

## Want to *MASTER* your Karate Jitsu throws?



It's easy, just click on the links here below, then watch and study ...  
These are some of the Karate Jitsu style of throws that we train with.  
(if any links are not correct, please let KJ know)

[Osoto Gari](#)

[Uchi Gari](#)

[Kosoto Gari](#)

[Kouchi Gari](#)

[De Ashi Harai](#)

[Ogoshi](#)

[Ogoshi with Kazushi and clinch](#)

[Ippon Seoinage](#)

[Ippon Seoinage to Kouchi](#)

[Koshi Guruma](#)

[Koshi Guruma with Kazushi and hip](#)

[Uchi Mata](#)

[Uchi Mata in tight](#)



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