under ukes right arm with your right hand to his chest. Your left-hand checks Uke's upper right arm to prevent an elbow strike to your head. Slide your right foot close to the rear of Uke's left foot in a right-handed half kneeling stance. With your right-hand push uke over your right knee to throw Uke into a gentle back fall. Optional Ashi Nada Jime to turn over to Japanese leg bar.

#10 Ushiro Gata Nage

Rear Shoulder Throw-Tibetan cross Step Disappearing Art



Uke does a right punch, and you do an outside mirror block. You do a right foot Tibetan cross in between Uke's feet, your toes pointed to the right. You hook both shoulders from rear with both of your hands. Quickly step back with two back shuffle steps as you bend your knees dropping Uke back and down (gently) to sitting back fall. Do not drop your partner on their tailbone and do not do so quickly as to cause a whiplash to the neck.

#11 Hana Appaku Nage

Nose Pressure Throw



Uke does a right-hand punch. You parry outside with mirror block. Use a right foot cross step to your left corner with your right foot behind Uke's right heel to disappearing art. Both of your feet are behind Uke. Place your right index finger under Uke's nose. Off balance (Kazushi) Uke up then down as you back up, helping Uke to a sitting back fall.

#12 Ude Otoshi Nage

Arm Drop Throw



Uke does a right-hand punch. You do a right hand outside parry. Sliding down to Uke's wrist feed their right arm to your left hand. Step forward with your right foot past their right side, pull down Uke's right arm to Uke's rear opposite heel to sit-down fall.

#13 Ude Korebi

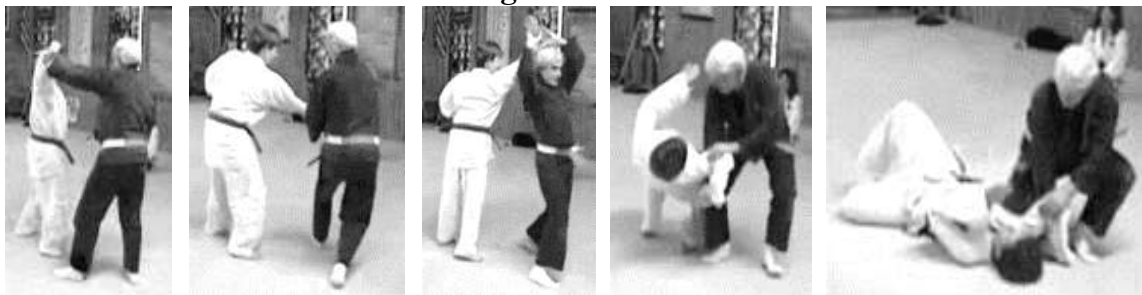
Arm Roll Over-Kotemaki to Roll



Uke does a right punch. You block with a soft left inside shuto. Grabbing Uke's arm like a baseball bat, let Uke's arm slide within the grip. Raise arm up in front of Uke, duck under their arm, and pivot to the left facing to your rear. Place ukes little finger on mat in front of Uke on the mat (the last picture is from another angle). Drop down on your left knee to lead Uke into right-handed jujitsu roll.

#14 Kote Mawashi Nage

Forearm Winding Throw-Kotemaki to Sit Down



Uke does a right punch. Parry with soft left inside shuto. You hold Uke's right arm with your right palm to palm of Uke's right hand and your left hand is on the back of Uke's right wrist. As you step forward with your left foot, pass under Uke's arm. Keep contact, your right palm to their right palm and pivot to right into kotemaki arm hold to gentle sit-down fall. Then place your right knee across Uke's right shoulder. Hold uke's right wrist with your right-hand palm to palm. Your left hand is on top of Uke's right elbow.

#15 Ushiro Gata Oshi Nage

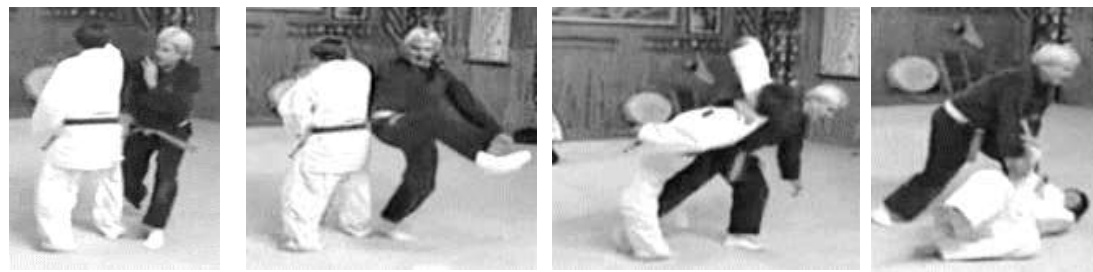
Rear shoulder push throw-Step behind to Take Down to Face



Uke does a right punch. You parry with an outside mirror block as you do a Tibetan cross step to right to get behind Uke. Both of your feet are in between Uke's feet. You then grab ankles and push uke into kneeling front fall with your right shoulder. (as shown on MAKB part 1)

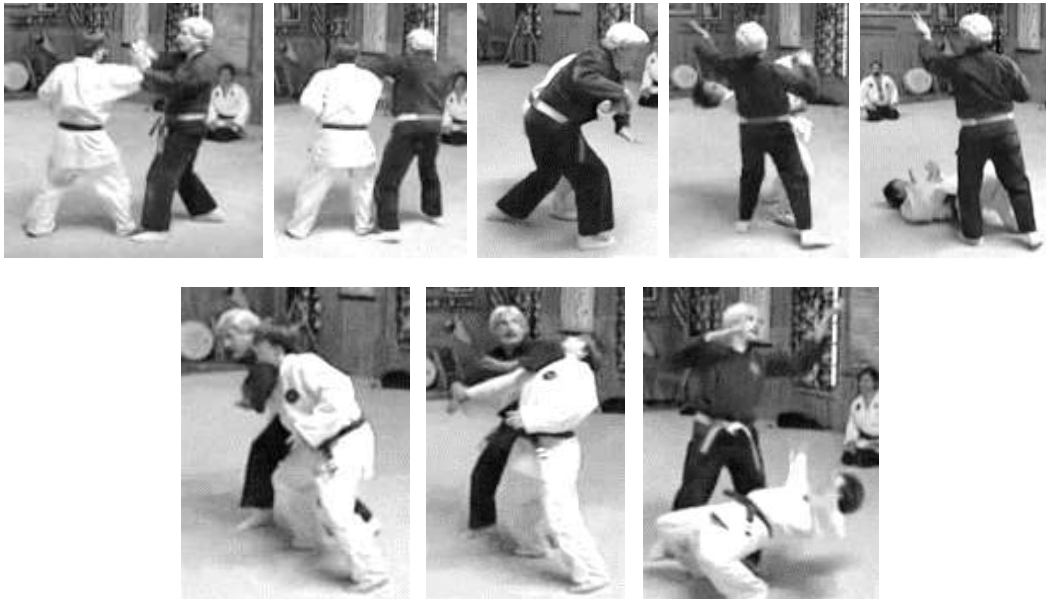
#16 Shi Sotogari

Threading outside hip throw-O Soto Gari



Uke does a right punch. You do a left outside parry as you step to the left. Bring your right arm under Uke's right arm to their left shoulder. Uke's right arm is against your right shoulder. You can check Uke's right upper arm with your left hand or do a standing Kata Gatame. Your right leg does an O Soto Gari sweep as Uke sits down. Take care to sweep the back of Uke's leg and not the outside of Uke's knee.

#17 Tessen Yubi Nage
Fanning Finger Throw-Reverse Clothesline Throw



Uke does a right punch. You do an outside right hand parry as you step to your left outside corner with your left foot and pivot step with your right foot, so you are standing next to Uke's right side. Place your left armpit over Uke's right shoulder and lift Uke's right arm with your right hand. As you press Uke forward and down you "load the spring". With your left arm over top and across Uke's chest your left bent elbow is under Uke's chin. Suddenly raise up and with the back of your left hand and flip it up towards Uke's eyes, causing Uke to do a sit down fall off the back of their heels.

18 Ashige Ushiro Soku Haku
Kicking Rear Leg Sweep-Front Kick Defense



Uke does a right front kick. Shuffle step off the line of the kick to the left while you remain on Uke's inside. Use a downward then upward clockwise sweep with your left arm capturing Uke's right leg at the bend of Uke's right knee. Your right-hand blocks any punch coming then you hook the top of their left shoulder with your right hand. Step with your right leg around behind Uke's left leg. Look to the left as Uke falls gently to their back. Spread Uke's knees with your knees on the inside. Punch to their groin.

#19 Kani Sute Crab Throw-Leg Scissors Throw



Prof. Bob Karnes notes: Many people have received injuries from a sideways Kane Sute.

As the pictures above illustrates, this is the way I was taught in the 1980's and how I taught Kane Sute into the 1990's. Coming in sideways without control puts uke's knee at risk for dislocation, and if you do this art by putting your left palm on the mat to support your weight you can dislocate your fingers. Prof. Shipley does this safely and it is an advanced application of a sideways entry Kane Sute.

The left punch that Prof. Shipley teaches makes this art flow for a great self-defense application.

I will describe what Prof. LaGue taught us as the front approach that addresses all these issues and makes the art smooth, low impact and safe to practice. The following is how I teach my Blue Belts as a beginning low impact or training version of this art. While you are facing Uke, Uke does a left punch. As you parry the punch with your left hand from the outside, you step to your right front corner with your right foot. Your right arm goes over Uke's left shoulder. For safety grab Uke's left Gi lapel with your right hand. You take a left foot hidden step to your right. While staying very close to Uke, your right leg strikes up into Uke's upper abdomen (**Uke holds your right leg to their midsection for your safety**) at the same time your left hand, little finger side, pointing in the direction of Uke's feet. The knife edge of your left hand is placed on the mat next to your left foot. With a reverse Jujitsu unbendable arm roll down your arm with your little finger next to the outside of your left foot. Point your straight left leg back at right angle to the wall behind Uke. Your left leg will automatically sweep like a pendulum at Uke's lower legs as you look over your left shoulder. Your lower leg raises as your upper leg circles down, causing uke to take a gentle back fall. If this is done close to Uke with your thighs like a slow motion, controlled cradling, it will be light impact without a slamming whiplash of Uke's head into the mat.

#20 Yama Arashi

Mountain Storm-Block and shoulder Strike -Throw to Rear with Armbar Finish



Uke does a right hook punch. You do a left hand inside knife hand (shuto block) and at the same time do a simulated right collar-bone break with your right hand, (for safety do a cupped hand strike to Uke's front right shoulder), while stepping to your left front corner. Open the door to the left a little, turning Uke close to you. Sweep the back of Uke's right leg from the rear with your right leg. When Uke is on their back pull them up on their left side. Kneel down behind Uke's shoulder blade near their head in a lefthanded hantachi no gami stance. Bar Uke's right elbow across your one point (or across your bent right knee as shown above). Your forearm presses into the side of Uke's neck to finish the armbar.