

# Daiwa Ryu Shodangi waza

Giles Chamberlin

## Suwari waza (Sitting techniques)

Aiki Dori Eighth Light Art

Tekagami Hand Mirror

Aiki Nage Harmonious spirit throw

Hiza Gatame Knee hold

Ude Osae Dori Arm pin art

Mune Osae Dori Chest pin art

Uchi Komi Dori Strike inside art

## Hantachi Waza (Half standing techniques)

Yoko Katate Osaea Dori Side one hand pin art

## Isu Suwari Waza (Chair Sitting Techniques)

Kiza Morote Osaea Dori Chair two hand pin art

## Tachi Waza ( Standing Techniques)

Aiki Zeme Eighth Light Attack

Tachi Ate Standing strike

Tachi Tekagami Standing hand mirror

Hiki Nage Pull throw

Ude Osae Dori Arm pin art

Mune Osae Dori Chest pin art

Ryo Ude Osae Dori Both arm pin art

Ryo Mune Osae Dori Both chest pin art

Uchi Komi Dori Strike inside art

Ushiro Zeme Otoshi Rear attack drop

Kasa Ushiro Zeme Otoshi Umbrella rear attack drop

Kubi Shime Dori Neck strangulation