

## **2. Koshi-waza (Uki-goshi, Harai-goshi, Tsurikomi-goshi)**

### **1. Uki-goshi**

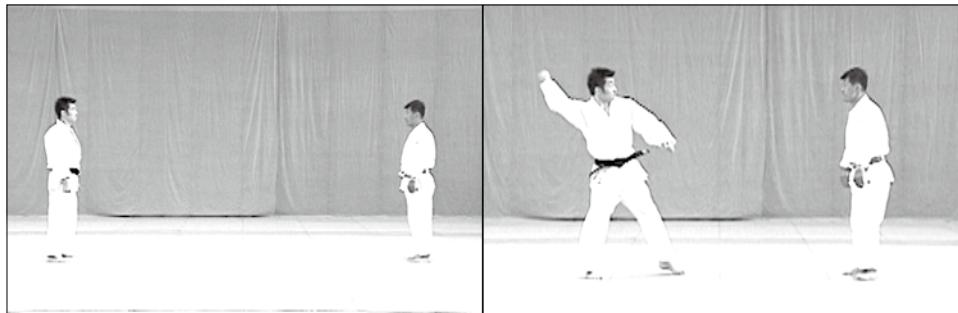
*Tori* and *Uke* step forward each other to a distance of about 1.8m (about 1 *ken*) (Photo 1).

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

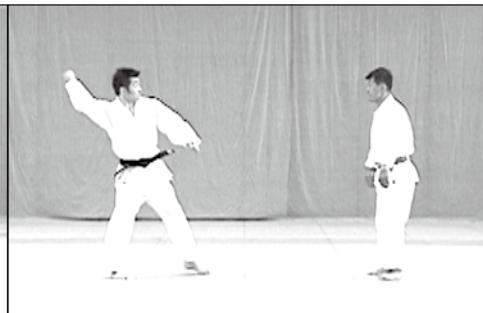
Movement 2: *Tori* seizes this opportunity, inserts his body while stepping forward with his left foot first and then his right foot in front of *Uke*'s body (Photos 4- ①②), avoids *Uke*'s fist behind him, at the same time he lowers his left shoulder slightly and leans back to put his left arm along the back side of *Uke*'s belt while encircling it deeply under *Uke*'s right armpit. While pulling *Uke*'s body close to his left hip and sticking it firmly against the hip to break *Uke*'s balance straight forward, *Tori* grasps *Uke*'s left middle-outer sleeve with his right hand (Photos 5- ①②).

Movement 3: *Tori* throws *Uke* by twisting his body to his right in one quick motion (Photos 6, 7, 8). *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 in the same manner as before when he comes in the proper distance. *Tori* performs right “*Uki-goshi*”.





(Photo 1)



(Photo 2)



(Photo 3)



(Photo 4-①)



(Photo 4-②)



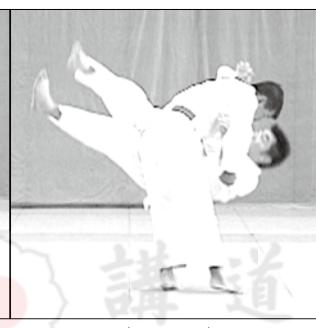
(Photo 5-①)



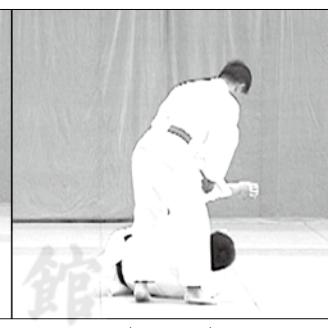
(Photo 5-②)



(Photo 6)



(Photo 7)



(Photo 8)

## 2. *Harai-goshi*

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

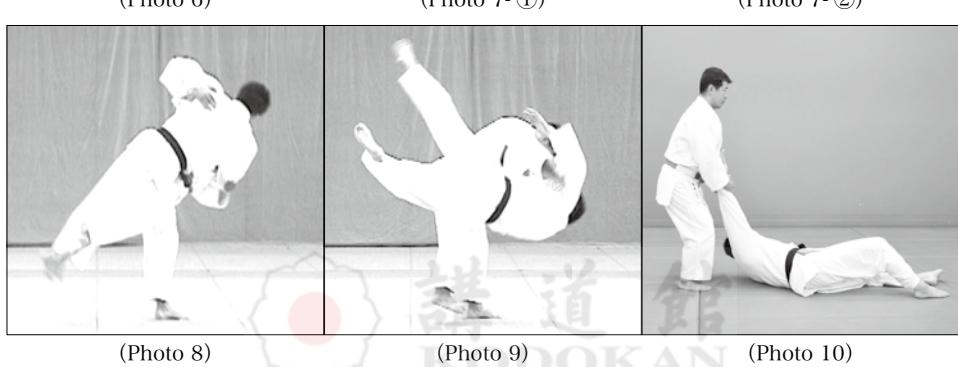
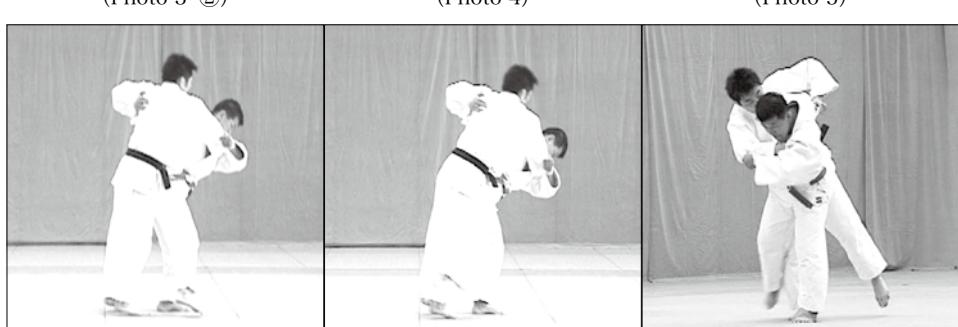
Movement 1: While stepping forward with his right foot, *Uke* attempts to grasp *Tori* in *Migi-shizen-tai*. *Tori* seizes this opportunity, grasps *Uke* in *Migi-shizen-tai* and pulls *Uke* to attempt to break the balance forward while taking one step backward by *Tsugi-ashi* from his left foot. Responding 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* reaches his right hand under *Uke*'s left armpit and put his right hand on the back side of *Uke*'s left shoulder and pulls *Uke* to attempts 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* moves around his left foot backward to diagonally right side behind his right foot while pulling *Uke* with both of his hands and making *Uke* to move his right foot slightly forward to break *Uke*'s balance diagonally forward to the right (Photo 4). *Tori* sticks his right hip firmly against *Uke*'s abdomen (Photo 5) and throws *Uke* by sweeping up as sliding his right leg along *Uke*'s right leg (Photos 6, 7- ①②, 8, 9, 10).

*Tori* stands 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 “*Harai-goshi*” in the same manner as before.





### 3. *Tsurikomi-goshi*

*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 and grasping *Uke*'s rear collar with his right hand (Photos 2- 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 2: *Tori* again takes one step backward by *Tsugi-ashi* from his left foot and attempts to break *Uke*'s 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.

Movement 3: *Tori* retreats slightly his left foot to pull *Uke* forward (Photo 3) and pulls/lifts *Uke*'s body upward/forward by using his right hand effectively while moving his right foot toward the front and inner side of *Uke*'s right foot being advanced (Photo 4). Responding *Tori*, *Uke* moves his left foot forward to be in *Shizen-hontai* and tries to protect his stability. At the moment, *Tori* moves around his left foot toward the front and inner side of *Uke*'s left foot while pulling/lifting *Uke* straight forward (Photo 5), lowers his hips, put the back side of them against the front side of *Uke*'s thighs (Photos 6- ①②③) and throws *Uke* directly in front of him by pulling down both of his hands while stretching both of his knees in one quick motion and pushing up his hips (Photo 7, 8).

*Tori* stands on the right side toward *Shomen* and *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 “*Tsurikomi-goshi*” in the same manner as before.

When left “*Tsurikomi-goshi*” is finished, both return to their initial positions, turn around their bodies to move forward each other quietly and begin *Ashi-waza*.



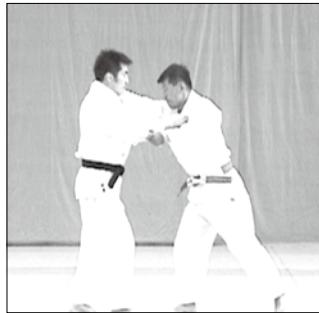
(Photo 1)



(Photo 2-①)



(Photo 2-②)



(Photo 3)



(Photo 4)



(Photo 5)



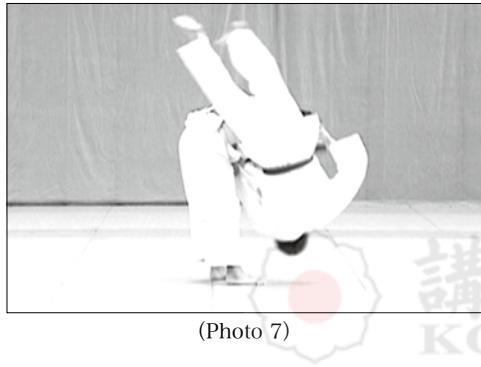
(Photo 6-①)



(Photo 6-②)



(Photo 6-③)



(Photo 7)



(Photo 8)