

Tomoe-Nage (Ma-Sutemi-Waza)

- Tomoe = Circular
- Nage= Throw

Tip: Go for the reaction to the push

1. Push Forward hard and bull
2. Major foot to belt line
3. Sit butt to toes
4. Two hand pull over Minor shoulder

Scan the QR Codes or click the link to view videos on Tomoe-Nage



<https://www.youtube.com/watch?v=880WbHvHv6A>



<https://www.youtube.com/watch?v=EW0oFHv18JQ>

