

1. *Te-waza (Uki-otoshi, Seoi-nage, Kata-guruma)*

1. *Uki-otoshi*

Tori and *Uke* step forward each other to a distance of about 60cm (about 2 *shaku*) (Photo 1).

Movement 1: While stepping forward with his right foot, *Uke* attempts to grasp *Tori* in *Migi-shizen-tai*. *Tori* seizes this opportunity, grasps *Uke* in *Migi-shizen-tai* and pulls *Uke* to attempt to break the balance forward while taking one step backward by *Tsugi-ashi* from his left foot. Responding to *Tori*'s pull, *Uke* takes one step forward by *Tsugi-ashi* from his right foot so as to try to protect his stability (Photo 2).

Movement 2: *Tori* again takes one step backward by *Tsugi-ashi* from his left foot and pulls *Uke* to attempt to break the balance forward. Responding to *Tori*'s pull, *Uke* takes one step forward by *Tsugi-ashi* from his right foot so as to try to protect his stability (Photo 3).

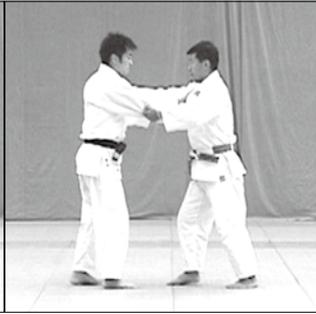
Movement 3: *Tori* once again pulls *Uke* forward in the same manner as before, suddenly takes one wide stride backward with his left foot while raising the toe and breaking *Uke*'s balance forward when *Uke* moves the right foot forward responding to *Tori*'s pull (Photo 4). *Tori* kneels down with his left kneecap around the left side of an extension line behind his right foot (an angle of the left leg and the straight line behind the right foot is about 30° to 45°) (Photos 5- ①②③) and throws *Uke* forward by pulling both of his hands down strongly in one quick motion (Photos 6- ①②, 7,8).

Tori rises to stand on the right side toward *Shomen*. *Uke* rises to stand on the left side toward *Shomen* facing *Tori* in the proper distance. Then both *Tori* and *Uke* grasp in *Hidari-shizen-tai* to perform left "*Uki-otoshi*" in the same manner as before.





(Photo 1)



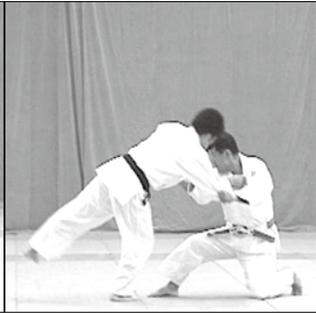
(Photo 2)



(Photo 3)



(Photo 4)



(Photo 5-①)



(Photo 5-②)



(Photo 5-③)



(Photo 6-①)



(Photo 6-②)



(Photo 7)



(Photo 8)

2. *Seoi-nage*

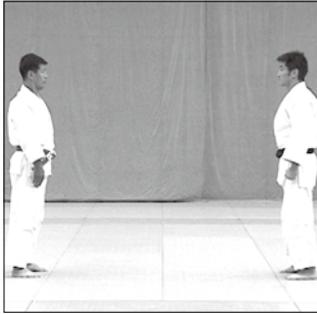
Tori and *Uke* step forward each other to a distance of about 1.8m (about 1 *ken*) (Photo 1).

Movement 1: *Uke* raises his right fist overhead while taking one step forward with his left foot, then takes again one step forward with his right foot and attempts to strike *Tori's Tendo* with his right fist (*Uzumaki*) from right front of *Tori* (Photos 2- ①②, 3).

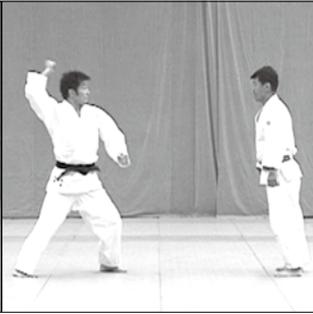
Movement 2: *Tori* seizes this opportunity and moves his right foot inside *Uke's* right foot while diverting *Uke's* right upper arm with his left forearm (turning it inward). *Tori* grasps *Uke's* right middle-inner-sleeve with his left hand to break *Uke's* balance forward (Photos 4- ①②), turns his body to his left with the tip of his right foot as a pivot and reaches out his right hand under *Uke's* right armpit to grasps *Uke's* top of shoulder (Photo 5). Then *Tori* moves his left foot to the inner side of *Uke's* left foot and sticks his back of his body firmly to *Uke's* breast and abdomen area to carries *Uke* on his back (Photos 6- ①②).

Movement 3: While stretching his knees and bending his upper body forward, *Tori* throws *Uke* by pulling both of his hands down (Photos 7, 8, 9). *Tori* stands on the right side toward *Shomen*. *Uke* rises to stand on the left side toward *Shomen* facing *Tori* and attempts to strike *Tori* with his left fist from a distance of about 1.8m (about 1 *ken*) in the same manner as before. *Tori* performs left "*Seoi-nage*".

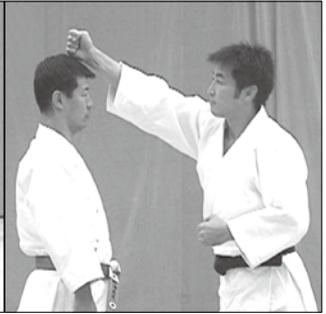




(Photo 1)



(Photo 2- ①)



(Photo 2- ②)



(Photo 3)



(Photo 4- ①)



(Photo 4- ②)



(Photo 5)



(Photo 6- ①)



(Photo 6- ②)



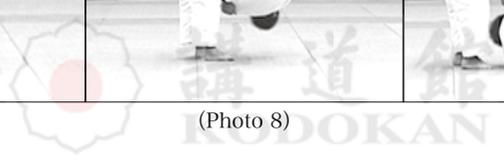
(Photo 7)



(Photo 8)



(Photo 9)



3. *Kata-guruma*

Tori and *Uke* step forward each other to a distance of about 60cm (about 2 *shaku*) (Photo 1).

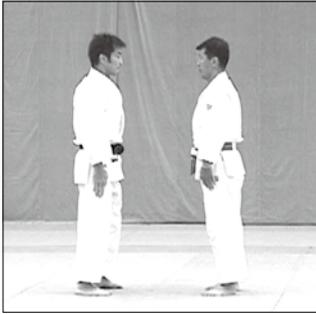
Movement 1: While stepping forward with his right foot, *Uke* attempts to grasp *Tori* in *Migi-shizen-tai*. *Tori* seizes this opportunity, grasps *Uke* in *Migi-shizen-tai* and pulls *Uke* to attempt to break the balance forward while taking one step backward by *Tsugi-ashi* from his left foot. Responding to *Tori*'s pull, *Uke* takes one step forward by *Tsugi-ashi* from his right foot so as to try to protect his stability (Photo 2).

Movement 2: While taking again one step backward by *Tsugi-ashi* from his left foot, *Tori* grasps *Uke*'s right middle-inner sleeve with his left hand facing four fingers upward by bringing it through under *Uke*'s right elbow and pulls *Uke* to attempt to break the balance forward (Photos 3- ①②). Responding to *Tori*'s pull, *Uke* takes one step forward by *Tsugi-ashi* from his right foot so as to try to protect his stability.

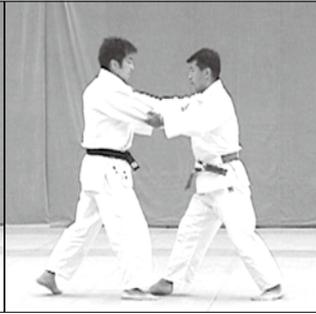
Movement 3: *Tori* takes one wide stride backward with his left foot while making *Uke* to move his right foot forward to break *Uke*'s balance forward by pulling his left hand. *Tori* lowers his hip to be in the posture of *Jigo-tai*, puts the right side of his neck to the right side of *Uke*'s hip when *Uke*'s balance is broken forward and inserts his right hand shallowly into the inner side of *Uke*'s right thigh to hold it (Photos 4- ① ② ③). Then *Tori* lifts *Uke* onto his shoulders in one quick motion while pulling his left elbow down strongly toward the left side of his hip and being the posture of *Shizen-hontai* by moving his left foot near to his right foot (Photos 5, 6- ①②) and throws *Uke* to the direction of his left front corner (Photos 7, 8).

Tori turns his body to his left to stand on the right side toward *Shomen*. *Uke* rises to stand on the left side toward *Shomen* facing *Tori*. Then both *Tori* and *Uke* grasp in *Hidari-shizen-tai* to perform left "*Kata-guruma*" in the same manner as before.

When left "*Kata-guruma*" is finished, both return to their initial positions, turn around their bodies to move forward each other quietly and begin *Koshi-waza*.



(Photo 1)



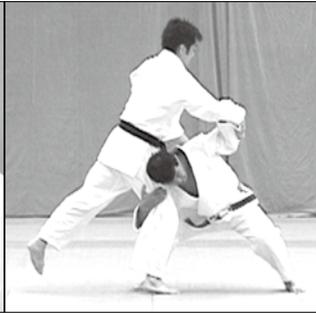
(Photo 2)



(Photo 3- ①)



(Photo 3- ②)



(Photo 4- ①)



(Photo 4- ②)



(Photo 4- ③)



(Photo 5)



(Photo 6- ①)



(Photo 6- ②)



(Photo 7)



(Photo 8)

