

## 4° KYU – ORANGE BELT – MAIN THEME: THROWS

### Ex UKEMI WAZA – FALLING TECHNIQUES

**yoko ukemi** (from standing position; hold on to the lapel of your partner)

- place the foot closest to your partner one step forward and fall on the other side
- step forward and swing both legs in the air
- step forward, jump up and try to hit the shoulder of uke with your furthest hip

**ATTENTION: task of Uke = stand stable and support Tori when falling**

### -- NAGE WAZA – THROWING TECHNIQUES

The throws are taught from KUMI KATA, basic stance for judo throws (R-hand on the lapel, L-hand on the sleeve); then practiced in YAKU SOKU GEIKO: throw each other in motion without resistance. Afterwards application of (some) throws in KATA and (all) in RANDORI.

#### 1. ashi-waza – leg techniques (leg sweeps)

**ko soto gari** – small outer leg sweep

**o soto gari** – big outer leg sweep

**ko uchi gari** – small inner leg sweep

**o uchi gari** – big inner leg sweep

#### 2. te-waza – hand techniques (hand throws)

**sukui nage** – scooping throw (backwards)

**ippon seoi nage** – shoulder throw over one point

**aiki otoshi** – scooping throw (forwards)

**morote gari** – two hand reap

#### 3. koshi-waza – hip techniques (hip throws)

**o goshi** – major hip throw

**harai goshi** – sweeping hip throw

### Ex TAI-SABAKI-NO-KATA - THROWS

Application with **nage waza** (throwing techniques)

#### 1. ko soto gari

grab wrist with R hand, advance R-foot, L-arm in front of shoulders, mow front foot with L-leg

#### 3. o soto gari

grab elbow with L-hand, advance L-foot, R-arm in front of shoulders, mow front foot with R-leg

#### 5. sukui nage

bend under arm & grab around hip with L-arm, grab with R-arm in the back of knee and throw Uke back

#### 2. ko uchi gari

grab wrist with L-hand, advance L-foot, R-arm in front of shoulders, mow front foot with R-leg

#### 4. o uchi gari

L-foot, advance R-foot, grab L-wrist, L-arm against shoulders, mow front leg with L-leg

#### 6. ippon seoi nage

grab the upper arm of uke with the R-arm, turn further and throw

### Ex RANDORI MET WOPEN

In randori, use the principles of **hodoki waza** to come to a favorable position.

**apply to the following attacks:**

- wrist grip diagonal
- lapel grip with 1 hand from the front
- strangulation with 2 hands from the front
- strangulation with 2 hands from the side
- both wrists grab from the front
- bear hug around arms from behind
- bear hug around arms from the front
- hook punch or slap around the ears
- kick to the groin

**additional attacks (without obligation):**

- arm grip from the front
- shaking hands
- hair grip from the front
- grab around the head from the side
- strangulation with arm from behind
- both wrists grab from behind
- strangulation on the floor next to the body
- double Nelson
- bear hug under arms from behind

### -- ATEMI WAZA – PUNCHING & KICKING TECHNIQUES

**shuto uke** – block with the cutting edge of the hand

**kokutsu dachi** – retreated stance

**mawashi geri** – turning kick

**yoko geri kekomi** – side kick thrusting

**Ex** - R-oi zuki chudan → L-shuto uke + L-yoko geri kekomi

- R-oi zuki chudan → R-shuto uke + R-mawashi geri

- R-yoko geri kekomi → R-gedan barai (over leg) + L-gedan mawashi geri (low kick)

### -- KANSETSU WAZA – LOCKING TECHNIQUES

**yubi gatame** – finger lock: grab one or more fingers and fold them in opposite direction

### Ex RANDORI WITH LOCKING TECHNIQUES

All locking techniques learned so far are applied in randori against various attacks.

**Ex KANSETSU NO KATA (6 standing + 3 on the ground)**

- Attack: a **R-hook punch** (block with L-arm) or **grabbing L-wrist** (free your arm with a turning movement)
1. *Grab the wrist with the L-hand and bring it down, put your R-wrist behind the elbow and overstretch the arm (**kanuki gatame**)*
  2. *Bend the arm upwards and to the outside, slide your R-hand further under his arm, put your hand on your L-hand and pull his elbow up (**ude garami**)*
  3. *Release your R-hand and grab his wrist (your thumb points down), put your L-hand behind his elbow and overstretch his arm horizontally (**ude gatame**)*
  4. *Slide your L-hand over his elbow into his elbow crease and bend his arm upwards until you can grab your R-wrist with your L-hand (**ude garami**)*
  5. *Bring your L-arm over his underarm and push it to the outside and up, control his elbow with your L-hand and overstretch his arm by stepping back (**ude gatame**)*
  6. *Pull his elbow to your stomach and turn your L-hip towards Uke and bend his arm on his back (**ude garami**); hold control over the other arm*

Bring Uke to the ground by turning his head under your arm, Uke falls on his back.

*(The next part is the same as the 'kansetsu no kata' for 5° kyu.)*

1. *Grab his wrist with your L-hand and place your R-hand behind his elbow, push his arm to the other side, and force Uke on his stomach (**ude gatame**)*
2. *Push Uke completely to the ground, put your R-knee on his R-shoulder blade and push his arm diagonally over his head till shoulder lock (**kata gatame**)*
3. *Slide your R-knee onto his neck, place his R-wrist on your L-knee, pull his elbow to your crotch, tuck his arm behind his back by placing your L-knee on his back (**ude garami**)*

**Ex KATAME WAZA – HOLD-DOWN TECHNIQUES**

*The controlling techniques from jūdo are altered for use in a real fight. This means that Tori must have full control over Uke. Usually a lock or strangulation is added to the controlling technique.*

<p><b>kesa gatame</b></p> <ul style="list-style-type: none"> <li>- ude garami with R-leg on R-arm of Uke</li> <li>- ude garami with R-arm on L-arm of Uke</li> <li>- strangulation with your L-arm (push on throat)</li> <li>- (3 techniques at the same time)</li> </ul>	<p><b>kata gatame</b></p> <ul style="list-style-type: none"> <li>- fold Uke's arm over his mouth and nose</li> <li>- grab the wrist of uke behind your own head and pull in the direction of your shoulder (ude garami)</li> <li>- grab the wrist of uke behind your own head, sit on your butt and stretch the arm (ude gatame)</li> </ul>
<p><b>ushiro gesa gatame</b></p> <ul style="list-style-type: none"> <li>- press Uke's R-wrist down on your L-thigh</li> <li>- grab Uke's R-wrist and bring your L-arm around his arm &amp; grab your own R-arm (kanuki gatame)</li> </ul>	<p><b>yoko shiho gatame → katate jime</b></p> <ul style="list-style-type: none"> <li>- bring L-arm in front of his throat (without letting go of the collar), grab with your R-hand under his R-shoulder and press down with the L-arm</li> </ul>

**-- SHIME WAZA – STRANGULATION TECHNIQUES**

<p><b>hadake jime</b> – strangulation with fore arm</p> <ol style="list-style-type: none"> <li>1. <i>from behind arm around throat, hands together and press with forearm on esophagus</i></li> <li>2. <i>from behind arm around throat, esophagus in elbow fold, hand in other elbow fold, squeeze</i></li> </ol>	<p><b>katate jime</b>– one hand choke</p> <ul style="list-style-type: none"> <li>- <i>press one lapel against the throat with one hand, other hand holds other lapel or clothing</i></li> </ul>
--	---

**Ex RANDORI WITH STRANGULATIONS**

Applying the strangulations in randori against various attacks.

**Ex DEFENSE AGAINST WEAPONS**

<p><b>diagonal hit with stick (forehand)</b></p> <ul style="list-style-type: none"> <li>- <i>step in and block and hit, snake around the arm + o soto gari; turn on stomach + disarm</i></li> <li>- <i>absorb the hit and turn + ippon seoi nage; turn on stomach + disarm</i></li> </ul>	<p><b>diagonal hit with stick (backhand)</b></p> <ul style="list-style-type: none"> <li>- <i>(Uke R-leg in front) block, grab the arm + ko soto gari, turn on stomach + disarm</i></li> <li>- <i>(Uke L-leg in front) block, + L-ko soto gari (on L-leg+knee push); turn on stomach + disarm</i></li> </ul>
---	---