

HIDDEN THROWS AND TAKEDOWNS OF KATA

Throwing tendencies

Throws tend to be done when an opponent steps, is in a long stance, or on one foot. There are therefore more throws drawn from styles that have long stances than styles that have short stances.

Throwing categories

Although throws can be done in many ways, with locks on the wrist, elbow, knee or ankle, or entirely without joint locking, the following are the most frequently seen general categories:

- Crescents
- Foot Sweeps
 - o Major
 - > Stepping
 - > Spinning
 - o Minor
 - > Stepping
 - > Spinning
- Wedges
 - o With lift
 - o With hip rotation
 - o With weight drop
- Lifts
 - o With arm lock
 - o Without arm lock
- Inside Rotations
 - o With leg block
 - o Without leg block
- Projections
 - o With arm lock
 - o Without arm lock
- Rear or Sitting Drops

Takedown tendencies

Takedowns are usually arm takedowns using elbow locks or leverage that threatens an elbow lock. However, one can apply a sweep or wedge on the back of an opponent to effect a takedown, as well.

Takedown categories

- Arm Levers
- Outside Rotations
- Drags
- Inverse Wedges

Note 1: every step in kata can be a sweep, every crescent can be a sweep or leg check, every turn can be a throw, every shift of weight can be applied as a weight drop.

Note 2: In kata, there are as many opportunities for throws or takedowns (some not categorized above) as there are for strikes. A lock is a block is a blow is a throw.