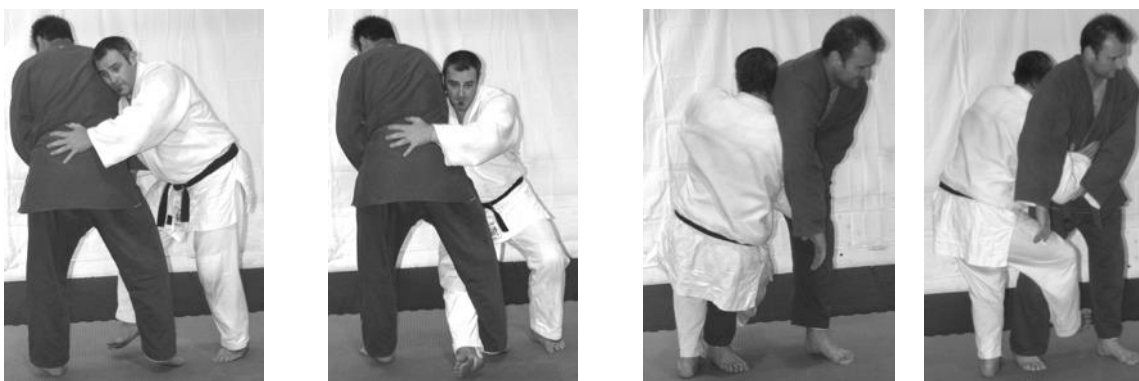


## **HANE-MAKIKOMI: 4 COUNTERS / 4 COMBINATIONS.**

1: Counter (winding spring hip) *hane-makikomi* to (side wheel throw) *yoko-gurma*.



Uke attacks you with (winding spring hip) *hane-makikomi* by pulling your right arm (from the elbow) with his left-hand grip pulling you forward and off balance. Uke takes a step forward with his left leg and pivots out to his left so that uke's back is facing your front. At the same time uke lets go of his right-hand grip and places it across and over your right shoulder (front) trapping your right arm under uke's armpit, and dives forward to the ground. You block the attack by pushing your left hand in uke's back at the same time stepping out to the right of uke's attacking leg. As you are doing this, change your right grip so it is placed and pushing into uke's stomach



Note your right leg does not touch the ground as 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-gurma*.



2: Counter (winding spring hip) *hane-makikomi* to (sliding collar strangle) *okuri-eri-jime*.



Uke attacks you with (winding spring hip) *hane-makikomi*. As uke starts to place his attacking bent leg against your thigh, you start to block the throw by bending your knees and step out to your left so you are now standing behind uke.



Grasp uke's right lapel up high with your left hand. You counter the throws by using your left-hand grip to pull around ukes neck and pull down with your right hand grip on ukes left lapel to strangle uke with (sliding collar strangle) *okuri-eri-jime*

3: Counter (winding spring hip) *hane-makikomi* to (valley drop) *tani otoshi*.



Uke attacks you with (winding spring hip) *hane-makikomi*, as uke attempts to throw you, by placing his attacking bent leg against your thigh to lift you up. As Uke attempts this you



step slightly to the right to avoid the lift and place your left leg, stretched across the back of uke's legs as you lower yourself by doing this you will break uke's balance to their left corner throwing them with (valley drop) *tani otoshi*.



4: Counter (winding spring hip) *hane-makikomi* to (backward hip throw) *nage goshi*.



Uke attacks you with (winding spring hip) *hane-makikomi*. As uke attempts to throw you by placing his attacking bent leg against your thigh in attempt to lift you forward. , step slightly to the left to avoid the lift and with your right arm wrapping around uke's stomach (front) and your left hand pushing into uke's lower left side of their back



This will force uke to bend slightly backwards so you are able to turn around to the left, pulling uke with your right arm. By doing this you will break uke's balance to their left and be able to counter with (backward hip throw) *nage goshi*.

