

5. *Yoko-sutemi-waza (Yoko-gake, Yoko-guruma, Uki-waza)*

1. *Yoko-gake*

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

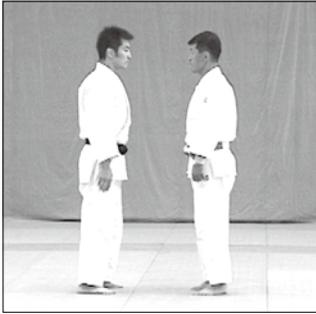
Movement 1: While stepping forward with his right foot, *Uke* attempts to grasp *Tori* in *Migi-shizen-tai*. *Tori* seizes this opportunity, grasps *Uke* in *Migi-shizen-tai* and pulls *Uke* to attempt to break the balance forward while taking one step backward by *Tsugi-ashi* from his left foot. Responding 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 breaks *Uke*'s body slightly in an oblique position while making *Uke* to take one step forward by *Tsugi-ashi* from his right foot (Photo 3).

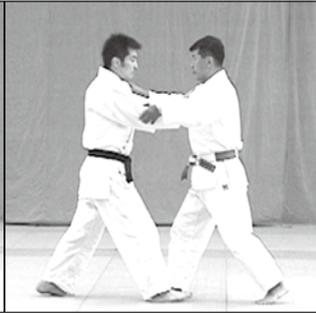
Movement 3: *Tori* retreats his left foot slightly, moves his right foot close to his left foot and breaks *Uke*'s balance to the outside of little toe of *Uke*'s right foot sufficiently using both of his hands effectively when *Uke* steps forward with the right foot keeping the posture of an oblique position (Photos 4-①②). *Tori* sweeps, as thrusting, below the outside of ankle of *Uke*'s right foot from its outer front with the sole of his left foot while throwing his own body onto the left side (Photos 5, 6-①②), at the same time, he pulls to scoop his left hand as drawing an arc while assisting it with his right hand and throws *Uke* in his left side (Photos 7, 8, 9).

Tori rises to stand 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 right "*Yoko-gake*" in the same manner as before.





(Photo 1)



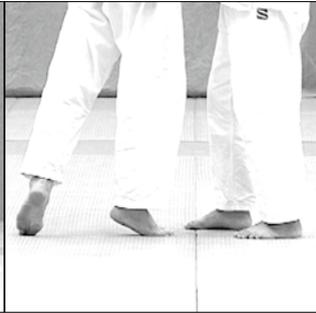
(Photo 2)



(Photo 3)



(Photo 4-1)



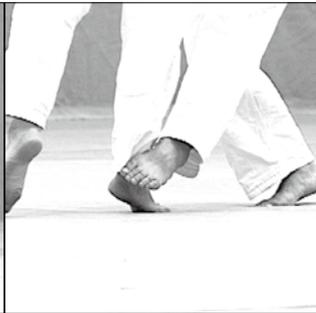
(Photo 4-2)



(Photo 5)



(Photo 6-1)



(Photo 6-2)



(Photo 7)



(Photo 8)



(Photo 9)

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2. *Yoko-guruma*

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

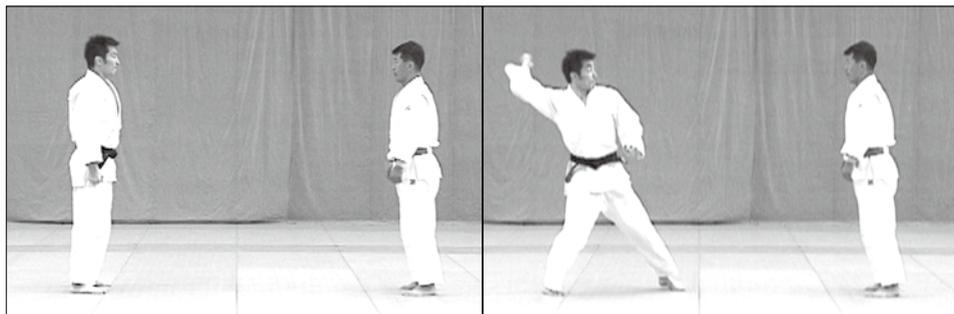
Movement 1: *Uke* raises his right fist overhead while taking one step forward with his left foot (Photo 2), then takes again one step forward with his right foot and attempts to strike *Tori's Tendo* with his right fist (*Uzumaki*) from right front of *Tori* (Photo 3).

Movement 2: *Tori* seizes this opportunity and attempts to throw *Uke* with *Ura-nage* (Photos 4- ①②).

Movement 3: During this sequence, *Uke* suddenly bends his upper body forward to try to avoid the throw (Photo 5- ①②). *Tori* seizes the opportunity of *Uke's* defensive posture, breaks *Uke's* balance straight forward with his left hand and slides his right foot, as drawing an arc, deeply between *Uke's* legs (Photo 6). *Tori* throws *Uke* toward his left shoulder by throwing his own body onto the left side and pushing up slightly with his right hand (Photos 7, 8, 9).

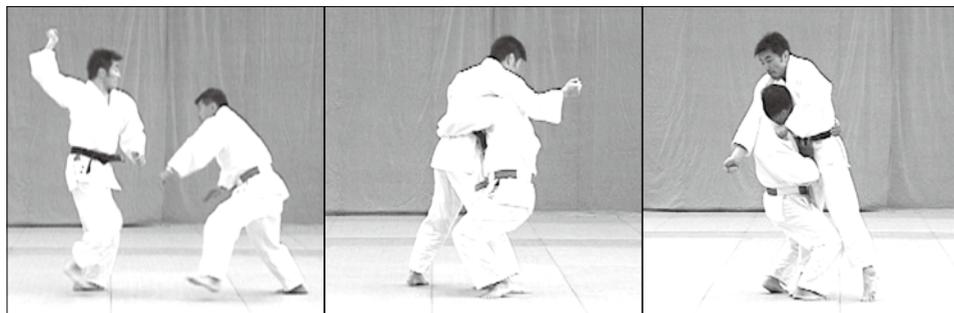
Tori rises to stand on the right side toward *Shomen*. *Uke* stands on the left side toward *Shomen* facing *Tori*, and attempts to strike *Tori* with his left fist in the same manner as before when he steps forward and comes in the proper distance. *Tori* performs right “*Yoko-guruma*”.





(Photo 1)

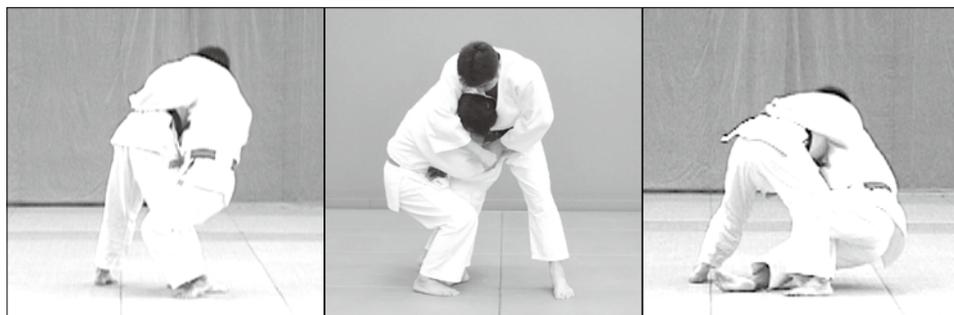
(Photo 2)



(Photo 3)

(Photo 4-①)

(Photo 4-②)



(Photo 5-①)

(Photo 5-②)

(Photo 6)



(Photo 7)

(Photo 8)

(Photo 9)



3. *Uki-waza*

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

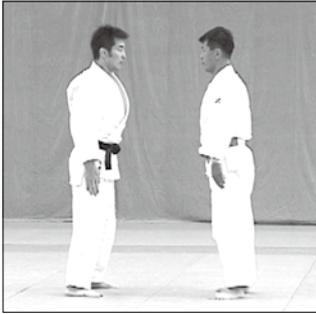
Movement 1: While stepping forward with his right foot, *Uke* attempts to grasp *Tori* in *Migi-jigo-tai*. *Tori* seizes this opportunity and grasps *Uke* in *Migi-jigo-tai* while stepping forward with his right foot (Photo 2). *Tori* takes one wide stride backward with his right foot while lifting *Uke* slightly upward 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 lift *Uke* slightly 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 (Photo 4).

Movement 3: During this sequence, *Tori* stretches his left leg slightly while breaking *Uke*'s balance to the right front corner using both of his hands effectively (Photo 5) and throws *Uke* toward his left shoulder by moving his left leg diagonally to his left behind him and throwing his own body onto the left side (Photos 6- ①② , 7, 8, 9, 10).

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





(Photo 1)



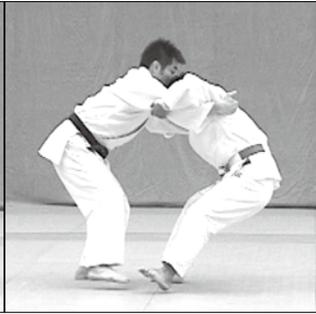
(Photo 2)



(Photo 3)



(Photo 4)



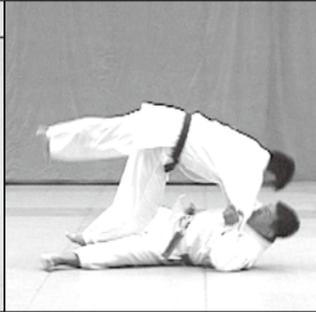
(Photo 5)



(Photo 6- ①)



(Photo 6- ②)



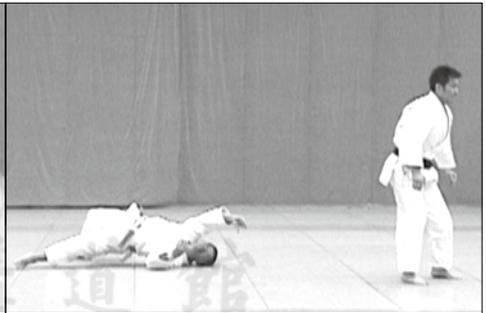
(Photo 7)



(Photo 8)



(Photo 9)



(Photo 10)