



# **USA TRADITIONAL KODOKAN JUDO**

## **(USA-TKJ) ®**

### **NAGE NO KATA**

#### **General Information**

**Kata is a method of studying the techniques and principles of Kodokan Judo via prearranged forms. Prof. Jigoro Kano and other high-ranking judoka of past and present generations developed the Kodokan Judo Kata because of long and detailed research and practice.**

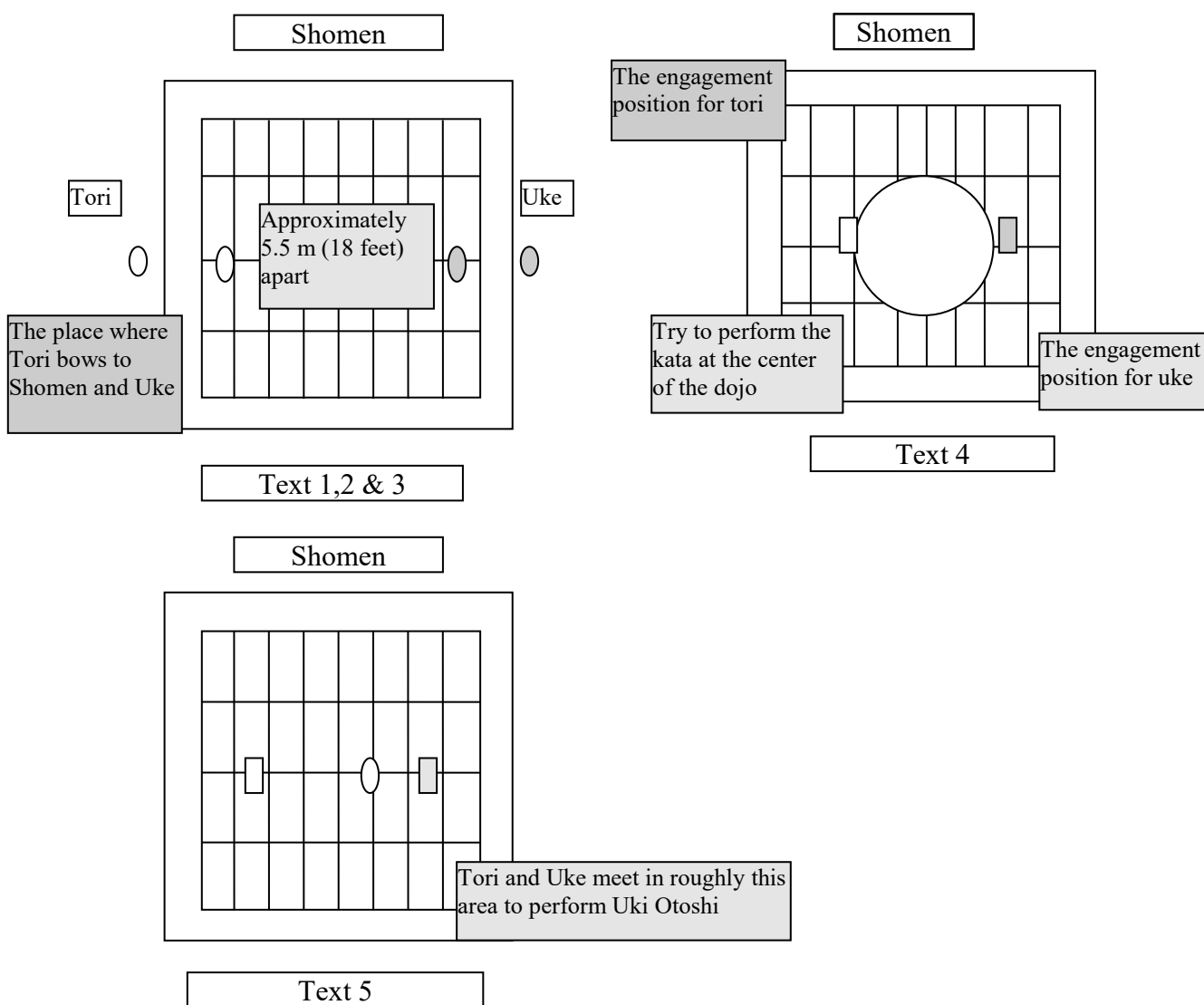
- Officially, the judging of the Kata does not start until the two contestants are on the center of the mat, standing approximately 5.4 m (18 feet) apart.
- Bows toward the *Shomen* (Judges) shall be done from a standing position. The palms of the hands will slide in front of the legs, approaching but not going past the knees. Heels will be together while the toes are apart.
- Bows toward each other shall be done from the *Seiza* (kneeling) position.
- Tori and Uke do not turn their backs to the judges unless it is a more natural and efficient movement.
- Both Tori and Uke should try to perform the kata within the center of the dojo.
- Breakdown to first, second, and third movements is for distinct expression of the principles of applying the *nage-waza* techniques. Therefore, partners should not stop on the count of each movement. The kata should be performed as smoothly as possible.
- Perform both sides of *Tomoe Nage* and the right-handed *Ura Nage* a little faster.
- Eliminate all unnecessary movements.
- Tori must show the breaking of Uke's balance on all techniques.
- Uke's responsibility in *Tsugi Ashi* is not one of a passive nature. Once the attack is begun, Uke should continue to attack.
- Uke should not jump for Tori. Tori should be executing the throws effectively.
- Uke's strikes are initiated by taking two *Ayumi Ashi* steps, starting with the opposite foot of the striking arm.
- All of Uke's strikes must be aimed for the top of Tori's head. The strikes should not stop, but should continue downward.
- Tori's *kumikata* should be a normal gripping position in all techniques where the starting position is in *shizen hontai*, except for *Tsurikomi Goshi*. In *Tsurikomi Goshi*, Tori grabs the back of Uke's collar. Uke's *kumikata* is normal for all the techniques.
- An excellent source of reference for the study of *Nage no Kata* is the book Judo Formal Techniques, by Tadao Otaki and Donn F. Draeger, published by the Charles E. Tuttle Co., Inc., Rutland, Vermont and Tokyo, Japan.
- Another fine reference is the book Kodokan Judo, by Jigoro Kano, published by Kodansha International/USA, LTD, Tokyo, Japan.
- Another fine reference is the video tape, *Nage No Kata*, published by the Kodokan.

*Nage no Kata* was created to develop the understanding of the theory of throwing techniques and for the practice of throwing techniques with a partner. *Nage waza* is composed of *Te-waza*, *Koshi-waza*, *Ashi-waza*, *Masutemi-waza* and *Yokosutemi-waza*. Three representative techniques were selected from each category. Each technique is to be performed on both the right and left side.

## Beginning Movements

Tori and Uke are 5.5 m (18 feet) apart, facing the *Shomen*. Tori should be on the left and Uke on the right when facing the *Shomen*.

1. At a point just outside the red warning zone, Uke and Tori both perform *Ritsurei* (standing bow) to the contest area with their feet in a closed stance (heels together, toes apart). Advancing with the left foot first, they both walk, *Ayumi Ashi*, to a position 5.5 m apart. They turn and face the *Shomen*.
2. Uke and Tori both perform *Ritsurei* (standing bow) to the *Shomen* in a closed stance.
3. Uke and Tori turn toward each other. They assume a *seiza* position, first dropping to the left knee, followed by the right and then lowering their buttocks to their feet. They perform a *zarei* (kneeling bow) to each other.
4. Rising first to the right foot, then the left, they assume a *shizen hontai* (fundamental natural posture) position. This position will be referred to as the starting (engagement) position from which Uke will initiate most of his attacks.
5. Tori, using normal *ayumi ashi* steps, and Uke, using small *ayumi ashi* steps, walk towards each other. They stop at an arm's distance apart.



## *The following elements form the basis of kata evaluation:*

- Understanding of the basics of the kata being demonstrated
- Composure - proper mental concentration, decorum, and character
- Correct Breathing
- Posture
- Movement and transition between techniques
- Power and Strength
- Tempo
- Balance and body control
- Focus of technique
- Fluid body movement and gracefulness

Note: All Techniques are explained on the first side (Uke's right hand attack) only. Invert the technique descriptions for the other side.

## **I. TEWAZA (UKI OTOSHI, SEOI NAGE, KATA GURUMA)**

### **1. UKI OTOSHI**

Tori and Uke walk toward each other to a distance approximately 0.6 meters (about 2 feet) apart.

**First movement:** Uke advances her right foot forward while attempting to grab Tori's left lapel and right sleeve in a *migi shizentai* position. Tori, using Uke's movement, retreats one *tsugi ashi* step (from the left foot) and holds Uke in *migi shizentai*. Tori pulls Uke forward trying to off balance Uke to her front. Uke tries to maintain her balance and responding to Tori's pull, advances one *tsugi ashi* step from the right foot.

**Second movement:** Tori again retreats one *tsugi ashi* step from the left foot and pulls Uke trying to off balance Uke forward. Uke, trying to maintain balance and responding to Tori's pull, advances one step with a right-sided *tsugi ashi*.

**Third movement:** Tori again pulls Uke forward. As Uke advances her right foot in response to Tori's pull, Tori suddenly takes a big step back with the left foot and off balances Uke forward. Tori executes *Uki Otoshi* by simultaneously pulling his left hand to his side near his belt, pulling his right hand to his left front abdomen at belt level and he drops to his left knee. Tori's left leg, knee to foot, should be at a 30 to 45-degree angle to the original line of movement and have 'live toes'. Tori does **not** turn his head to follow Uke during the throw.

Uke takes a right-sided forward roll, staying down and lands at a slight angle to the line of movement. Her head should be near Tori's left leg.

Tori stands up and turns to the left with the *Shomen* on his right. Uke stands up facing Tori. They perform left-sided *Uki Otoshi*.

### **2. SEOI NAGE**

Tori stands up and faces Uke, Uke stands facing Tori and adjusts the distance to approximately 1.8 meters (6 feet) apart, at the center of the dojo.

**First movement:** Uke steps her left foot forward while raising her right fist over her head. Uke then steps the right foot forward, then the left slightly, to maintain her balance, while attempting to strike the top of Tori's head, using her right fist as a hammer.

**Second movement:** At this moment, Tori moves his right foot diagonally in front of Uke's right foot and fends off Uke's strike by using the outer edge of the left wrist against Uke's right forearm. This parrying movement blends with the downward striking movement of Uke's right arm. Tori seizes Uke's inner upper arm with his

parrying hand and brings Uke off balance to Uke's front. (Uke should bring feet parallel and place her left hand on Tori's hip as Tori pivots).

Tori turns counter-clockwise by pivoting on the ball of the right foot and brings the left foot back, parallel to the right foot. As he pivots, Tori thrusts his right arm under Uke's armpit and clamps Uke's upper arm in his bent right arm and grabs Uke's gi near Uke's right shoulder with the right hand. Tori's knees should be slightly bent, but the upper body should be straight. Tori establishes firm body contact, pulling Uke's body close with both hands.

**Third movement:** Tori swiftly straightens his legs, at the same time bending his body forward as if making a deep bow and pulls both hands down to throw Uke. Uke takes her *ukemi* after falling over Tori's right shoulder.

Tori turns 180 degrees to place *Shomen* to the right. Uke rises and faces Tori's new position at the striking distance of 1.8 meters (approximately 6 feet) apart and prepares to perform left-sided *Seoi Nage*.

### 3. KATA GURUMA

Tori and Uke walk toward each other to a distance approximately 0.6 meters (about 2 feet) apart.

**First movement:** Uke advances from the right foot, attempting to grab Tori in *migi shizentai*. Tori, using Uke's movement, retreats one *tsugi ashi* step from the left foot, holds Uke in *migi shizentai* and pulls Uke trying to off balance Uke forward. Uke tries to maintain balance and responding to Tori's pull, advances one *tsugi ashi* step from the right foot.

**Second movement:** Tori again retreats one *tsugi ashi* step from the left foot. At the same time, Tori transfers the left hand to the inner-middle section of Uke's right sleeve with the little finger leading. Tori then pulls and tries to off balance Uke forward. Uke tries to maintain her balance and responding to Tori's pulls, advances one *tsugi ashi* step forward from the right foot.

**Third movement:** Tori retreats the left foot back with a big step and simultaneously pulls Uke forward with the left hand to make Uke's right foot step forward and off balancing Uke's body forward. Tori then turns to the left about 90 degrees, lowering his hips to *jigotai* posture, continuing to pull Uke with the left hand. Tori shifts his weight toward Uke, places the right side of his neck against Uke's right hip, and thrusts his right arm through Uke's legs, placing an open palm around Uke's right upper thigh. Tori, pulling the left elbow toward the left hip, brings the left foot toward his right to establish a *shizen hontai* position while picking up Uke's body on shoulders (using hip power). Tori throws Uke at once over his shoulder, obliquely leftward in the approximate direction of Tori's left foot.

Uke must keep her body straight while Tori is performing *Kata Guruma*. As she is being lifted, Uke should place her right hand on Tori's left elbow and her left hand on Tori's middle back wherever the arm feels natural depending on the length of the arm for balance.

Tori then turns counter-clockwise to stand with *Shomen* to the right. Uke stands up, facing Tori, to do left *Kata Guruma*.

Upon completion of the left *Kata Guruma*, Tori and Uke return to their starting (engagement) positions. Facing away from each other, they fix their judogis. When done, they turn toward the *Shomen* to face each other and then prepare for the *Koshi waza* techniques.

## II. KOSHIWAZA (*UKI GOSHI, HARAI GOSHI, TSURIKOMI GOSHI*)

### 1. UKI GOSHI

Note: With this technique, Tori applies a left technique the first time and a right technique the second time, while Uke always initiates action starting on her own right side.

Tori and Uke walk toward each other to a distance approximately 1.8 meters (6 feet) apart.

**First movement:** Uke advances her left foot forward while swinging her right fist over her head. Uke then steps the right foot forward, then the left slightly, to maintain her balance, while attempting to strike the top of Tori's head, using the fist like a hammer.

**Second movement:** Tori, using Uke's attack motion, advances his left then the right foot, obliquely to the front of Uke, escaping Uke's striking fist. Tori simultaneously lowers the left shoulder, arching his body a little, and thrusts his left arm under Uke's right armpit. Tori places his forearm deeply along Uke's belt line. Tori then pulls Uke's body tightly toward the left hip while off balancing Uke's body forward.

**Third movement:** Tori grabs the middle of Uke's left, outer sleeve with the right hand. Tori throws Uke by twisting the body to the right.

Tori stands with *Shomen* on the right. Uke gets up facing Tori, and prepares to strike left-handed.

### 2. HARAI GOSHI

Tori and Uke face each other at a distance approximately 0.6 meters (about 2 feet) apart.

**First movement:** Uke advances her right foot forward while attempting to grab Tori in *migi shizentai*. Tori, using Uke's movement, retreats one *tsugi ashi* step from the left foot, holds Uke in *migi shizentai* and pulls Uke trying to off balance Uke forward. Uke tries to maintain balance and responding to Tori's pull, advances one *tsugi ashi* step from the right foot.

**Second movement:** Tori again retreats one *tsugi ashi* step from the left foot, after transferring his right hand to Uke's shoulder blade by passing it under Uke's left armpit. Tori attempts to off-balance Uke. Uke tries to maintain her balance and responding to Tori's pull, Uke advances one *tsugi ashi* step from the right foot.

**Third movement:** Tori steps the left foot around to the right back corner of own right foot, pulls Uke forward with both hands to make her right foot step forward and off balances to Uke's right front corner. Tori contacts his right hip against Uke's stomach and brings the right leg, in arc, forward parallel to the left and sweeps Uke's right leg upward with the right leg to throw Uke to her front right corner.

Tori stands with the *Shomen* to the right. Uke stands up facing Tori to perform left-sided *Harai Goshi*.

### 3. TSURIKOMI GOSHI

Tori and Uke face each other at a distance approximately 0.6 meters (about 2 feet) apart.

**First movement:** Uke advances the right foot forward, attempting to grab Tori in *migi shizentai*. Tori responds to Uke's movement by retreating one *tsugi ashi* step from the left foot, and by establishing *kumikata* with the right-hand gripping Uke's back collar. Uke tries to maintain her balance and responding to Tori's pull, advances one *tsugi ashi* step from the right foot.

**Second movement:** Tori again retreats one *tsugi ashi* step from the left foot, pulls Uke trying to off balance Uke forward. Uke tries to maintain her balance and responding to Tori's pull, advances one *tsugi ashi* step from the right foot.

**Third movement:** Tori retreats the left foot a little and pulling Uke forward. Uke tries to maintain her balance by taking one *tsugi ashi* step from her right foot. Tori then moves his right foot obliquely to a position in front of Uke's right foot while trying to lift Uke upward with the right hand. Uke tries to maintain her balance by bringing her left foot forward. She ends up in a *shizen hontai* position with the body arched backward slightly. At this moment, Tori pulls and lifts Uke forward and upward while completing the entry position. To complete the entry position, Tori brings his left foot around to a position inside the line of Uke's left foot while pivoting to the left on the ball of his right foot. Tori lowers his hips down until the back of his hips are touching the fronts of Uke's thigh. To complete the throw, Tori straightens his knees and pushes his hips upward while pulling both arms down. Uke should be thrown straight forward, falling over Tori's right loin.

Tori stands with *Shomen* on the right. Uke stands up facing Tori and prepares for left-sided *Tsurikomi Goshi*.

Upon completion of the left technique, both Uke and Tori go back to the starting position, straighten their judogis, and turn around to face each other. Then they prepare for *Ashi Waza*.

### III. ASHI WAZA (OKURI ASHI HARAI, SASAE TSURIKOMI ASHI, UCHI MATA)

#### 1. OKURI ASHI HARAI

Tori and Uke walk toward each other to the center of the dojo to a distance approximately 0.3 meters (1 foot) apart and stand in *shizen hontai*.

**First movement:** Uke tries to grab Tori in a standard right sided grip while still in *shizen hontai* position. Tori follows Uke's action and establishes a standard right sided grip. Tori immediately takes control by moving a *tsugi ashi* step toward his right. With his steps, Tori's left-hand pushes Uke's right elbow both toward tori's right and slightly upward. Meanwhile, Tori's right-hand lifts and pushes Uke's collar to Tori's left. Uke responds to Tori's push and step by moving one *tsugi ashi* step with Tori. This step is to Uke's left and is initiated with the left foot.

**Second movement:** Tori again tries to move Uke to the right using a slightly faster *tsugi ashi* step and a slightly stronger *kuzushi*, keeping Uke slightly ahead of his own body.

**Third movement:** Tori takes a bigger step than the previous ones and sends Uke in the same direction, as before, by pushing Uke's right elbow across toward Uke's left and upward while Tori's right-hand lifts and pushes Uke's collar across to Uke's right. At the same time Tori turns the left foot and places the sole of his left foot against Uke's right outer ankle, Tori sweeps both of Uke's feet from right foot to left toward Uke's moving direction. Tori places the power into his left little toe while sweeping Uke's feet.

Tori stands with the *Shoman* on the left. Uke stands up facing Tori. They perform left-sided *Okuri Ashi Harai*.

#### 2. SASAE TSURIKOMI ASHI

Tori and Uke walk toward each other to a distance approximately 0.6 meters (2 feet) apart.

**First movement:** Uke steps her right foot forward and attempts to grab with Tori in the *migi shizentai* position. Tori, responding to Uke's movements, retreats one step from the left foot using *tsugi ashi* and establishing a hold in *migi shizentai*. In an attempt to maintain balance, Uke completes a *tsugi ashi* step.

**Second movement:** Tori again retreats one *tsugi ashi* step from the left foot, pulls Uke forward and tries to off balance her. Uke tries to maintain her balance, advances one step from her right foot using *tsugi ashi*. This time, as Tori's right foot is ending its second *tsugi ashi* step, Tori slides it (keeping right toes on the mat) toward his right back corner, pointing his right toe inward and turns his body to the left while continuing the *kuzushi* forward.

**Third movement:** Uke, trying to maintain balance, follows Tori's pull and advances the right foot forward. Tori blocks Uke's right front ankle just above the instep with the bottom of his left foot and pulls with his left hand in a big downward circular motion and with his right hand assisting his left hand and throws Uke over the blocked foot toward the left back corner.

Tori stands with the *Shomen* on the right. Uke stands up facing Tori, to perform left-sided *Sasae Tsurikomi Ashi*.

### 3. UCHI MATA

Tori and Uke walk to the center of the dojo to a distance approximately 0.6 meters (2 feet) apart.

**First movement:** Uke advances the right foot forward attempting to grab Tori in *migi shizentai*. Tori also advances the right foot forward, holds Uke in *migi shizentai*. Both take a right-sided standard grip. Tori advances his left foot to the left front corner, slides his right foot toward left back corner pulling with his right hand in a big horizontal circular motion and pulling Uke toward Tori's right back corner. Uke follows Tori in same circular manner widening her stance slightly and lagging slightly in her *tsugi ashi* step from the left foot and the right.

Tori advances in a clockwise direction with circular *tsugi ashi*, pulling with his right hand in a circular, horizontal pull to a point just in front of his right shoulder.

**Second movement:** Tori makes the same movement as in first movement. Uke also follows Tori as in first movement.

**Third movement:** Tori takes a half-step slightly forward and to the right with his left foot, pulling Uke towards Tori's right back corner with the right hand. As Uke shifts her weight on her left foot, Tori off balances Uke forward with both hands while sinking the body down and inserting the right leg between Uke's legs then sweeping Uke's left inner-thigh up with his right back thigh to throw Uke.

Tori stands with the *Shomen* on the right. Uke stands up facing Tori. They perform left-side *Uchi Mata*.

At the conclusion of left-sided *Uchi Mata*, both go back to starting places and straighten their judogis. They turn to face each other and begin *Masutemi Waza*.

## IV MASUTEMI WAZA (TOMOE NAGE, URA NAGE, SUMI GAESHI)

### 1. TOMOE NAGE

Tori and Uke walk toward to a distance approximately 0.6 meters (2 feet) apart near the center of the dojo. *Note: this technique should be performed significantly faster than the previous techniques.*

**First movement:** Uke steps the right foot forward attempting to grab Tori in *migi shizentai*. Tori follows Uke's action, also advances his right foot and holds Uke in *migi shizentai*. Using this opportunity, Tori takes three fast *ayumi ashi* steps forward starting with the right foot while trying to upset Uke's balance straight backward. Uke trying to maintain balance, follows Tori's push and retreat three *ayumi ashi* steps starting with the left foot. Uke resists Tori's push and tries to push back against Tori.

**Second movement:** As Uke pushes Tori back, Tori brings his left foot inside of Uke's right foot and simultaneously transfers the left-hand grip from the sleeve to Uke's right lapel by passing under Uke's left arm. Tori uses both arms to off balance Uke straight forward. This action causes Uke to bring her left foot even with her right.

**Third movement:** As Uke bring her left foot even with her right, Tori brings his right knee up (while bending the left knee) and flexing the right foot, toes up, places the ball of his right foot against the lower part of Uke's

stomach. Simultaneously, Tori begins to drop his buttocks down onto the mat near his left heel. Tori continues to pull Uke forward in a circular motion (Tori does not push his leg straight up as it will break the circular motion and cause Uke to take a hard fall.)

As Tori pulls, Uke must take as large a step as possible with her right foot along the left side of Tori's body (aiming towards Tori's armpit to facilitate Uke taking a good *migi zenpo kaiten*.) As Tori releases Uke, Tori's arm extends up and back in a circular motion behind his own head releasing Uke and then bringing his hands back to a natural position. Uke lands directly in alignment behind Tori's head and stands up.

Tori stands with the *Shomen* on the right. Uke turns to face Tori. They perform left-sided *Tomoe Nage*, keeping the tempo fast.

## 2. URA NAGE

Tori and Uke walk toward each other to a distance approximately 1.8 meters (6 feet) apart.

**First movement:** Uke steps her left foot forward while raising her right fist over her head. Uke then steps the right foot forward while attempting to strike the top of Tori's head, using her right fist as a hammer.

**Second movement:** Tori, ducking under Uke's right fist, steps the left foot deeply behind Uke and lowers his hips. This causes Uke's fist to strike safely beyond left side of Tori's body. During this step, Tori's left arm wraps around Uke's belt line, holding Uke's waist firmly. Tori immediately steps his right foot between Uke's feet while placing the palm of the right hand, fingers up, against the lower part of Uke's stomach. Tori lifts Uke's body with both hands and hip movement, arches his body back, and falls straight back down to the mat, while swinging both hands toward his left back corner. Tori should maintain the bridging posture after throwing Uke over the left shoulder. Uke takes a *migi zenpokaiten ukemi* but should not stand up as proper execution of *Ura Nage* would make standing impossible.

Tori stands up with the *Shomen* on the right. Uke stands up facing Tori and approaches right away. They perform left-sided *Ura Nage*.

## 3. SUMI GAESHI

Tori and Uke walk toward each other to a distance approximately 0.9 meters (3 feet) apart.

**First movement:** Uke advances the right foot and attempts to grab Tori in a *migi jigotai* posture. For this *kumikata*, the right hand is thrust under the opponent's left armpit so the right palm can be placed on opponent's left shoulder blade (scapula). The left hand holds the outer part of the opponent's elbow area from over the top. Neither hand is to grip the judogi. The knees are bent deeply outward over toes, lowering the body slightly and leaning the upper body forward a bit. Tori, in response to Uke's movement, also advances from the right foot to establish a *migi jigotai* position. Uke's and Tori's heads are to the each other's right, and should not make contact with the other person's shoulder.

Tori makes a wide circular step back with the right foot while floating Uke's body up and forward a bit with the right hand. Uke responds to Tori's pull by advancing her left foot forward. Uke also resists by attempting to straighten up and regain her balance.

**Second movement:** Tori, using Uke's recovery movement, lifts Uke forward and upward with both hand while bringing his left foot toward the right. Tori must keep his hips low during this movement. Uke, trying to maintain her balance, advances her right foot slightly forward and to the left.

**Third movement:** At the moment Uke's right foot is parallel to her left foot, Tori brings the left foot near the inside of the right foot and off balances Uke straight forward by pulling Uke toward his own head with both hands. Simultaneously Tori hooks the top of his right foot behind Uke's left knee, springing Uke's body with his right leg and continuously pulls with both hands in a circular motion as Tori sinks to the mat placing his buttocks as close as possible to his left foot. Tori guides Uke with his right foot directly behind him. Uke takes



*migi zenpo kaiten* landing directly in alignment behind Tori's head, first taking a large step with her right foot beside Tori's left hip. Uke comes to his feet in *shizenhontai*.

Tori stands up with the *Shomen* on the right. Uke turns and faces Tori. They perform left-sided *Sumi Gaeshi*.

After finishing left-sided *Sumi Gaeshi*, both go back to their starting positions, fix their judogis. They turn to face each other and begin the fifth set, *Yoko Sutemi Waza*.

## V. YOKOSUTEMI WAZA (YOKO GAKE, YOKO GURUMA, UKI WAZA)

### 1. YOKO GAKE

Tori and Uke walk toward each other to a distance approximately 0.6 meter (about 2 feet) apart.

**First movement:** Uke advances from the right foot while attempting to grab Tori in *migi shizentai*. Tori, using Uke's movement, retreats one *tsugi ashi* step from the left foot while establishing *migi shizentai*, trying to off balance Uke forward. This causes Uke to complete a *tsugi ashi* step.

**Second movement:** Tori again retreats one *tsugi ashi* step from the left foot. Uke advances one *tsugi ashi* step forward from the right foot. This time, Tori tries to off balance Uke to a *Hanmi* position (turning Uke's body a little to her right side). Tori does this by pushing Uke's elbow inward to the right while pushing Uke's lapel across to the left.

**Third movement:** Tori retreats the left foot (one *tsugi ashi* step), as Uke advances her right foot forward while keeping her in *Hanmi* position. Tori brings his right foot near his own left foot, using both hands to off balancing Uke completely onto her small right toe. Tori thrusts and sweeps Uke's right outer ankle with the sole of his left foot simultaneously drawing a circle with his hands (right hand on top) left hand pulls and right arms pushes in an arc and sacrifices his body to the mat landing sideways facing Uke. Tori and Uke are now laying on the mat, side by side with Tori's left foot under Uke's right ankle.

\* When Uke takes this fall, she must not let her feet come up. She is to take the fall as if she were a tree being cut from its base. \*

Tori stands up with the *Shomen* on the right. Uke stands up facing Tori. They perform left-sided *Yoko Gake*.

### 2. YOKO GURUMA

Tori and Uke walk toward each other to a distance approximately 1.8 meters (6 feet) apart.

**First movement:** Uke steps her left foot forward while raising her right fist over her head. Uke then steps the right foot forward while attempting to strike the top of Tori's head, using her right fist as a hammer.

**Second movement:** Tori, using this attack, tries to throw Uke with right-sided *Ura Nage*.

**Third movement:** This time, Uke suddenly bends forward at the waist and tries to encircle Tori's neck with her arm in order to defend against Tori's *Ura Nage*. Using Uke's defending move, Tori draws his left foot to the side of Uke's right foot and simultaneously slides the right foot deeply between Uke's feet by drawing an arc with it. Tori keeps both hands in their original *Ura Nage* positions as he sacrifices his body on the left side onto the mat. Tori pushes Uke's abdomen upward with his right hand and swings the left arm to throw Uke over his left shoulder. Uke executes a *migi zenpo kaiten*, coming to a final position of *shizen hontai*.

Tori stands up with the *Shomen* on the right. Uke stands up facing Tori and establishes a proper *maai* to strikes. They perform left -sided *Yoko Guruma*.

### 3. UKI WAZA

Tori and Uke walk toward each other to a distance approximately 0.9 meters (3 feet) apart.

**First movement:** Uke advances from the right foot while attempting to grab Tori in *migi jigotai*. Tori, in response, advances his right foot and holds Uke in *migi jigotai*. Tori brings Uke's body up with the right hand while retreating his right foot in a large arc. Tori attempts to break Uke's balance toward Uke's left front corner. Uke responds to Tori's pull by advancing the left foot in an arc forward, but resists by attempting to straighten up and regain balance toward her right side.

**Second movement:** Tori, using Uke's recovery movement, lifts Uke's body up with both hands. Uke tries to maintain her balance and advancing her right foot toward her right front corner.

**Third movement:** Tori off balances Uke to Uke's right front corner, then slides his left foot directly to his left side along the mat while setting down to throw Uke to Uke's right front corner. Tori's arms describe a large sweeping arc to Tori's left rear corner and he ends up with his elbow at his left side to throw Uke over his left shoulder. Tori's body should be at a 30-45 degree angle to the left of the center line at the time of the throw. Tori's body should bridge onto his left shoulder in the direction of Uke's movement. Uke takes right *zenpo kaiten* about 45 degrees from the original line of movement, coming to a standing position into *shizen hontai*.

Tori stands up with the *Shomen* on the right. Uke turns and faces Tori. They perform left-sided *Uki Waza*.

After finishing left-sided *Uki Waza*, both go back to their starting positions and fix their judogis. They turn around and face each other in *shizen hontai*.

### Closing Movements

Tori and Uke step back with the right foot, followed by the left foot into a closed stance with a distance of approximately 5.5 meters (18 feet) between them. Simultaneously Tori and Uke drop first to the left knee then to the right. Lowering their buttocks to their feet, they assume a *seiza* position. They perform a *zarei*.

Tori and Uke rise first onto the right foot then the left. They turn to face the *Shomen* and perform a *ritsurei*.

Tori and Uke then walk backward using *ayumi ashi* to the outside of the warning zone and perform a *ritsurei* to the dojo.