

√	NGA	Nihon Goshin Aikido	Hand	Aikido		Judo	Application	Application	Ending
Off	Set	Classical Technique	Grip	Category		Tech.	Attack #1	Attack #2	Stance
	1	First Wrist	Cross	Immobilization			Bar Trick	Roundhouse	Hanmi
	1	Front Wrist Throw	Cross	Immobilization			Str.Punch	Backhand	Jigotai
	1	Jacket Grab	Grip	Immobilization			Roundhouse	1handchoke	Hanmi\Kick
	1	Arm Bar	Cross	Immobilization			Overhand	Backhand	Inside Knee down
	1	Come Along	Strt	Immobilization			Backhand	Underhand	Hanmi
	2	Pivot Take-down	Strt	Immobilization			Roundhouse	Frontchoke	Inside Knee down
	2	Pivot Hold-down	Hldwn	Immobilization			Roundhouse	Frontchoke	Inside Knee down
	2	Peel-Off	Strt	Immobilization			R.houseChop	Rearchoke	Jigotai
	2	Reverse Wrist	Strt	Immobilization			Underhand	Backhand	Hanmi
	2	Lift Up	Strt	Immobilization			Frontpush	HairGrip	Hanmi
	2	Arm Bar Throw	Cross	Immobilization			Backhand	Str.Punch	Hanmi
	3	Handshake	2H.Grip	Immobilization			Backhand	JacketGrab	Hanmi
	3	Third Set Wrist	Strt	Immobilization			Underhand	Belt Grip	Hanmi
	3	Revers Palms Lift-up	2H.Grip	Immobilization			DbRoundhouse	R.houseChop	Hanmi
	3	Two Hand Lift-up	Neutral	Immobilization			Straight Push	R.houseChop	Hanmi
	4	TwistAnkleAgainstKnee	Fr.Kick	Immobilization			Front Kick	R.house Kick	Hanmi
	5	Spinning Arm Bar	Cross	Immobilization			Overhand	Roundhouse	Inside Knee down
	5	Cross Arms Throw	2H.Grip	Immobilization			DbRoundhouse	High\Low	Hanmi
	5	ReversePivotTakedown	Str.Grip	Immobilization			Roundhouse	Overhand	Hanmi
		<b>Projections</b>							
	1	Leg Sweep	Str.Grip	Projections		Judo	BearHug-Front	Roundhouse	Neutral
	1	Elbow Chop (foot pos.)	Str.Grip	Projections			Roundhouse	JacketGrab	Extended Hanmi
	1	Unbendable Arm(Proj)	Str.Grip	Projections			Roundhouse	RearBearHug	Hanmi
	1	Mugger's Throw(knee)	MugGrip	Projections		Judo	Overhand	Roundhouse	One Knee Down
	1	Whip Throw(ki fingers)	Cross	Projections			Front Choke	Str.Punch	Extended Hanmi
	2	Spin Around	Cross	Projections			Backhand	All Straights	Extended Hanmi
	2	Wheel Throw	Str.Grip	Projections			Backhand	Str.Punch	Hanmi
	2	High Bridge	Str.Grip	Projections		Judo	Roundhouse	2 Hand Choke	One Knee Down
	2	Low Bridge	Str.Grip	Projections		Judo	Str.Push	Roundhouse	Lay on side
	3	Pull down from the Rear	Cross	Projections			Str.Push	Backhand	Hanmi
	3	Two on One	BatGrip	Projections			Overhand Club	Roundhouse	Hanmi
	3	Two Hand Wheel	2Str.Grips	Projections			DbRoundhouse	Front Lunge	Hanmi
	3	2H.Grip Throw to side	2R.Grips	Projections			Front Choke	Side Lunge	Hanmi
	3	2H.Grip Throw to front	2R.Grips	Projections			Front Choke	Side Lunge	Knee down
	3	Over the back	2Str.Grips	Projections		Judo	DbRoundhouse	Str.Punch	Jigotai
	4	Slap to Side of Head	OverBlock	Projections			Roundhouse	Overhand	Extended Hanmi
	4	Pull Head down (Arm)	CrossBlock	Projections			Roundhouse	Overhand	Hanmi
	4	Arm Over the Shoulder	Neutral	Projections			Roundhouse	Backhand	Hanmi
	4	Scoop	RearChoke	Projections			Rear Choke	Roundhouse	Jigotai
	4	Scoop against Kick	Front Kick	Projections			Front Kick	Front BearHug	Hanmi
	4	Unbend. Arm against Kick	Front Kick	Projections			Front Kick	Side Kick	Hanmi
	4	Back Breaker	2Str.Grips	Projections			DbRoundhouse	Straight	Neutral
	4	Bear Hug Throw	RearBr.hug	Projections			Side Bear Hug	Rear Lunge	Kicking Stance
	4	Pivot Over the Back	Str.Grip	Projections			Roundhouse	Front Choke	Jigotai
	5	Shoulder Throw	MugGrip	Projections		Judo	Roundhouse	Overhand	Neutral
	5	Spinning Hip Throw	Str.Grip	Projections			Roundhouse	Overhand	Extended Hanmi
	5	Scissors	JacketGrab	Projections		Judo	Roundhouse	Overhand	Lay on side
	5	Groin Block	Str.Grip	Projections		Judo	Front Lunge	Roundhouse	Lay on side
	5	Body Block	Neut. Lunge	Projections			Front Lunge	Overhand	Fetal-Knees down
	5	Drop	Str.Grip	Projections			Backhand	Overhand	Extended Hanmi
	5	Cross Body Wrist	Str.Grip	Projections			Roundhouse	Overhand	Extended Hanmi