



Motobu 20 Waza **or** **Toide 20 Waza**

1. **Uke:** Same side *kote* grab (grabbing *tori's hidari kote*)

Tori: Apply pressure opposite way; C-step backwards into *hidari zenkutsu dachi* with *hidari chudan uke* and then peel *te*; spin in underneath and break the *empi* using *migi kata*; *migi* twist and lock on ground (*kansetsu waza-type nikyo*)

2. **Uke:** Same side *kote* grab (grabbing *tori's hidari kote*)

Tori: Apply pressure opposite way; C-step forwards into *hidari zenkutsu dachi* with *hidari jodan uke* and then peel *te* into basic *toide* lock; take down and lock with *nikyo*

3. **Uke:** Same side *kote* grab (grabbing *tori's hidari kote*)

Tori: Apply pressure opposite way; C-step backwards into *hidari zenkutsu dachi* with *hidari chudan uke* and then peel *te*; spin in underneath, ending up behind the *uke* with *migi te* on the *uke's kubi*; push/pull throw

4. **Uke:** Same side *kote* grab (grabbing *tori's hidari kote*)

Tori: Snake *hidari te* in; collapse the *uke's empi*; *yoko nikyo*

5. **Uke:** Cross *kote* grab (grabbing *tori's migi kote*)

Tori: Using *hidari te* trap the *uke's te*, C-step back into *hidari zenkutsu dachi* and apply *nikyo*; step forward with *migi ashi* while placing *hidari te* under the *uke's empi* and push to throw forward

6. **Uke:** Cross *kote* grab (grabbing *tori's migi kote*)

Tori: Apply pressure opposite way; C-step forwards into *migi zenkutsu dachi* with *migi soto chudan uke* and then peel *uke's te* into *kote gaeshi*; take down; go down to *iai goshi dachi* and lock on ground (*kansetsu waza-type nikyo*)

7. **Uke:** Cross *kote* grab (grabbing *tori's migi kote*)

Tori: Apply pressure opposite way; C-step forwards into *hidari zenkutsu dachi* and apply *ikkyo* while stepping forward into *kiba dachi*; *hidari te* moves to the *uke's empi* and *hidari* twist into basic *toide* lock; take down and lock with *nikyo*

8. **Uke:** Cross *kote* grab (grabbing *tori's migi kote*)

Tori: Apply pressure opposite way; grab the *uke's kote* with both *te*; step across into *hidari kosa dachi* and apply *shiho nage* to take down

9. **Uke:** *Migi* lapel grab

Tori: Fold *uke's te* in; step back with *hidari ashi* using *kote gaeshi* and lock on ground (*kansetsu waza-type nikyo*)

10. **Uke:** Double lapel grab

Tori: Grab the *uke's kata* with both hands; step in with *migi ashi* and then step back with *hidari ashi* and throw to ground; *kansetsu waza* on ground using *koshi*

11. **Uke:** *Migi mai geri*

Tori: *Tai sabaki* to the left with *migi gedan barai uke*; step through and down to *iai goshi dachi*; follow up with *migi gyaku tsuki*

12. **Uke:** *Migi yoko geri*

Tori: *Tai sabaki* to the left with *migi gedan barai uke*; step through and down to *iai goshi dachi*; follow up with *migi gyaku tsuki*

13. **Uke:** *Hidari ushiro mawashi geri*

Tori: *Tai sabaki* to the right with *hidari chudan uke*; step through and down to *iai goshi dachi*; follow up with *migi tsuki*

14. **Uke:** *Migi mawashi geri*

Tori: Step in to *migi kumite dachi* with *hidari gedan barai uke*; *ouchi gari* and follow up with *migi tsuki*

15. **Uke:** *Migi chudan tsuki*

Tori: *Tai sabaki* to *hidari kumite dachi* with *hidari shuto uke*; *torite* and *kote gaeshi* while stepping backwards; and lock on ground (*kansetsu waza-type nikyo*)

16. **Uke:** *Migi chudan tsuki*

Tori: Step in to *migi zenkutsu dachi* with *hidari chudan uke* and *migi jodan tsuki*; curl *uke's migi te* underneath; grab *uke's hidari empi*; step back into *hidari zenkutsu dachi* and throw to ground

17. **Uke:** *Migi chudan tsuki*

Tori: *Tai sabaki* left with double *shuto uke* and *hiza*; step forward into *kiba dachi* with *kansetsu waza*; *hidari te* moves to the *uke's empi* and *hidari* twist left into basic *toide* lock; take down and lock with *nikyo*

18. **Uke:** *Migi chudan tsuki*

Tori: *Tai sabaki* left with double *shuto uke*; *torite* and twist left into *ude garame*; take down with lock *nikyo*

19. **Uke:** *Migi chudan tsuki*

Tori: Step in to *migi zenkutsu dachi* with *hidari chudan uke* and *migi shotei* to the back of the *uke's* head; wrap around *uke's migi ude* and step back with *hidari ashi* to take down

20. **Uke:** *Migi chudan tsuki*

Tori: Step in to *migi kumite dachi* with *hidari shuto uke* and *migi shuto uchi* to *kubi*; reach across and grab *uke's migi te* with your own *migi te*; step into *kiba dachi* and apply *kansetsu waza*; grab two or three of the *uke's yubi* and *hidari* twist left into basic *toide* lock; take down and lock with *nikyo*; bring back up and throw forward