

Nage-no-kata

General Information

- 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.
- Both Tori and Uke should try to perform the kata within the center of the dojo.
- Tori and Uke do not turn their backs to the judges unless it is a more natural and efficient movement.
- Tori decides the starting position
- 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.
- Tori must show the breaking of Uke's balance on all techniques.
- Eliminate all unnecessary movements.
- Uke should not jump for Tori. Tori should be executing the throws effectively.
- Tori's *kumikata* should be a normal gripping position in all techniques where the starting position is in *shizenhontai*, except for *TsurikomiGoshi*. In *TsurikomiGoshi*, Tori grabs the back of Uke's collar. Uke's *kumikata* is normal for all the techniques.
- Engagement distance. **Uke starts to hold on Tori with right/left fundamental grip stepping forward with right/left foot, Tori reacts to grip and pulls Uke forward to unbalance Uke, stepping backward** (Uki-otoshi, Kata-guruma, Harai-goshi, Tsurikomi-goshi, Sasaetsurikomi-ashi, Yoko-gake)
- Tsugi-ashi steps (Uki-otoshi, Kata-guruma, Harai-goshi, Tsurikomi-goshi, Sasae-tsurikomi-ashi, Yoko-gake)
- Engagement distance. Tori and Uke in middle area, three steps distance (about 1.8 m), blow to the top of Tori's head by Uke (Seoi-Nage, Uki-goshi, Ura-Nage, Yoko-guruma)
- Uke's strikes are initiated by taking two *AyumiAshi* steps, starting with the opposite foot of the striking arm.

- The strikes should not stop, but should continue downward.
- Engagement distance. Tori and Uke in middle area, engagement of distance. Uke starts to hold on Tori with right/ left fundamental grip, Tori reacts to grip and push Uke to sideward tounbalance Uke. Tori and Uke step laterally (Okuri-ashi-harai)
- Engagement distance. Tori and Uke in middle area, engagement distance, step forward to stand and Uke starts to hold on Tori in migi/hidari shizentai; Uke and Tori with fundamental grip(Uchi-mata, Tomoe-nage)
- Perform both sides of *Tomoe Nage* and the right-handed *Ura Nage* a little faster.
- Engagement distance. Tori and Uke one step distance, migi/hidarijigo-hon-tai; grip (Sumi-gaeshi, Uki-waza)
- Technique performance direction and fall (in Tomoe-nage and Sumi-gaeshi Uke moves forward with his right/left foot for the fall and stands up in shizen-hon-tai after it; in Yoko-guruma and Uki-waza he stands up in shizen-hon-tai after the fall; in Uranage he doesn't stand up, in Yoko-gake he falls with outstretched body and legs)
- 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, *AyumiAshi*, 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 *zareai* (kneeling bow) to each other.
4. Rising first to the right foot, then the left, they assume a *shizenhontai* (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 *ayumiashi* steps, and Uke, using small *ayumiashi* steps, walk towards each other. They stop at an arm's distance apart.

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 takes grip by advancing 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, does not raise his arms while stepping backward in *tsugi-ashi* (from the left foot). 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 *tsugiashi* step from the right foot.

Second movement: Tori again retreats one *tsugiashi* 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 *tsugiashi*.

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 *UkiOtoshi* 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. Thus, during the third step Tori pulls down to throw. 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 finishes the technique looking forward. He does not turn his head to follow Uke during the throw. **Tori's knee position (slightly inside).**

When Uke is thrown, she doesn't jump. 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 *UkiOtoshi*.

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 attacks with two steps forward (left-right) as follows. 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: 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 breaks Uke's balance forward. (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 **loads him onto his right shoulder to throw him** by thrusting his right arm under Uke's armpit and grabbing 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. Uke's defense: both feet align lifting heels up (left palm on Tori's left hip).

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 *tsugiashi* 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 *tsugiashi* step from the right foot.

Second movement: Tori changes his grip on the sleeve during second step: Tori again retreats one *tsugiashi* 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 *tsugiashi* step forward from the right foot.

Third movement: Tori's third step is bigger: 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 moves into the lifting position by pulling the left elbow toward the left hip, and shifting his outside leg (the left foot) toward his right to establish a *shizenhontai* position while picking up Uke's body on shoulders (using hip power). Without seizing Uke's trousers, Tori throws Uke at once over his shoulder, obliquely leftward in the approximate direction of Tori's left foot.

Uke defends by raising his upper body. Uke must keep his body straight while Tori is performing *Kata Guruma*. As he is being lifted, Uke should place his right hand on Tori's left elbow and his 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 attacks with two steps forward (left-right): Uke advances her left foot forward while swinging her right fist over her head. Uke then steps the right foot forward while attempting to strike the top of Tori's head, using the fist like a hammer.

Second movement: Tori steps in to meet the attack: 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 diagonally (Uke no defense) 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 *tsugiashi* 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 *tsugiashi* step from the right foot.

Second movement: Tori changes his grip on the lapel to Uke's left shoulder blade through left/right armpit during the second step. Tori again retreats one *tsugiashi* 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 *tsugiashi* step from the right foot.

Third movement: Tori positions himself for *tsukuri/kuzushi* at the third step. Tori steps the left foot around to the right back corner of own right foot, pulls Uke forward with both hands to make his right foot step forward and off balances to Uke's right front corner. Uke's defense: *shizentai* position. Tori contacts his right hip against Uke's stomach and brings the right leg, in arc, forward parallel to the left. Tori sweeps Uke's right leg upward with an outstretched 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 *HaraiGoshi*.

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 *migishizentai*. Tori responds to Uke's movement by retreating one *tsugiashi* 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 *tsugiashi* step from the right foot.

Second movement: Tori again retreats one *tsugiashi* 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 *tsugiashi* step from the right foot.

Third movement: Tori retreats the left foot pulling Uke forward. Uke tries to maintain his balance by taking one *tsugiashi* step from her right foot. At the third step, Tori moves his right foot obliquely to a position in front of Uke's right foot to pull Uke forward to break Uke's balance forward while trying to lift Uke upward with the right hand. Uke's defense: *shizentai* position raising his upper body: Uke tries to maintain her balance by bringing her left foot forward. She ends up with both feet aligned in a *shizenhontai* position leaning back her upper body without lifting heels, i.e. with the body arched backward slightly. At this moment, Tori unbalances Uke forward, i.e. Tori pulls and lifts Uke forward and upward while completing the entry position.

To complete the entry position, Tori immediately withdraws with left foot: 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 passes very low with his hips pressed against the fronts of Uke's thighs and, right arm outstretched. Uke's heels up when he is unbalanced by Tori.

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 *TsurikomiGoshi*.

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 *shizenhontai*.

First movement: Uke tries to grab Tori in a standard right sided grip while still in *shizenhontai* position. Tori follows Uke's action and establishes a standard right sided grip. Tori immediately

takes control by moving a *tsugiashi* 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 *tsugiashi* step with Tori. This step is to Uke's left and is initiated with the left foot.

Second movement: Tori has to change the rhythm and length of second and third step (quicker and bigger): Tori again tries to move Uke to the right using a slightly faster *tsugiashi* 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, sweeps horizontally and throws Uke the same direction he is moving without lifting Uke's body, 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 *OkuriAshiHarai*.

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 *migishizentai* position. Tori, responding to Uke's movements, retreats one step from the left foot using *tsugiashi* and establishing a hold in *migishizentai*. In an attempt to maintain balance, Uke completes a *tsugiashi* step.

Second movement: Tori again retreats one *tsugiashi* step from the left foot, pulls Uke forward and tries to off balance her. Uke tries to maintain her balance, advances one step with his right foot using *tsugiashi*. After second step, as Tori's right foot is ending its second *tsugiashi* step, Tori has to move diagonally backward by sliding the right foot (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 throws Uke on his third step pivoting on the right foot by blocking Uke's right front ankle just above the instep with the bottom of his left foot and pulling 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 (he must not step forward).

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

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 turns Uke in wide circular movements by advancing his left foot to the left front corner, and sliding his right foot toward left back corner while his arms pull horizontally, i.e. by 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 his stance slightly and lagging slightly in *histsugiashi* step from the left foot and the right.

Tori advances in a clockwise direction with circular *tsugiashi*, 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: During the third rotation, Tori sweeps Uke's leg up: 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 onto 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 *migishizentai*. Tori follows Uke's action, also advances his right foot and holds Uke in *migi shizentai*. Using this opportunity, Tori moves forward breaking Uke's balance backward by taking three fast *ayumiashi* steps forward starting with the right foot while breaking Uke's balance straight backward. Uke trying to maintain balance follows Tori's push and retreat three *ayumiashi* steps starting with the left foot. Uke resists at the third step pushing back and stepping forward (both feet aligned, i.e. *shizentai*).

Second movement: When Uke starts to push back, before throwing, Tori changes his

grip, steps forward with his left foot inside Uke's feet, lowering his body and lifting upward to break Uke's balance, i.e. 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's defense of bringing 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, puts the ball of his right foot on the lower part of Uke's stomach at the same time Uke aligns her feet (Uke's heels are up). 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 *migizenpokaiten*.) Tori throws Uke over his head. As Tori releases Uke, Tori's arm extend 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 attacks with two steps forward (left-right foot): Uke steps his left foot forward while raising her right fist over his head. Uke then steps the right foot forward while attempting to strike the top of Tori's head, using his right fist as a hammer.

Second movement: Tori avoids Uke's blow during the second step, (ducking under Uke's right fist), stepping forward very low, left-right foot (he must not jump with both feet at the same time). 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 waist (belt line), holding Uke's waist firmly. Tori immediately steps his right foot between Uke's feet while placing the palm of the other (right) hand, fingers up, against her (Uke's) lower abdomen. Tori throws Uke over his left shoulder and **finishes with both shoulders on the mat**, i.e. 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 *migizenpokaiten 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 *migijigotai* 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 *migijigotai* 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 unbalances Uke lifting his right arm while stepping backwards in the *jigotai* position, i.e. 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, to keep her balance, brings her right foot forward parallel in a defensive position (*jigotai*). That is, Uke responds to Tori's pull by advancing her left foot forward. Uke also resists by attempting to straighten up and regain his 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: to keep her balance, she brings her right foot forward parallel in a defensive position (*jigotai*).

Third movement: At the moment Uke's right foot is parallel to her left foot, Tori brings the left ~~right~~ foot between Uke's feet near the inside of the right foot and breaks Uke's balance forward again before throwing her 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 before throwing. Tori guides Uke with his right foot directly behind him. Uke takes *migizenpokaiten* 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 *migishizentai*. Tori, using Uke's movement, retreats one *tsugiashi* step from the left foot while establishing *migi shizentai*, trying to off balance Uke forward. This causes Uke to complete a *tsugiashi* step.

Second movement: Tori again retreats one *tsugiashi* step from the left foot. Uke advances one *tsugiashi* 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 his 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 *tsugiashi* step), as Uke advances her right foot forward while keeping Uke in *Hanmi* position. Tori brings his right foot near his own left foot, using both hands unbalances Uke tilting her over to her right front corner onto her small right toe during the third step (half step) in order to throw him laterally. Tori steps backwards slowly with his right foot; as soon as it is next to the other foot, he immediately pushes Uke's ankle with his left foot simultaneously drawing a circle with his hands (right hand on top) left hand pulls and right arms pushes in an arc as he throws his body on his side landing sideways facing Uke. Uke's body is beside him. 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 attacks with two steps forward (left-right foot): 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, attempts to perform right-sided *Ura Nage*.

Third movement: This time, Uke defends by bending forward at the waist and tries to encircle Tori's neck with his arm in order to defend against Tori's *Ura Nage*. Using Uke's defending move, Tori breaks Uke's balance diagonally by drawing his left foot to the side of Uke's right foot and simultaneously sliding his right leg deeply between Uke's legs 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 lies down on his left side in order to throw Uke diagonally). 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 *migizenpokaiten*, coming to a final position of *shizenhontai*.

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 *migijigotai*. Tori, in response, advances his right foot and holds Uke in *migijigotai*. Tori breaks Uke's balance during his first step (jigotai position). 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 towards Uke's left front corner. Uke responds to Tori's pull by moving forward with his rear foot in an arc to keep his balance (jigotai), 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 his balance and advancing his right foot toward his right front corner.

Third movement: Tori breaks Uke's balance diagonally forward to Uke's right front corner, then slides his left foot directly to his left side along the mat and lies backwards down on his side in order to throw Uke diagonally 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 *zenpokaiten* about 45 degrees from the original line of movement, coming to a standing position into *shizenhontai*.

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 *ayumiashi* to the outside of the warning zone and perform *aritsurei* to the dojo.

Combined US Standards and IJF Evaluation Criteria
(changes from IJF Evaluation Criteria are in bold)
adopted May 1, 2015