

Morote-Seoinage (Te-Waza)

- Morote = Two-handed
- Seoi = Back/Shoulder
- nage = throw

Tori belt must be lower than Uke Belt

1. Yawn
2. Shoe size step
3. Seoinage Pivot
4. Pull off your sweater/Hoodie

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



<https://www.youtube.com/watch?v=z1q0xl0ogxk>

<https://www.youtube.com/watch?v=nOCbn787tss>

