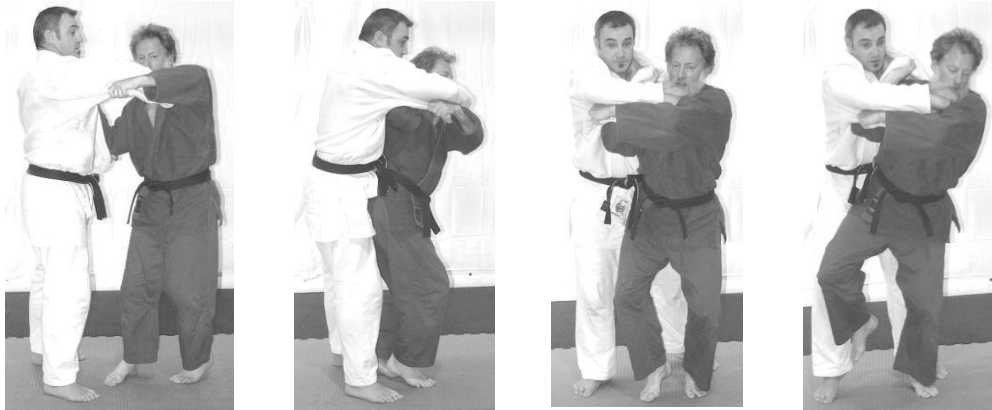
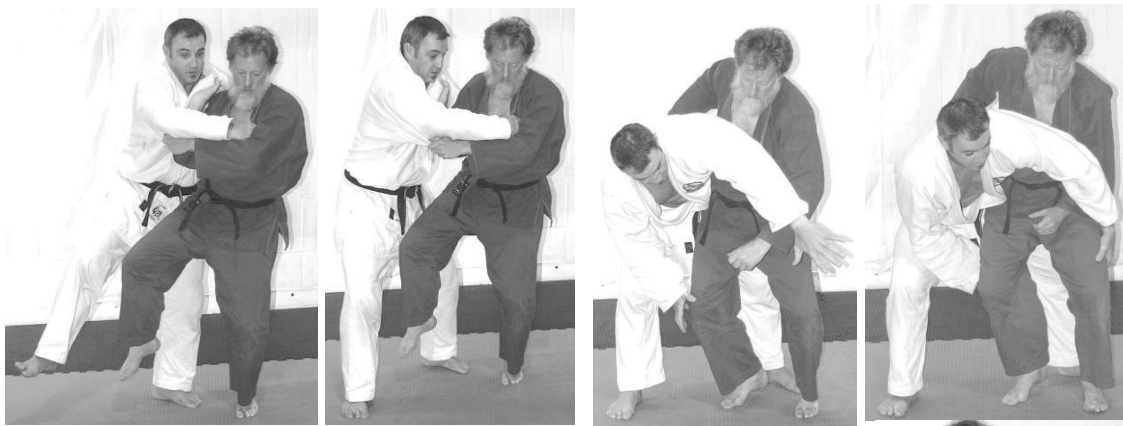


HANE-GOSHI: 3 COUNTERS / 3 COMBINATIONS

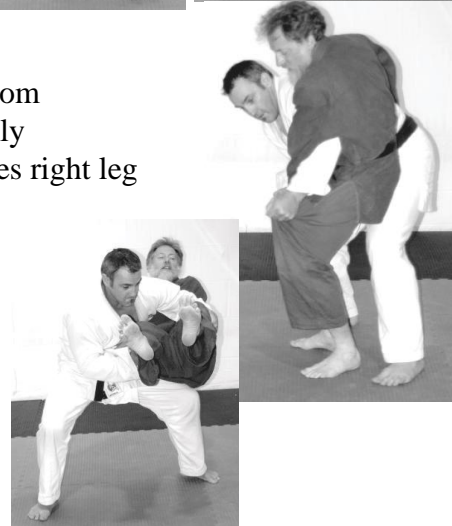
1: Counter (spring hip) *hane-goshi* to (scooping throw) *sukui-nage*.



Uke attacks you with (spring hip) *hane-goshi* by stepping forward and turning out to his left at the same time slightly lowering his body bending his right leg so that his right knee is outside and his right foot is on the inside of your right leg. Uke then attempts to spring off his left leg to throw you forward.



You counter by taking a big step off and out away from ukes attacking right leg. As you place your foot firmly on the ground, break your right hand grip & hold ukes right leg (pants) & with your left hand you reach across ukes body to hold ukes left leg (pants) to counter using (scooping throw) *sukui-nage*.



2: Counter (spring hip) *hane-goshi* to (side wheel throw) *yoko-guruma*.



Uke attacks you with (spring hip) *hane-goshi* by stepping forward and turning out to his left at the same time slightly lowering his body bending his right leg so that his right knee is outside and his right foot is on the inside of your right leg. Uke then attempts to spring off his left leg to throw you forward.



You block the attack by pushing your left hand in uke's back at the same time stepping off, over and out from uke's attacking leg. As you are doing this, change your right grip so it is placed and pushing into uke's stomach. You continue roll in and underneath uke's hold by placing your right leg between and behind uke's legs to counter using (side wheel throw) *yoko-guruma*.



3: Counter (spring hip) *hane-goshi* to corner throw) *sumi-gaeshi*.



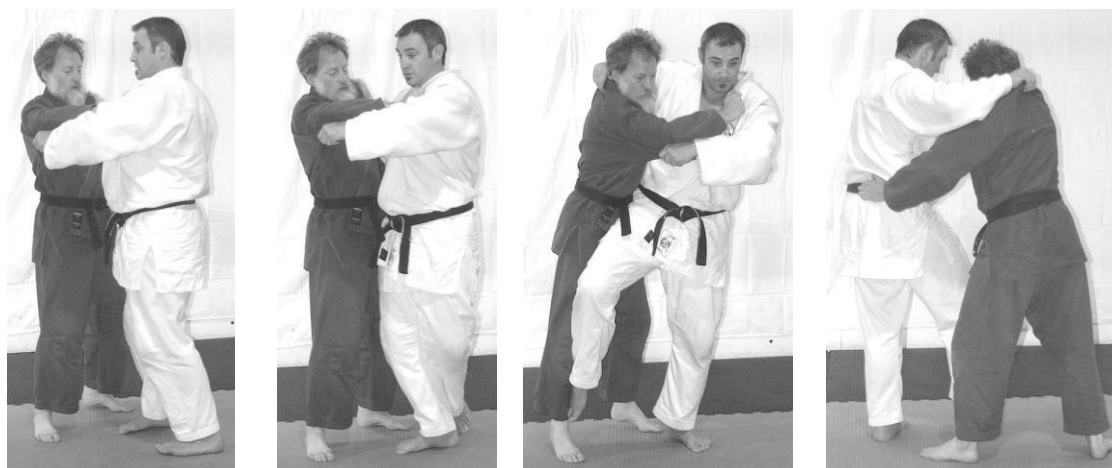
Uke attacks you with (spring hip) *hane-goshi*. As uke attempts to attack your right leg, you go with the direction, but do not change your grips. Step over his attacking leg,



placing your right foot between uke's legs, up against the left thigh as you start to fall down on to your back, BUT slightly onto your left side. Pulling uke over your left shoulder, you counter with (side corner throw) *sumi-gaeshi*.



1: Combination (spring hip) *hane-goshi* to (outer winding spring) *hane-makikomi*.



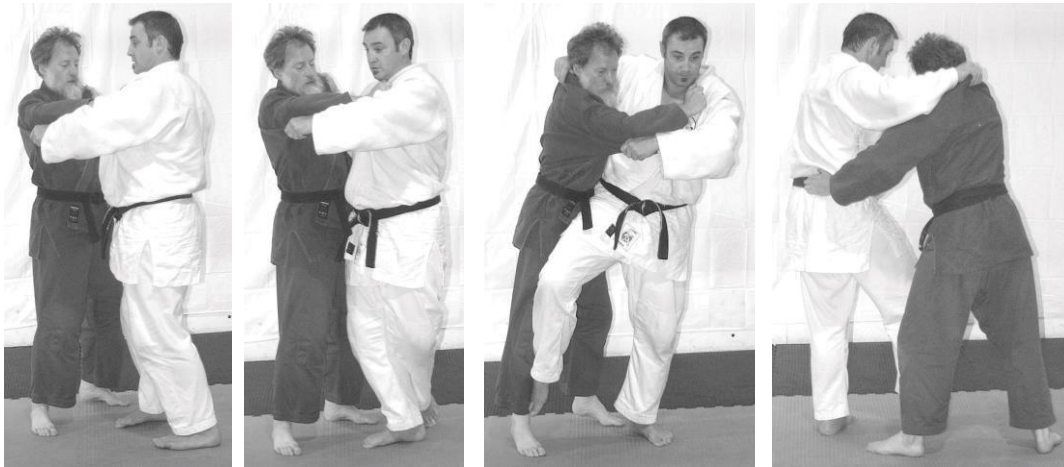
You attempt to throw uke with (spring hip) *hane-goshi* by stepping forward and turning out to your left slightly lowering your body by bending your right leg. Place your bent leg (knee) on the outside, and uke's right foot on the inside of uke's right leg. Then attempt to spring off your left leg to throw uke forward.



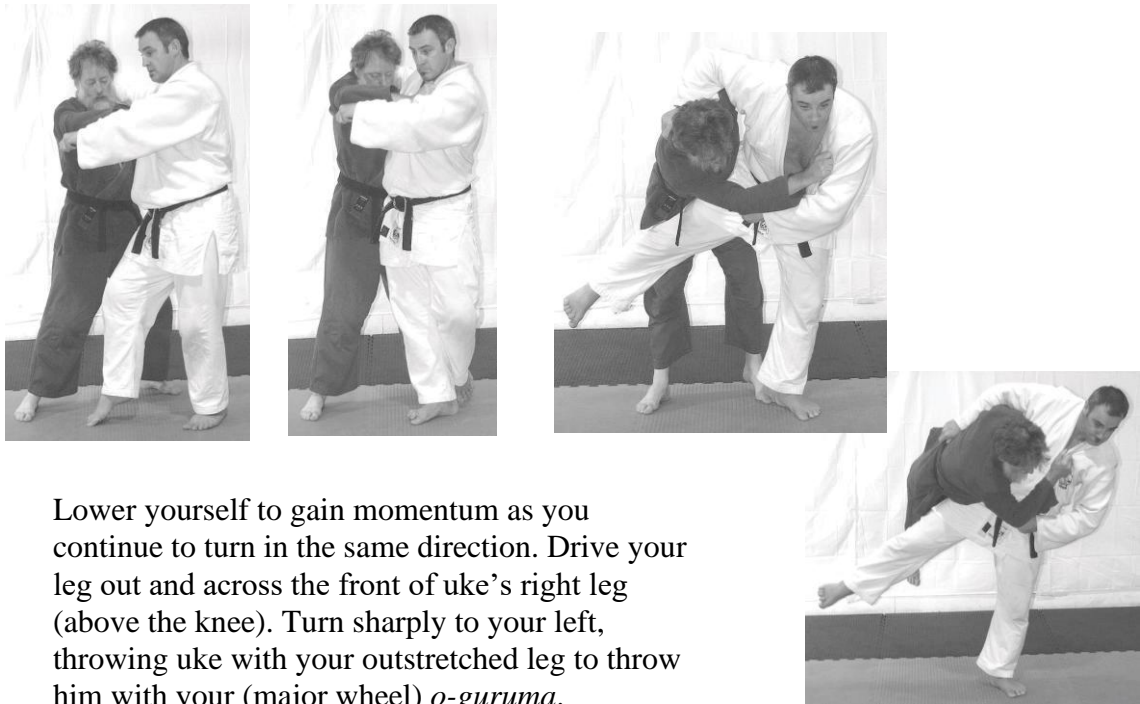
Uke blocks the attack by pushing his left hand in to your lower back at the same time sliding his right leg back out the way of your attacking leg. In a fast *uchi komi* move backwards motion, pull uke forward then, by placing your slightly bent knee in a position, change your right-hand grip by slipping your right arm over uke's head while keeping a firm grip with your left hand. At the same time, continue to turn out to the left, to complete your combination of (outer winding spring) *hane-makikomi*.



2: Combination (spring hip) *hane-goshi* to major wheel) *o-guruma*.



You attempt to throw uke with (spring hip) *hane-goshi*. As uke blocks the attack by placing his left hand into your lower back & standing slightly out to the right you quickly follow in the same direction with a quick (*uchi komi* style move).



Lower yourself to gain momentum as you continue to turn in the same direction. Drive your leg out and across the front of uke's right leg (above the knee). Turn sharply to your left, throwing uke with your outstretched leg to throw him with your (major wheel) *o-guruma*.