



Shoshin Ryu Boards

SRY Throwing Techniques

1. **Kuzushi Nage-Unbalancing Throw (Heel Throw)**
2. **O Soto Gari-Major Outer Reaping**
3. **O Goshi-Major Hip**
4. **Sode Tsurikomi Goshi-Sleeve Lift Pull**
5. **Seoi Nage-Shoulder Throw**
6. **Ippon Seoi Nage-One Point Shoulder Throw**
7. **Tora Nage-Tiger Throw**
8. **Tomoe Nage-Circle Throw**
9. **De Ashi Barai-Advanced Foot Sweep**
10. **Hiza Nage-Knee Throw**
11. **Tai Otoshi-Body Drop**
12. **Morote Gari-Both Hands Reaping**
13. **Soto Gama-Outside Sickle**
14. **Uchi Gama-Inside Sickle**
15. **Harai Goshi-Sweeping Hip**
16. **Seoi Goshi-Shoulder Hip (Cross Shoulder)**
17. **Makikomi-Winding Pulling**
18. **Soto Makikomi-Outside Winding Pulling**
19. **Yama Arashi-Mountain Tempest**
20. **Okuri Barai-Sending Sweep**
21. **O Uchi Gari-Major Inner Reaping**
22. **Seoi Otoshi-Shoulder Drop**
23. **Hane Goshi-Springing Hip**
24. **Uki Otoshi-Floating Drop**
25. **Uki Waza-Floating Technique**
26. **Yoko Wakare-Side Separation**
27. **Tawara Gaeshi-Strawbag Overturning**
28. **Sumi Gaeshi-Corner Overturning**
29. **Soto Mata Barai-Outside Thigh Sweep**
30. **Uchi Mata Barai-Inside Thigh Sweep**
31. **Tsurikomi Daoshi-Lift Pull Thr**
32. **Kesa Nage-Lapel Throw (side hip throw)**
33. **Hiza Ori Nage-Knee Smash Throw**
34. **Mae Yama Kage-Front Mountain Shadow**
35. **Tora Katsugi-Tiger Shouldering**
36. **Kin Katsugi-Groin Shouldering**
37. **Kesa Katsugi-Lapel Shouldering**
38. **Ukumaki-Whirlpool**
39. **Ushiro Goshi-Rear Hip (Hip Throw Counter)**
40. **Sumo Goshi-Wrestler's Hip**

SRY Constriction Techniques

- 1. Eri Gatame-Lapel Hold**
- 2. Gyakute Gatame-Reverse Hand Hold**
- 3. Kata Gatame-Shoulder Hold**
- 4. Namijuji Jime-Normal Cross Choke**
- 5. Gyakujuji Jime-Reverse Cross Choke**
- 6. Ichimonji Jime-Straight Line Choke**
- 7. Tsukkomi Jime-Thrust Wind Choke**
- 8. Gyaku Eri Jime-Reverse Lapel Choke (reverse long short)**
- 9. Okuri Eri Jime-Sliding Lapel Choke**
- 10. Kataha Jime-Single Wing Choke**
- 11. Satsuma Jime-To Catch a Ride Choke (Perfect Choke)**
- 12. Hadaka Jime Ichi-First Naked Choke**
- 13. Hadaka Jime Ni-Second Naked Choke**
- 14. Hadaka Jime San-Third Naked Choke**
- 15. Ude Jime-Arm Constriction**
- 16. Ude Garami-Arm Entangling**
- 17. Ude Kujiki-Arm Break**
- 18. Ude Hayanada Ichi-Arm Quick Blade #1**
- 19. Ude Hayanada Ni-Arm Quick Blade #2**
- 20. Ude Hayanada San-Arm Quick Blade #3**
- 21. Ashinada Jime-Leg Blade Constriction**
- 22. Ashi Gyaku Jime-Reverse Leg Constriction (Japanese Corkscrew)**

SRY Combination Techniques

- 1. Gyaku Ude Hayanada-Reverse Arm Quick Blade**
- 2. Kote Gaeshi-Wrist Over Turning (arm whip)**
- 3. Sakanuki-Reverse Draw**
- 4. Gyakute Nage-Reverse Hand Throw**
- 5. Yama Arashi-Mountain Tempest**
- 6. Tatsumaki Jime-Dragon Choke**
- 7. Shigarami-Fist Entanglement**
- 8. Kote Shigarami-Wrist Fist Entanglement**
- 9. Gyakute Shigarami-Reverse Fist Entanglement**
- 10. Tekubi Shigarami-Back of Hand Fist Entanglement**
- 11. Shikano Issoku Jime-Deer's One Foot Constriction (Police Art)**
- 12. Komiiri-Strike Down (Crowd In)**
- 13. Dazaguruma-Drawing Out Overturning (Wind Wheel)**
- 14. Ebi Jime-Lobster Choke (neck break)**
- 15. Hiza Ori Nage Ni-Knee Smash #2**
- 16. Tora Otoshi-Tiger Drop (with belt)**
- 17. Dakikubi Nage-Embracing Neck Throw**
- 18. Osaegami Jime-Hair Hold Constriction**
- 19. Koguruma-Minor Wheel (Fireman Counter)**

SRY Hand Techniques

- 1. Yubi Dori-Finger Hold**
- 2. Moroyubi Dori-Multiple Finger Hold**
- 3. Katate Dori Ichi-Hand Hold #1**
- 4. Katate Dori Ni-Hand Hold #2**
- 5. Katate Dori San-Hand Hold #3**
- 6. Katate Dori Shi-Hand Hold #4**
- 7. Kote Gaeshi-Wrist Over Turning**
- 8. Kote Shino Gaeshi-Wrist Four Corner Over Turning**
- 9. Kote Jime-Wrist Constriction**
- 10. Kote Gyaku Jime- Reverse Wrist Constriction**
- 11. Kote Maki Dori-Coiled Up Wrist Hold**
- 12. Kote Garami-Wrist Entangling**
- 13. Ude Gaeshi-Arm Over Turning**
- 14. Ude Dori-Arm Hold**
- 15. Ude Shigarami-Arm Four Entangling**
- 16. Ude Gyaku Dori-Arm Reverse Hold**
- 17. Ude Gyaku Kujiki-Arm Reverse Break**
- 18. Ude Genkotsu Kujiki-Arm Fist Break**
- 19. Kata Hagai Jime-Single Wing Constriction**
- 20. Hagai Jime-Wing Constriction**
- 21. Hagai Gyaku Jime-Wing Reverse Constriction**
- 22. Hagai Gurami Jime-Wing Entangling Constriction**
- 23. Ushiro Kannuki Jime-Rear Latch Constriction**
- 24. Kata Guruma Jime-Shoulder Wheeling Constriction**