



Ippon-Seoinage (Te-Waza)

- Ippon = One Arm
- Seoi – back/shoulder
- Nage = throw

Tip: Lift with your legs not your butt

1. Short step and pull
2. Elbow to Armpit
3. Seoinage Pivot
4. Pull off your sweater/Hoodie

Scan the QR Codes or click the link to view videos on Ippon-Seoinage



<https://www.youtube.com/watch?v=FQnOICxo4oI>



<https://www.youtube.com/watch?v=5zZO8TJ0tg0>