

O-SOTO-GARI: 2 COUNTER / 3 COMBINATIONS

1: Counter (major outer reap) *o-soto-gari* to (major outer reap) *o-soto-gari*.



Uke attacks your right side with (major outer reap) *o-soto-gari* by advancing forward using his left foot (landing on the outside) to your right. Uke forces you off balance by pulling your right elbow downwards and slightly out to your right and his right hand grip is holding your left lapel, driving you backwards to your right corner.



You counter by taking a little step backwards with your left leg for post stance. Using your right arm as the power of defence by locking it, you take a strong step forward into uke using your right hand grip as a strong point to force uke off balance as you drive your right leg to reap out uke's right leg countering uke's attack, by using the same attack (major outer reap) *o-soto-gari*.



See video tutorial [here](#)

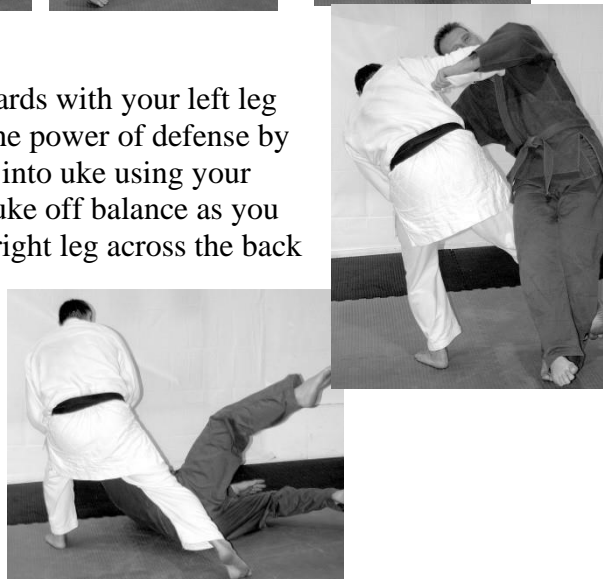
2: Counter (major outer reap) *o-soto-gari* to (major wheel throw) *o-sotso-guruma*.



Uke attacks your right side with (major outer reap) *o-soto-gari* by advancing forward using his left foot (landing on the outside) to your right. Uke forces you off balance by pulling your right elbow downwards and slightly out to your right and his right hand grip is holding your left lapel and driving you backwards to your right corner.



You counter by taking a little step backwards with your left leg for post stance. Using your right arm as the power of defense by locking it, you take a strong step forward into uke using your right hand grip as a strong point to force uke off balance as you swing drive in a backwards motion your right leg across the back of both leg of uke driving uke backwards as you counter with (major outer wheel throw) *o-soto-guruma*.



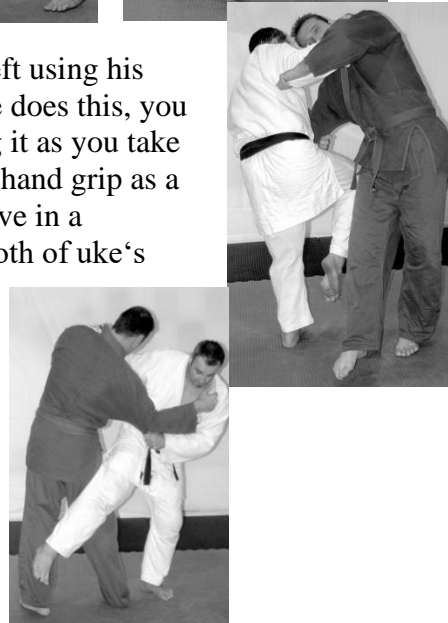
1: Combination (major outer reap) *o-soto-gari* to (*osoto-gurma*).



You attempt to throw Uke with (major outer reap) *o-soto-gari*, by advancing forward using your left foot (landing on the outside) to uke's right. Forcing uke off balance by pulling his right elbow downwards and slightly out to his right and your right hand grip is holding uke's left lapel and driving him backwards to his right corner.



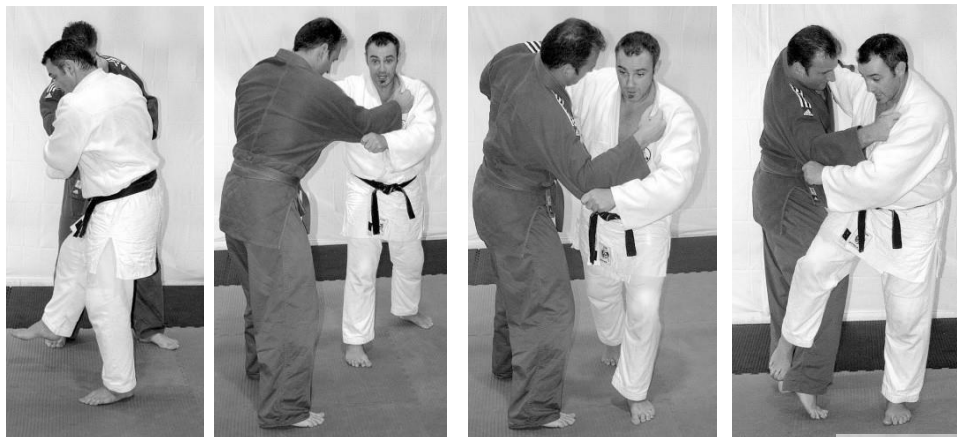
Uke blocks the attack by stepping backwards to the left using his right leg moving his right leg back out the way. As he does this, you use your right arm as the power of defense by locking it as you take a strong step forward in towards uke using your right hand grip as a strong point to force uke off balance as you swing drive in a backwards motion your right leg across the back of both of uke's legs. This drives uke backwards as you throw with your combination (major outer wheel throw) *o-soto-gurma*.



2: Combination (major outer reap) *o-soto-gari* to (major outer reap) *o-soto-gari*.



You attempt to throw Uke with (major outer reap) *o-soto-gari*, by advancing forward using your left foot (landing on the outside) to uke's right. Forcing uke off balance by pulling his right elbow downwards and slightly out to his right and your right hand grip is holding uke's left lapel and driving him backwards to his right corner.



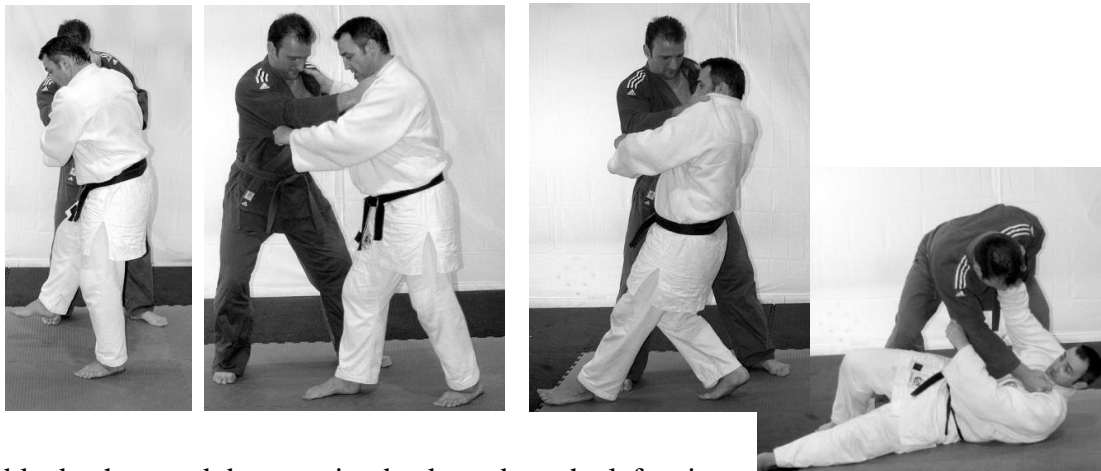
Uke blocks the attack by stepping backwards to the left using his right leg so it is now back out of the way, as he does this (placing his right leg firmly on the ground) using your right hand grip as a strong point to force uke off balance as you drive your right leg across the back of uke's right leg driving uke backwards with your combination of (major outer reap) *o-soto-gari*.



3: Combination (major outer reap) *o-soto-gari* to (side separation) *yoko-wakare*.



You attempt to throw uke with (major outer reap) *o-soto-gari*, by advancing forward using your left foot (landing on the outside) to uke's right. Forcing uke off balance by pulling his right elbow downwards and slightly out to his right and your right hand grip is holding uke's left lapel and driving him backwards to his right corner.



Uke blocks the attack by stepping backwards to the left using his left leg and moves his right leg back out the way. As he does this (placing his right leg firmly on the ground), drive your attacking leg (right leg) in front of uke's right (outside) leg. Your leg is slightly bent as you start to fall down onto your left side pulling uke over you and throwing uke forward with your combination of (side separation) *yoko-wakare*.



O-GOSHI: 3 COUNTER / 4 COMBINATIONS.

1: Counter (major hip throw) *o-goshi* to (rear hip throw) *ushiro-goshi*.



Uke attacks you with (major hip throw) *o-goshi*, by stepping in to you and turning to the left, (slightly bent knees). At the same time uke places his right hand around your back (gripping onto your belt) and pulls you forward using his left hand grip on your right sleeve.



You counter by taking a little step into uke with knees slightly bent. You hit uke with your hip, and your left hand is placed around uke's waist and your right hand is gripping uke's lapel. As you start to lift uke up off the ground, take a step backwards with your left leg creating a space to land uke on his back, throwing uke with counter (rear hip throw) *ushiro-goshi*.

