

#### 4. *Ma-sutemi-waza (Tomoe-nage, Ura-nage, Sumi-gaeshi)*

The movement in *Ma-sutemi-waza* should be continuous and relatively quick.

##### 1. *Tomoe-nage*

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

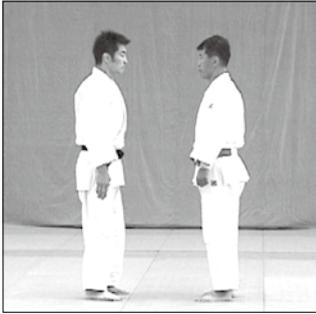
Movement 1: While stepping forward with his right foot, *Uke* attempts to grasp *Tori* in *Migi-shizen-tai*. Responding to *Uke*, *Tori* grasps *Uke* in *Migi-shizen-tai* while stepping with his right foot (Photo 2). *Tori* seizes this opportunity and pushes *Uke* to attempt to break the balance straight backward while taking three steps forward rather quickly with his right foot first, left foot and then right foot. Following *Tori*'s push, *Uke* resists *Tori*'s push and attempts to push back after retreating with his left foot first, right foot and then left foot so as to try to protect his stability (Photos 3, 4).

Movement 2: At the moment *Uke* pushes back, *Tori* moves his left foot forward toward the inner side of *Uke*'s right foot and grasps *Uke*'s right front lapel inserting his left hand from below *Uke*'s armpit (Photo 5). *Tori* breaks *Uke*'s balance straight forward using both of his hands effectively at the moment *Uke* moves his left foot forward and both feet align (Photos 6- ①②),

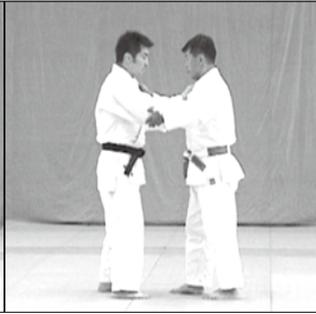
Movement 3: *Tori* bends his right knee sufficiently and lightly puts the top of his right foot, while bending it back, on *Uke*'s abdomen (Photo 7). At the same time *Tori* puts his hips down on the *Tatami* near to his left heel, he throws *Uke* overhead by stretching his right knee and pulling as drawing an arc with both of his hands (Photos 8, 9, 10, 11).

*Tori* rises to stand on the right side toward *Shomen* and *Uke* stands 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 "*Tomoe-nage*" in the same manner as before.





(Photo 1)



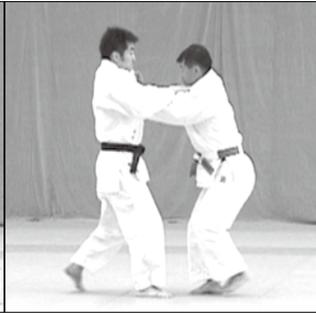
(Photo 2)



(Photo 3)



(Photo 4)



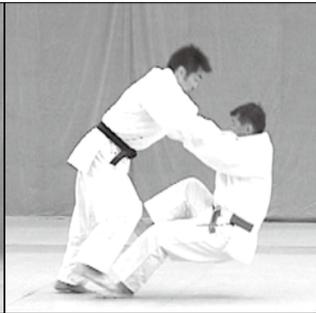
(Photo 5)



(Photo 6-①)



(Photo 6-②)



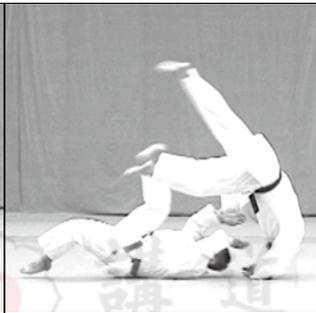
(Photo 7)



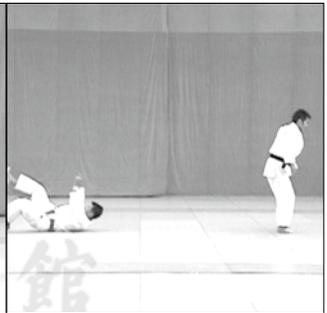
(Photo 8)



(Photo 9)



(Photo 10)



(Photo 11)

## 2. *Ura-nage*

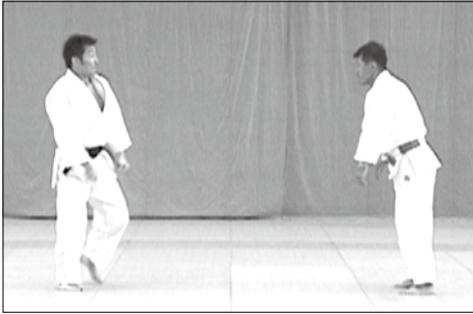
*Tori* and *Uke* step forward each other to a distance of about 1.8m (about 1 *ken*) (Photo 1).

Movement 1: *Uke* raises his right fist overhead while taking one step forward with his left foot (Photo 2), 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 3, 4).

Movement 2: *Tori* seizes this opportunity, steps forward with his left foot deeply behind *Uke's* right foot to pass under *Uke's* hand (Photo 5) and lowers his hips while *Uke's* right fist strikes the air over his left shoulder. While putting his left hand from the back side of *Uke's* hips (along the back side of *Uke's* belt) and pulling to hold *Uke's* hips firmly to his body, *Tori* moves his right foot in one quick motion toward inner side of *Uke's* right foot and puts his right palm (fingertips upward) on *Uke's* abdomen (Photos 6-①②③). *Tori* throws *Uke* over his left shoulder by leaning back to lift *Uke's* body using both of his hands and hips effectively and throwing his own body backward (Photos 7, 8, 9).

*Tori* rises to stand 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 steps forward and comes in the proper distance. *Tori* performs right "*Ura-nage*".





(Photo 1)



(Photo 2)



(Photo 3)



(Photo 4)



(Photo 5)



(Photo 6-①)



(Photo 6-②)



(Photo 6-③)



(Photo 7)



(Photo 8)



(Photo 9)



### 3. *Sumi-gaeshi*

*Tori* and *Uke* step forward each other to a distance of about 90cm (about 3 *shaku*) (Photo 1).

Movement 1: While stepping forward with his right foot, *Uke* attempts to grasp *Tori* in *Migi-jigo-tai*. Responding to *Uke*, *Tori* also grasps *Uke* in *Migi-jigo-tai* (This grasping is to insert the right hand through the opponent's left armpit to put the palm on his left back, while putting the left hand on the outside of opponent's right upper arm just above the elbow to hold it, bend the upper body forward to put the head on the right side of opponent's head each other and lower the hips slightly down.) (Photos 2- ① ② ). *Tori* takes one wide stride backward with his right foot while lifting *Uke* slightly up with his right hand. Responding to *Tori*, *Uke* moves his left foot forward (Photo 3).

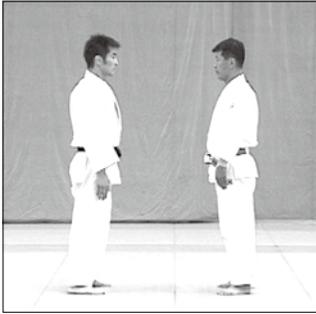
Movement 2: Responding to *Uke*'s trial to recover the balance, *Tori* attempts to lighten *Uke*'s body upward using both of his hands effectively. Responding to *Tori*, *Uke* moves his right foot diagonally forward to his right so as to try to protect his stability (Photos 4, 5).

Movement 3: At the moment both of *Uke*'s feet align, *Tori* break *Uke*'s balance straight forward while moving his left foot close to inner side of his right foot. While throwing his own body straight backward and putting his right instep on the upper part of hollow of *Uke*'s left leg (Photos 6- ① ② ), *Tori* throws *Uke* overhead by spring up *Uke*'s body from below and using both of his hands effectively (Photos 7, 8, 9).

*Tori* rises to stand on the right side toward *Shomen* and *Uke* stands on the left side toward *Shomen* facing *Tori* in the proper distance. Then, both *Tori* and *Uke* grasp in *Hidari-jigo-tai* to perform left "*Sumi-gaeshi*" in the same manner as before.

When left "*Sumi-gaeshi*" is finished, both return to their initial positions, turn around their bodies to move forward each other quietly and begin *Yoko-sutemi-waza*.





(Photo 1)



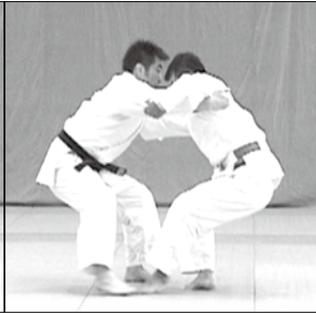
(Photo 2- ①)



(Photo 2- ②)



(Photo 3)



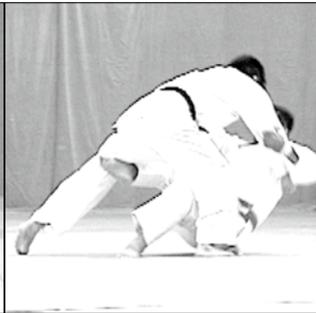
(Photo 4)



(Photo 5)



(Photo 6- ①)



(Photo 6- ②)



(Photo 7)



(Photo 8)



(Photo 9)