

# Koshiki no Kata

by Noboru Saito

The techniques in this kata were designed for armor-clad warriors of the Kito Ryu Jujitsu school. Dr. Jigoro Kano studied the Kitoryu Jujitsu and he decided to preserve the techniques in Koshiki no Kata because of the extent to which they embody the principle and techniques of Kodokan Judo and also very useful for training of human mind.

Key points for practice:

1. It is essential while performing the kata to imagine oneself wearing heavy armor.
2. The kata is divided into two parts, OMOTE (front) - 14 techniques and URA (back) - 7 techniques.

Kito Ryu school explains the kata as follows:

Action is started by KI “sprit” and end by KI. It is called Ki no Dan (steps). However, as there are four seasons in a year, yet we cannot distinguish the change of each season clearly. The purpose of OMOTE practice is to teach how techniques develop and when they end. Each movement is done very slowly and clearly. Tori must show his response, using the uke’s attack to control, and when to throw uke. Keep the body posture correct and keep the mind calm throughout OMOTE practice. But, on other hand, the purpose of URA practice is to teach the application of OMOTE practice. Tori must respond to the uke’s attack freely and without taking many steps. Perform the URA movements smoothly, swiftly and strongly without stopping between all seven techniques.

**Sequence of kata:**

## Omote:

- |                                      |   |
|--------------------------------------|---|
| 1. <b>Tai</b> (Ready posture)        | 8. <b>Uchikudaki</b> (Smashing)                     |
| 2. <b>Yume no Uchi</b> (Dreaming)    | 9. <b>Tani Otoshi</b> (Valley drop)                 |
| 3. <b>Ryokuhi</b> (Strength dodging) | 10. <b>Kuruma-daoshi</b> (Wheel throw)              |
| 4. <b>Mizu-guruma</b> (Water wheel)  | 11. <b>Shikoro-dori</b> (Grabbing the neckplates)   |
| 5. <b>Mizu-nagare</b> (Water flow)   | 12. <b>Shikoro-gaeshi</b> (Twisting the neckplates) |
| 6. <b>Hikiotoshi</b> (Draw drop)     | 13. <b>Yudachi</b> (Shower)                         |
| 7. <b>Kodaore</b> (Log fall)         | 14. <b>Taki Otoshi</b> (Water fall drop)            |

## Ura:

1. **Mikudaki** (Body smashing)
2. **Kuruma-Gaeshi** (Wheel throw)
3. **Mizu-Iri** (Water plunge)
4. **Ryusetsu** (Willow snow)
5. **Sakaotoshi** (Heading fall)
6. **Yukiore** (Snow break)
7. **Iwa Nami** (Wave on the rocks)

## Starting positioning

Tori (left side - as seen from shomen) and uke stand apart about 5.4 meters. Turning toward the shomen, they perform a standing bow. This is followed by a kneeling bow - left knee down, right knee down, then place hands on the mat (perform as though wearing heavy armor).

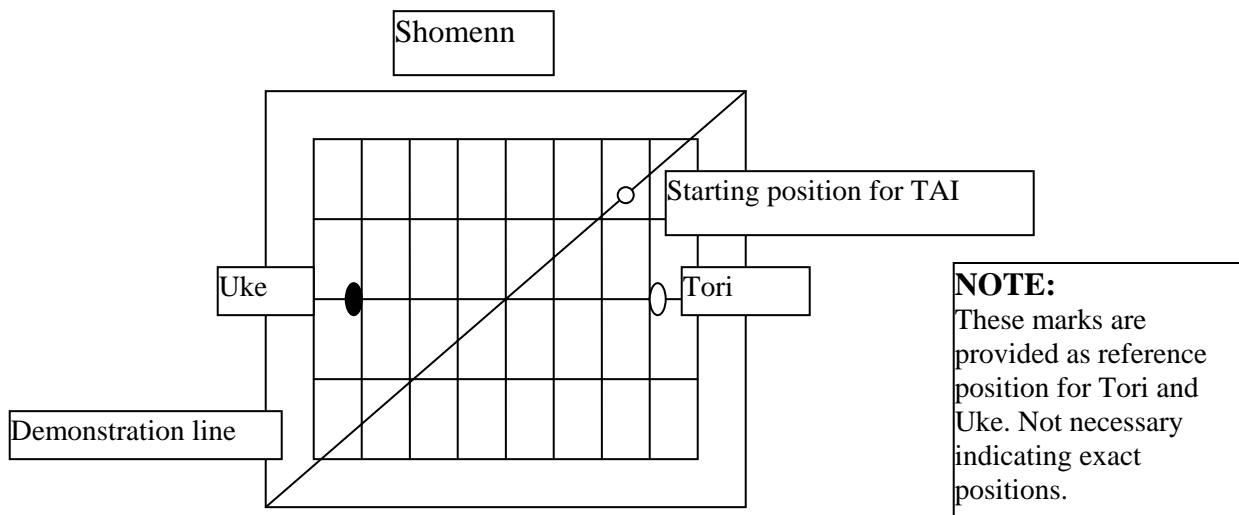
When ending the kata, a kneeling bow is done first and followed by a standing bow.

Note: Standing bow is optional instead of a kneeling bow.

## OMOTE

### 1. TAI

**Tori** steps forward with left foot and turn to his right to face shomen. Tori steps forward with ayumiahi left and right, stand up straight with heels apart slightly. Tori steps forward left foot and right foot into Shizenhontai.



#### **Uke:**

Uke pivots left to face tori. Uke steps forward from left foot with slightly larger steps on first step. Takes 6 steps. If uke is small person may be 8 steps. Uke places right foot in front of tori's left foot. Place uke's right side hip to tori's left front side hip. Uke grabs tori's front and back belt. Uke brings left foot in front of tori's right knee. As uke swings own left foot back, uke pulls tori's belt toward himself to apply hip throw.

#### **Tori:**

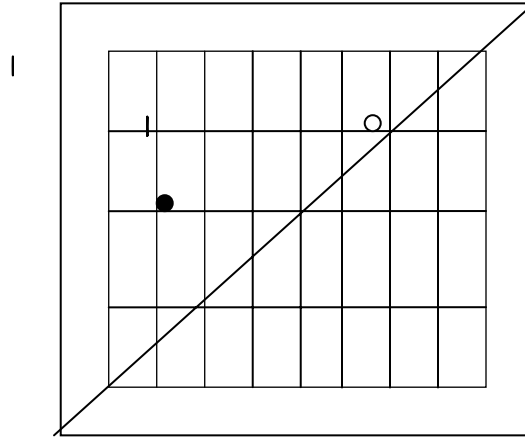
You get into jigotai slightly, insert left arm under uke's right arm pit, hold uke's left back hip deeply and place right palm (fingers up) on uke's left chest. Following uke's pull, you step diagonally back to your left from left foot using tsugiahi. (follow demonstration line) You take several steps. After apply good kuzushi to uke, brings right foot behind you and places right knee near the tori's left heel. You are using arms and throws uke over left knee. You place left palm on left knee and open left knee to your left and takes Kuraidori.

#### **Uke:**

Uke takes big step with left foot to your left side and then brings right foot to left foot and takes another step with left foot to your left side to avoid tori's knee, uke takes ukemi with left hand. Sit straight up with hands on thighs with legs apart and extended and toes up .

## 2. YUME NO UCHI

SHOMEN



**Tori** takes position at left back corner from TAI starting position.

**Tori** and **Uku** repeat same movement as in TAI. At end, As tori pushes uke's body back, uke takes left foot back to resist tori's push. As uke starts to push forward, tori changes the direction of attack by using uke's push, tori move left hand from uke's back hip to uke's right back shoulder area. Tori makes uke off-balance uke's body up and forward by tori's left arm movement

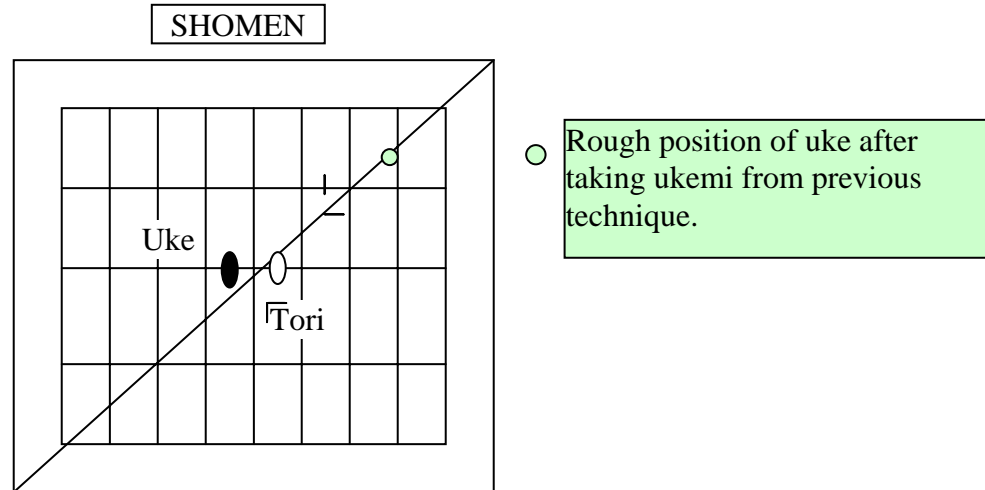
**Uke** steps left foot forward to stop tori's off-balancing.

### **Tori:**

At the same time, you brings right arm over uke's left upper arm just above elbow area and turns your right toes inward and pulls left foot to right foot and turn your body to your left. Your feet is outside of uke's right foot. You keep your weight on your heels and start stepping back with small steps. When uke no longer able to support his balance, you throws uke over tori's left shoulder with sutemiwaza (yokowakare). Your body is like in DAI no Ji (your arms and legs spread apart on the mat).

**Uke** places right hand over tori's left shoulder, takes right zenpo kaiten ukemi and stand up into shizenhontai.

### 3. RYOKU HI



**Tori** stands at the center of dojo with shizentai.

**Uke** walks back around tori to one step distance. Uke steps right foot forward and bring arms up and forward to grab tori's front belt (right wrist over left).

**Tori :**

You steps your right foot to your right back corner slightly while pulling your hips backward. As uke loses his balance forward slightly, you sweep his right wrist with your left hand (thumb up) and pull him forward. You step your right foot back and turn your body to your right, at the same time you bring your right hand (palm up) over your left arm to garb slightly above his right elbow and pull uke to your right front corner.

**Uke:**

Uke tries to keep his balance by stepping forward with his right foot by tsugiahi with hanmi.

**Tori:**

You follows uke's movement to your right front corner while pushing uke's right elbow upward and place your left hand around uke's left mid to upper arm while taking several steps to your right front corner. You lift uke's body upward with your both hands while contacting your right side chest on uke's left side of back. Now, uke is standing on toes while arcing body backward.

When you releases pressure from your arms, uke bring his heels back down to mat to keep own balance. At this moment you place your right hand on his front right shoulder and slides your left hand up from his left upper arm to front part of his left shoulder and you draw your left foot back with large step and drop onto your left knee while keeping right knee up and pulls his body back hard to throw uke.

**Uke:**

Uke takes one big step to his right back corner and slaps mat with right hand. Uke sits up keeping legs spread open with straight legs and toes up.

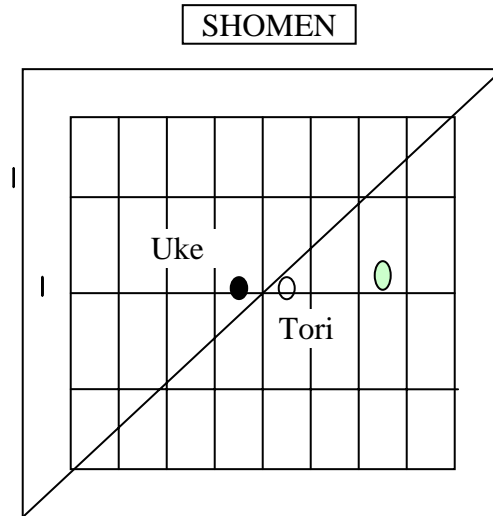
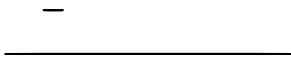
#### 4. MIZUGURUMA

***Tori:***

You stand at the center of dojo with shizenhontai (shomen is your right).

***Uke:***

Uke walks back around tori to one step distance. Uke try to garb your belt as in RYOKUHI.



***Tori:***

You take your right foot back to make uke miss grabbing your front belt. Simultaneously, you grab uke's right wrist with your right hand and also you grab just above uke's left elbow area with your left hand then pull uke downward to throw him.

***Uke:***

Uke counters by stepping his right foot forward slightly and brings own body upright.

***Tori:***

At the same time, you relax pulling and step your right foot outside and behind of uke's right foot and then left foot to uke's back left side. You push uke's right wrist to uke's forehead and hold uke's back, his hips area, while lowering your body and using your arms to make uke off balance backward.

***Uke:***

When uke's weight shifts into his heels, uke steps his left foot backward while placing his left hand to your right elbow and pushes it forward.

***Tori:***

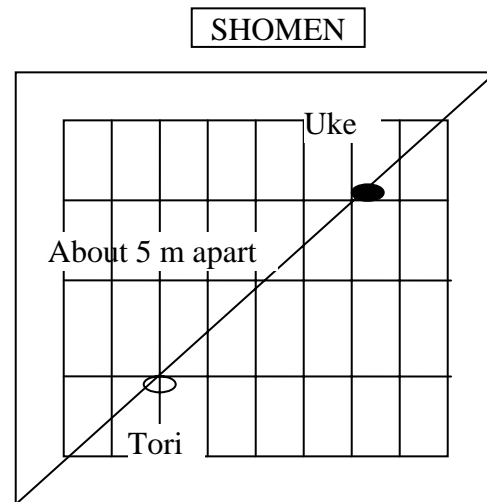
you use uke's push and relax your pushing action, you slide your left hand from his back of waist area to his right back shoulder area to float his body forward and you bring your right hand over his left elbow and throw uke as in YUME NO UCHI.

***Uke*** places right hand over tori's left shoulder, takes right zenpo kaiten ukemi and stand up into shizenhontai.

## 5. MIZU NAGARE

**Tori** get up and walk toward left back corner of dojo and **Uke** after the ukemi, turns toward tori and face each other, 5m apart.

**Tori** and **Uke** starts walk toward each others.



### **Uke:**

When uke advances several steps, uke bring right hand behind his right hip, simulate to holding *Yoroi Doshi*, bending his right fingers inward. At the same time, uke starts to bring his left hand, palm down, upward. When uke reaches in maai that able to grab tori's chest protecting armor, uke takes left foot forward with large step toward tori and with uke's left hand simulate grabbing tori's chest plate of *Yoroi* (armor) by his left four fingers. (Uke's intention is to grab the tori's chest plate with left hand and pulls tori toward uke and stab with sharp spear like weapon called *Yoridoshi*. This weapon can penetrate through *Yoroi*.)

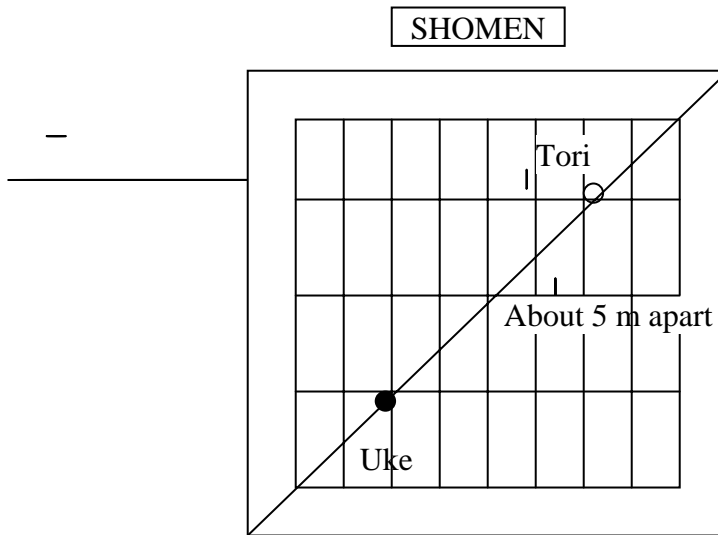
### **Tori:**

At this moment, you step right foot back slightly while pulling chin in and lean backward slightly to evade uke's left hand. When uke loses his balance forward, you quickly step back from right and left foot with *tsugiashi* simultaneously grab his left hand from his little finger side with your right hand and place and push his left upper arm from underneath (uke's elbow side) with your left hand. By using both hands, you make uke's body floats forward for more *kuzushi*. As uke's weight shifts to his left toes, you draw your right foot back and place your right knee on the mat and bring your left hand around under his his left upper arm to inside of his left upper arm. You pull him downward hard, at the same time you push his left upper arm to his left and throw uke down.

### **Uke:**

Uke rolls sideways to take the ukemi and sits up with legs open sitting position.

## 6. HIKI OTOSHI



**Tori** and **uke** take opposite position from MIZU NAGARE, 5m apart. Both start walk toward each others.

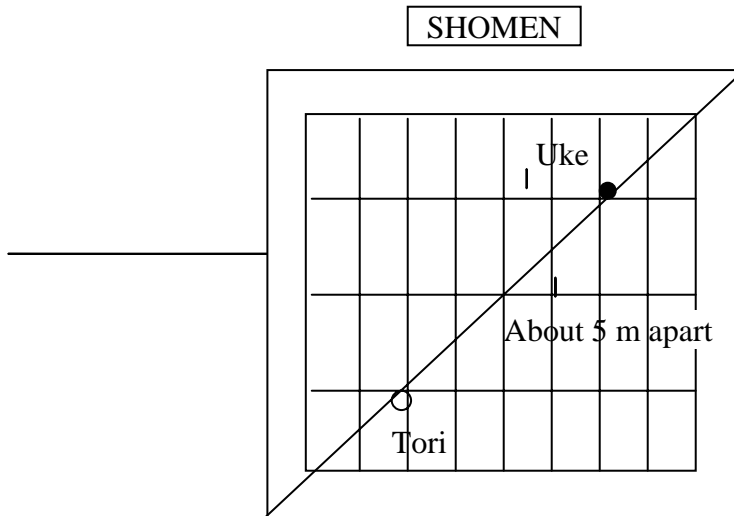
### *Uke:*

When uke reaches maai that uke can reach tori's sword on tori's left hip, uke takes his right foot toward tori and simulate grabbing tori's weapon on tori's left hip.

### *Tori:*

At this moment, you step left and right foot back with tsugiahi simultaneously grab the top of uke's right wrist with your left hand and place your right hand at uke's right upper arm, your right thumb up. Further you step your left foot back and place your left knee on the mat and pull down uke's body, uke falls over right toes and takes ukemi and immediately takes leg stretched open sitting position.

## 7. KODAORE



**Tori** and **uke** take opposite position from HIKIOTOSHI, 5m apart. Both start walk toward each others.

***Tori:***

After you take several steps, make your right hand into shuto, thumb side up, gradually raising right shuto hand upward. As soon as you reach maai, thrust uke's Uto, between eye, while advancing your right foot toward uke.

***Uke:***

Uke turns his body to his right and grabs your right wrist with his right hand, fingers pointing upward and back of hand facing to his face. Uke evades your attack. Uke pulls your right arm same direction of thrust and step his left foot in front of your feet and insert his left arm around your back and applies left hip throw.

***Tori:***

You let him keep his right hand on your right wrist, extend your right arm out strongly, place your right forearm to his face and place your right front hip to his left back hip then place your left hand on the front of his belt. Using tsugiahi from right foot toward his right rear and insert your hips deeply and make uke's body off-balance to his right rear.

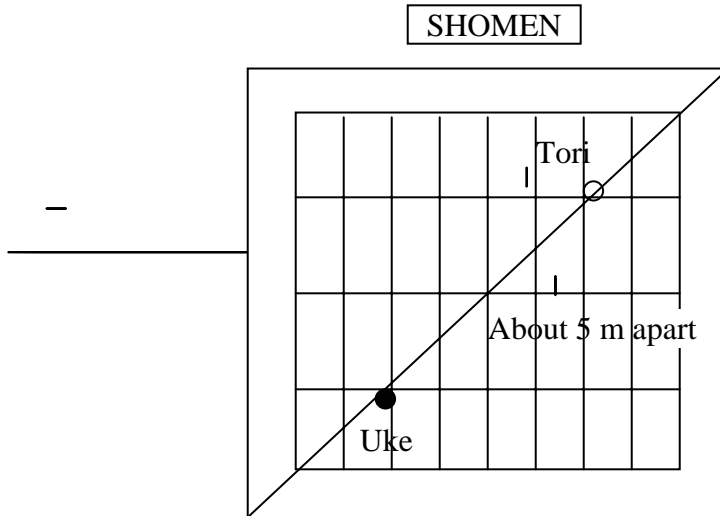
***Uke*** pulls back his feet to recover his balance but tori keeps uke off-balance. When you off-balance uke totally, you place left knee behind your right heel and push uke's body backward with your right arm and left hand then drop him backward.

***Uke*** takes his right foot toward his right rear and takes ukemi with his right arm. Avoid tori's knee and immediately takes leg stretched open sitting position.

***Tori*** takes kuraidori by opening right foot to right side.



## 8. UCHIKUDAKI



**Tori** and **uke** take opposite position from KODAOORE, 5m apart. Both start walk toward each others.

### ***Tori:***

After you take several steps, make your left hand into shuto, thumb side up, gradually raising left shuto hand upward. As soon as you reach maai, thrust uke's Suigetsu, stomach, while advancing your left foot toward uke.

### ***Uke:***

Uke turns his body to his left and grabs your left wrist with his left hand, four fingers on the top of your left wrist to evade your attack. Uke pulls your left arm same direction of thrust and step his right foot in front of your feet and wraps his right arm around your back and applies right hip throw.

### ***Tori:***

You let him keep pulling your left arm, you extend your left arm father more and twist your left wrist to make your little finger side up then hold his hips from his front to scoop up his body while placing your right hand on uke's front belt. Using tsugiahi from left foot toward his left rear and insert your hips deeply and make his body off-balance to his left rear.

***Uke*** pulls back his feet to recover his balance but tori keeps uke off-balance. When you off-balance uke totally, you place your right knee behind your left heel and drop uke's body backward.

***Uke*** takes his left foot wide toward his left rear and takes ukemi with his left arm. Avoid tori's knee and immediately takes leg stretched open sitting position.

***Tori*** takes kuraidori by opening left foot to left side.

## 9. TANI OTOSHI

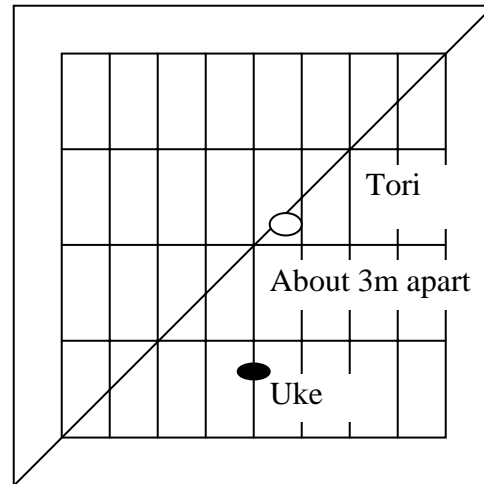
SHOMEN

**Tori** moves to the center of the dojo, facing shomen.

**Uke:**

Uke stands with shizen hontai, also facing shomen at tori's left side rear about 3m back of tori.

Uke walks toward you and takes one step maai. Then uke advances his left foot to beside your left foot and places his right hand on your right back shoulder and pushed forward, at the same time uke places left hand to tori's stomach area and pulls tori's stomach to take tori's body down to ground.



**Tori:**

You let uke push and take your foot forward while bending your upper body forward to defense uke's right hand push on your right shoulder. At this moment, uke lose his balance forward and slips right hand over your right shoulder, you grab uke's right hand from his little finger side and attempt throw uke with makikomi waza.

**Uke:**

Uke steps right foot forward and brings his body up right while pulling right hand back to defense your makikomi waza.

**Tori:**

You use uke's action, rise uke's right hand upward, warp your left arm around his left hip, place your left leg behind his feet. You bring your upper body upright while pulling his right hand upward strongly with holding his body with your left arm while taking tsugiahi from left foot to your left corner several steps. Your hips deeply placed behind his body.

**Uke:**

Uke try to gain his balance by placing his feet firmly on ground.

**Tori:**

You continue making off-balance uke and release his right hand and you place your right knee behind your left heel and pushes uke's body backward and drop uke backward.

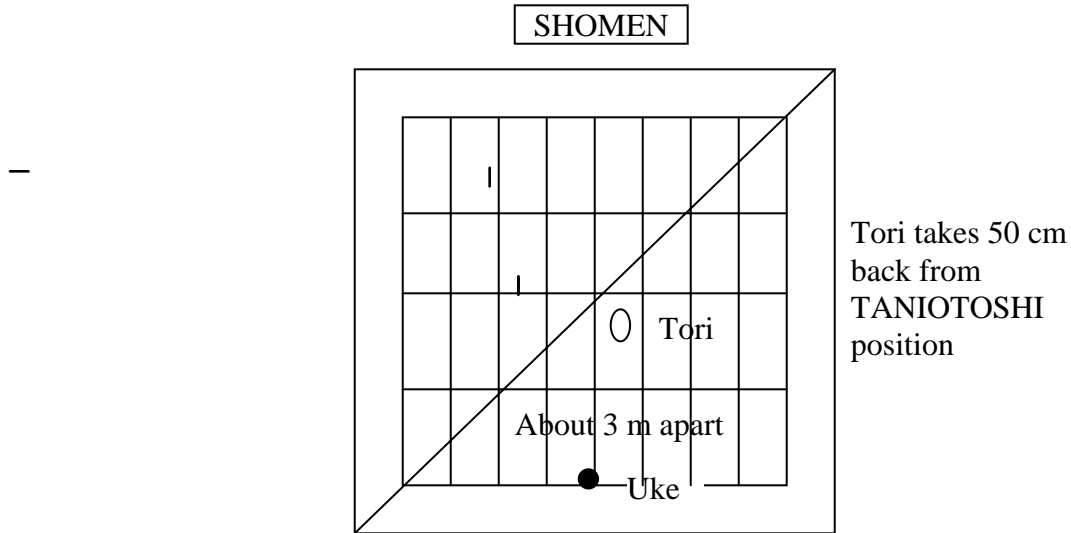
**Uke:**

Uke takes left foot toward his left rear and takes ukemi with left arm. Avoid tori's knee and immediately takes leg stretched open sitting position.

**Tori:**

You take kuraidori by opening your left foot to your left.

## 10. KURUMA DAORE



*Tori* is facing to the shomen.

### *Uke:*

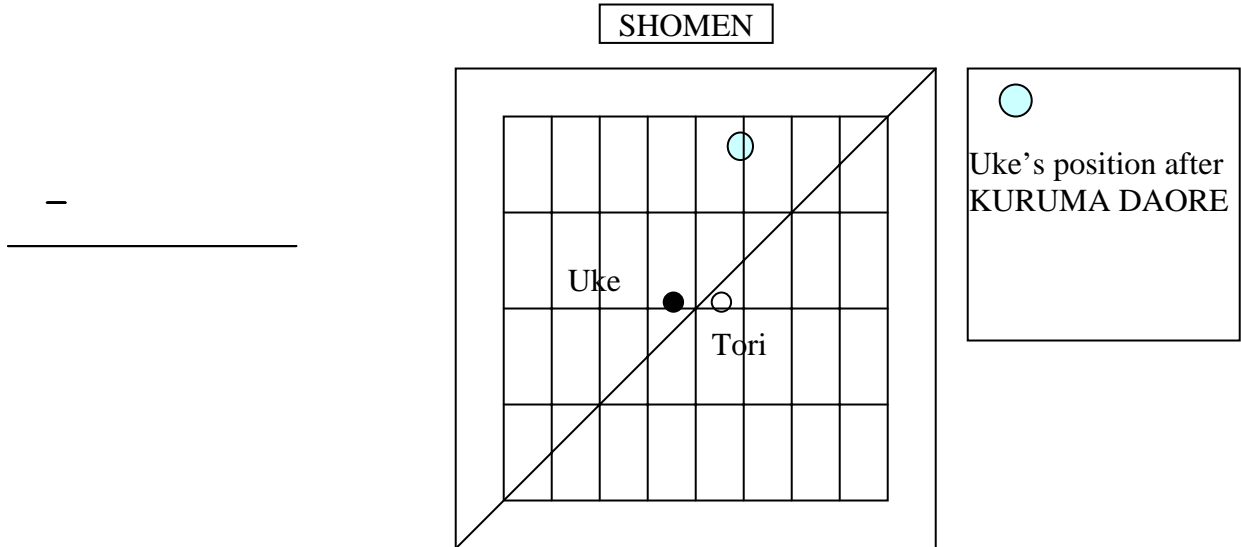
Uke stands with shizen hontai, facing to shomen at tori's left side rear about 3m back. Uke walks toward tori and takes one step maai with tori. Uke brings both hands up and places his right hand on your right shoulder blade area and pushes the right side of your back forward, at same time hooks his left hand in front of your left shoulder and pulls your left shoulder toward uke. Uke is trying to take you down by twisting your body to the counterclockwise hard.

### *Tori:*

You turn on your right foot to counterclockwise and step your left foot and your right foot to the right side of uke's right foot. You place the both of your hands under uke's armpits area and make uke off-balance forward by pulling from your arms and your turning action then start leaning backward to throw uke over your body with sutemiwaza (yokowakare). Tori's body is like in DAI no Ji.

*Uke* places right hand over tori's left shoulder, takes right zenpo kaiten ukemi and stand up into shizenhontai.

## 11. SHIKORO DORI



**Tori** stand at the center of dojo in shizentai (shomen is your right).

### **Uke:**

Uke walks back around you and takes position at a half step distance from you. Both in shizen hontai. Uke try to insert his left hand, palm facing inside, into your front belt.

### **Tori:**

You evades uke's left hand grab by pulling your hips back slightly. As uke looses his balance to his front, you sweep and grab his left wrist with your right hand, palm up, and at the same time reach his chin with your left palm and push his chin to the right and diagonally upward.

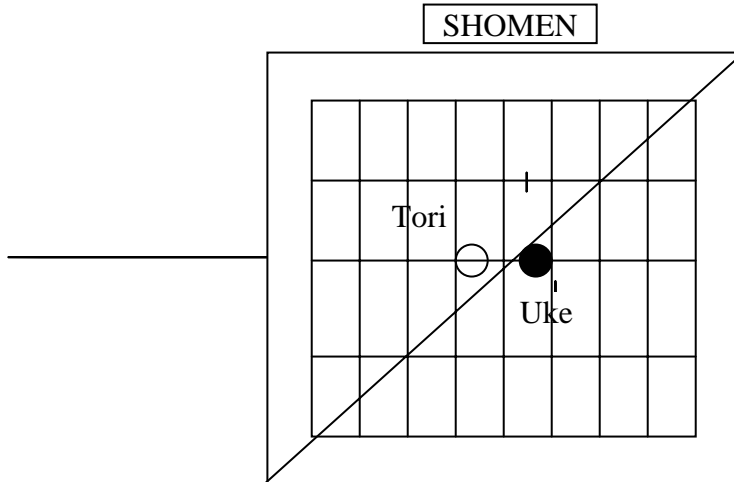
Because of uke's neck is twisted by you to his right, uke turns on his left foot and brings right foot even to his left foot. (Now uke facing 180 degree from beginning position) and looses his balance backward.

At this moment, you shift your right hand from uke's left wrist to uke's right shoulder and shift your left hand from his chin to his left shoulder then draw your left foot backward and lower your body and place your left knee on the mat. Simultaneously pull his body backward to throw.

### **Uke:**

Uke takes his right foot back slightly and takes backward ukemi (strike the mat with both hands) and sit up to open legs sitting position.

## 12. SHIKORO GAESHI



**Tori** stands at the center of dojo with shizenhontai, shomen is left side of tori.

### ***Uke:***

Uke walks toward tori and takes a half step distance from you. Uke inserts his left hand, palm down, into your front belt and grabs it. Then uke takes a large step back with his right foot while turning body to his right. At the same time, Uke bends his right knee and lower his hips then pulls his body toward his left hip with strong pulling with his left arm.

### ***Tori:***

You using his pull, you step your right foot forward and place it behind uke and at the same time place your right hand on the left side of his head and push it and also place your left hand on the right side of his check and pull it to attempt to control uke by twisting his neck.

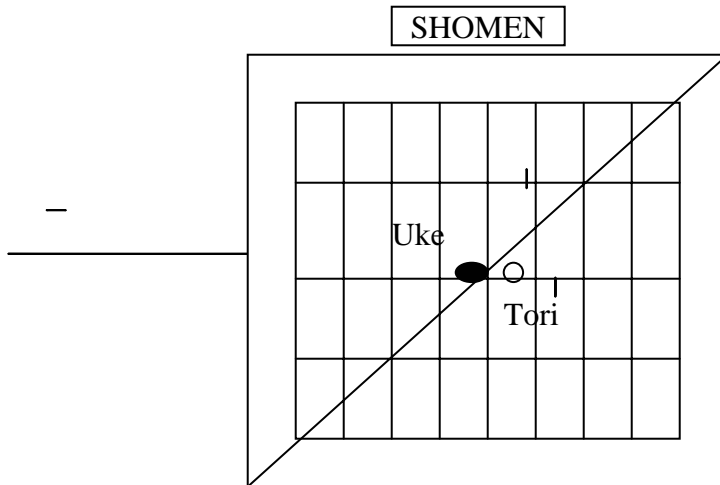
**Uke** bear your attack, he pushes your trunk backward and try to recover from your attack.

### ***Tori:***

You releases your power from your hands. As uke's upper body coming upright, you place your right hand, finger tips are front of uke's right shoulder, on his right shoulder and also place your left hand on his left shoulder, your left fingers in front. Then you pull him backward, simultaneously slide your left foot to outside of his left foot and your right foot between his feet and sweep his left leg with inside of your right leg while dropping your hips, is in open straight leg sitting position , on the mat and throw him backward.

**Uke** takes ukemi with his right hand and sit up to open straight leg sitting position.

## 13 YUDACHI



**Tori** stands at the center of dojo in shizentai, shomen is right side of tori.

**Uke:**

Uke walks toward you and takes to one step distance from you like in RYOKUHI.

**Tori:**

You grab his lapel with both hands and feed his right lapel into your right hand with your left hand, right index finger insert between lapels, and bring your left arm down to the left side of your body naturally.

**UKE:**

Uke immediately pushes you by advancing his left foot forward, simultaneously hold underneath of your right elbow.

**Tori:**

You step your right foot back as uke steps his left foot forward.

**Uke:**

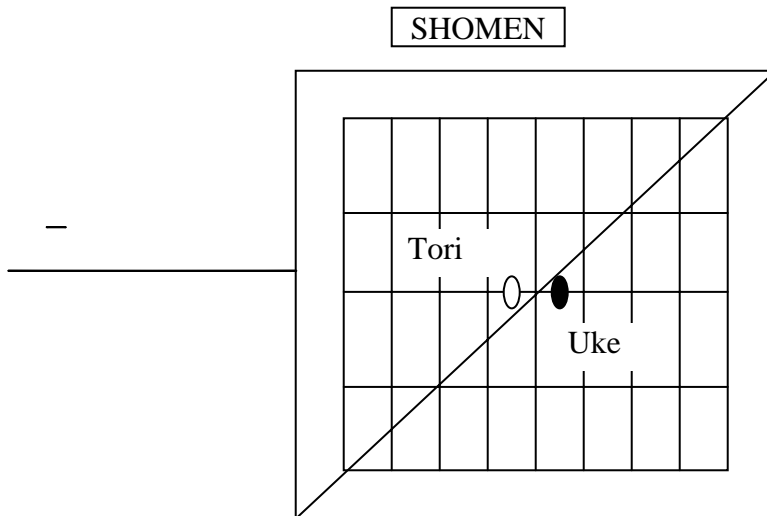
As you step your right foot back, Uke steps his right foot forward, somewhat a large step, and attempt right hip throw by inserting his right arm around the left side of your hip.

**Tori:**

You hold his right arm under your left arm pit area and maintain holding his lapel with your right hand. You pull uke's body downward hard while drawing your left foot back and placing your left knee on the mat.

**Uke** takes ukemi like in HIKIOTOSHI and sits up to open straight legs sitting position.

## 14. TAKI OTOSHI



*Tori* stands at the center of dojo with shizenhontai, shomen is left side of tori.

*Uke* walks toward you and takes one step distance from you as in RYOKUHI.

***Tori:***

You grab his lapel with both hands and feed his right lapel into your right hand with your left hand, right index finger insert between lapels, and bring your left arm down to the left side of your body naturally.

*Uke* immediately pushes you by advancing his left foot forward. You step your right foot back. *Uke* steps his right foot forward, somewhat large step, attempts right side throw by reaching his arm over your left shoulder.

***Tori:***

You quickly lower your body and turn to your left and hold uke's waist with your left arm and place your right hand in front of uke's chest area and pushes uke's body upward while taking several tsugiashi to your left corner.

***Uke:***

*Uke* try to recover his balance by taking small step back with left foot and pushes yourself forward.

***Tori:***

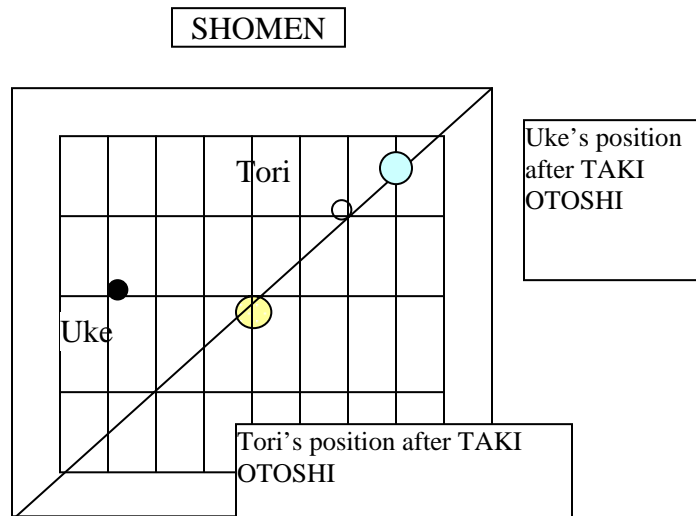
You use his push, relax your pushing action with your right hand and let uke come up forward, at the same time your left hand slide upward from his back waist area to the back of his right shoulder and also using right hand grip to make him off-balance forward and throw him as in YUME NO UCHI.

*Uke* takes zenpo kaiten ukemi over your body.

## 1. MI KUDAKI

After *tori* get up, tori goes back to same position of YUME NO UCHI and *Uke* goes around in circular and back to starting position as in YUMEI NO UCHI. *Tori* advances forward from left foot then right foot into shizenhontai.

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### *Uke:*

Uke pivots left to face tori. Uke steps forward from left foot. Takes 6 steps. Uke places right foot in front of tori's left foot. Place uke's right side hip to tori's left front side hip. Uke grabs tori's front and back belt. Uke brings left foot in front of tori's right knee. As uke swings own left foot back, uke pulls tori's belt toward himself to apply hip throw.

### *Tori:*

You get into jigotai slightly as you grab uke's left wrist from top and push it downward hard to take uke's hand off from your belt. At the same time, insert your left arm under uke's left arm pit, pointing your left little finger side up and start to taking several small step tsugiahi to your left corner while pushing uke backward.

### *Uke:*

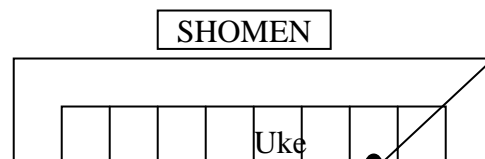
Uke steps backward with several ayumiashi then try to recover own balance by pushing tori backward.

### *Tori:*

As uke pushed you, you draw your left foot backward to your left rear and turn your body to your left then you step your right foot outside of uke's right foot while making uke off-balance forward by your left arm lifting him up and pushing his left arm downward with your right hand. When uke totally off-balanced, you apply yokowakare and throw uke over your left shoulder.

*Uke* takes big zenpokaiten ukemi and stand up.

## 2. KURUMA GAESHI





**Tori** and **uke** face each other, tori is left side and uke is right side facing to Shomen. Both walk toward each other in quick steps. As getting into maai, **uke** tries to push your shoulders with both of uke's hands while taking right foot forward.

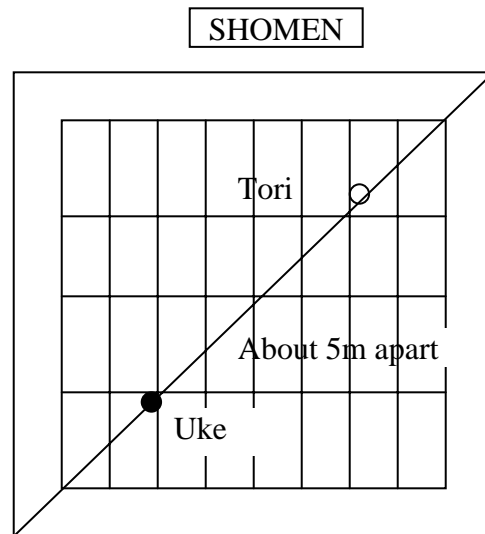
At this moment, you steps your left foot then your right foot just out side of uke's right foot while placing your hands under uke's elbow, your palms up, to evading uke's push. You falls backward while keep pushing uke's arms upward and throw uke over your body and quickly stand up. **Uke** takes big zenpo kaiten ukemi and stand up.

### 3. MIZUIRI

**Tori** and **uke** face each other like in above drawing, tori's right side and uke's left side facing to shomen. Both walk toward each other in quick steps. As getting into proper maai, **uke** try to push your left shoulders with his right arm while taking his right foot toward you.

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At this moment, you step your left foot then your right foot just out side of uke's right foot while arching your body, turning your left shoulder to your left side and evading uke's push by garbing uke's right wrist from underneath with your left hand and placing under the uke's right arm pit with your right hand, your palm up. You fall backward and near the uke's feet and throw uke over your left shoulder and stand up quickly for next technique.

**Uke** takes big zenpokaiten ukemi and stands up.

#### 4. RYU SETSU

*Tori* and *uke* face each other like in the drawing, tori's left side and uke's right side facing to shomen.

*Uke* takes one or two steps toward you in quick steps.

***Tori:***

Tori takes several steps toward uke in quick steps. As soon as you get into the maai, you give your right back hand scooping strike (katate kasumi) to uke's eye area while taking your right foot forward.

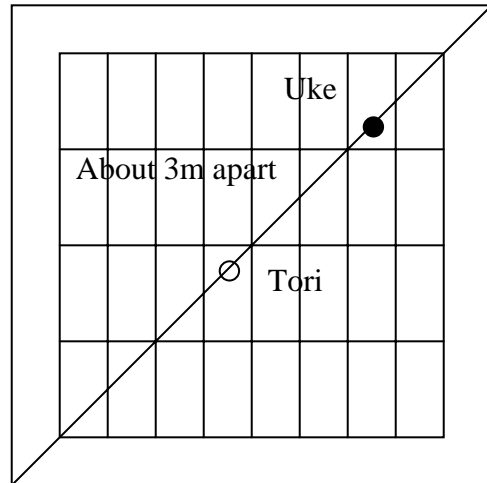
*Uke* leans back to evade your punch.

***Tori:***

As uke's face coming back forward, you step your left foot then your right foot just out side of uke's right foot while garbing uke's left lapel with your right hand and placing your left hand under uke's right shoulder by inserting through uke's right arm pit. You fall backward and throw uke over your left shoulder and stand up quickly for next technique.

*Uke* takes big zenpokaiten ukemi and stands up.

SHOMEN



#### 5. SAKA OTOSHI

*Tori* and *uke* face each other like in the drawing, tori's right side and uke's left side facing to shomen.

*Uke* takes one or two steps toward you in quick steps.

*Tori* takes several steps toward uke in quick steps.

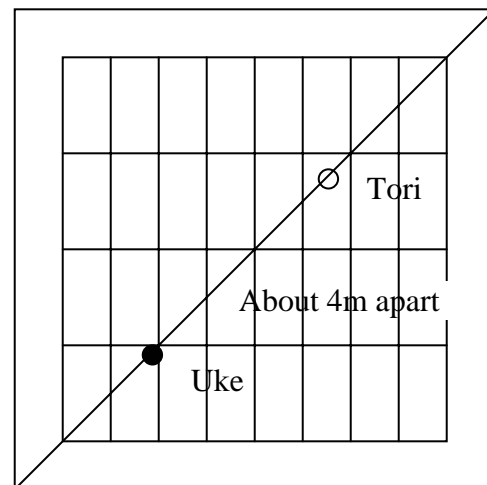
***Uke:***

As soon as getting into the maai, uke thrust your suigetsu (solar plexus) with his left shuto hand while taking his left foot toward you.

***Tori:***

At this moment, you step your right foot back quickly and evade uke's left hand thrust. Then grab his left wrist from top with your right hand and placing your left hand under and inside of his left upper arm. You pull him downward hard and throw him.

SHOMEN



*Uke* takes left sideways rolling ukemi and stands up.

## 6. YUKI ORE

### *Tori:*

You takes a couple of steps from your left foot and right foot toward uke and turns your back to uke who just get up from taking ukemi from #5 SAKA OTOSHI. Then you start to walking forward.

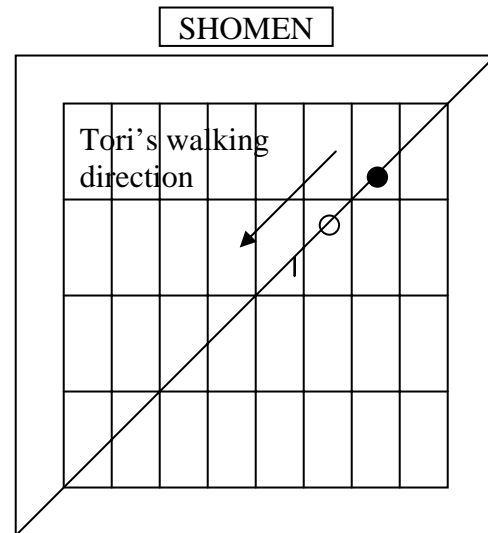
### *Uke:*

Uke chase you in quick steps and gives you a bear hug from behind over your upper arms with uke's both arms while stepping uke's right foot outside of your right foot..

### *Tori:*

At this moment, you expand both of your arm out then grab at uke's right upper arm with your right hand and at the same time grab uke's right forearm with your left hand. You drop your right knee to the mat and apply seoi otoshi type throw to throw uke over your right shoulder.

*Uke* takes right sideway rolling ukemi and stands up.



## 7. IWA NAMI

*Uke* quickly stand up and turns toward tori.

### *Tori:*

You ~~takes a one or two steps~~ toward uke. As soon as you get into striking distance, you give back hand striking with your both hands to uke's eye (called ryotekasumi).

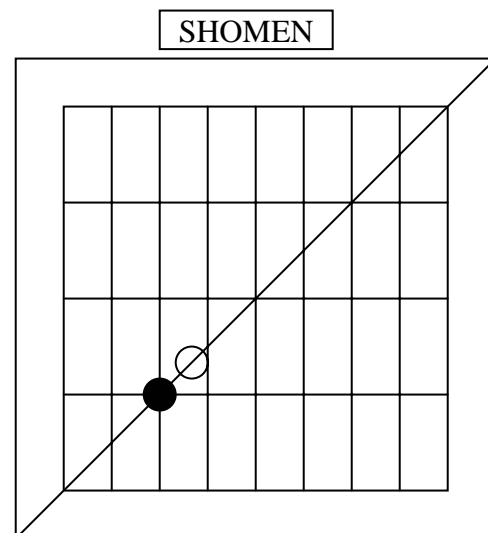
### *Uke:*

Uke leans back slightly to evade your ryotekasumi.

### *Tori:*

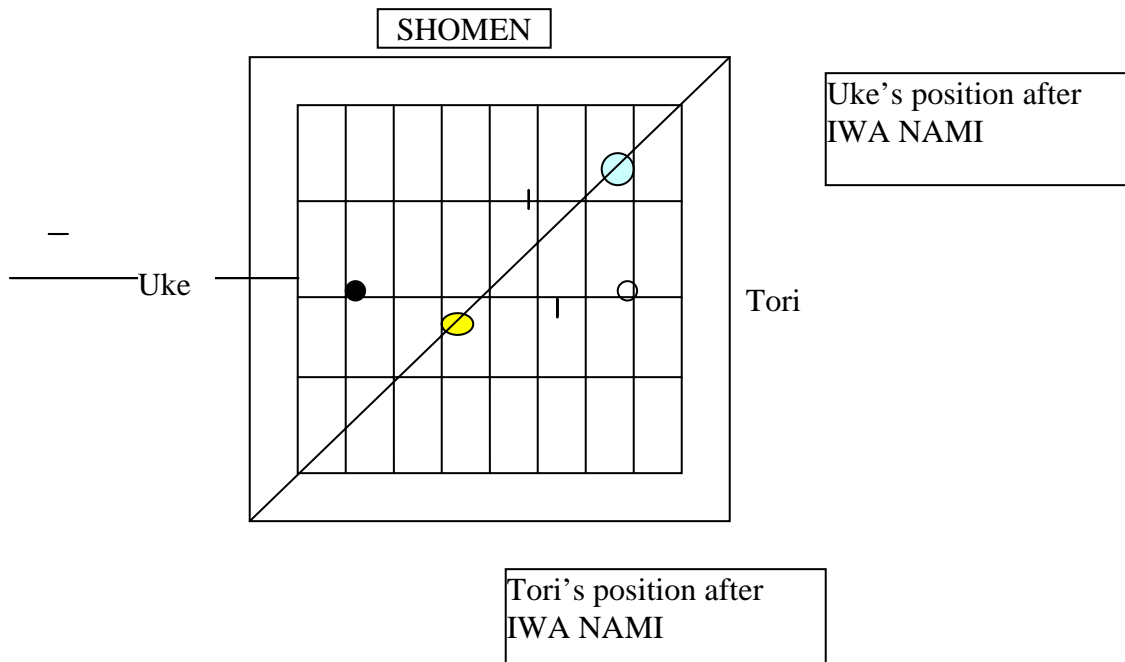
As uke's head come back toward you, you take take your left foot and your right foot to the outside and even with uke's right foot. While you taking steps, you grab uke's lapel with you both hands, your right hand on uke's left lapel and your left hand on uke's right lapel. You pull uke's body up and forward with both arms while starting to lean yourself backward. Then you fall on your back to throw uke over your body and take Dai No Ji position

*Uke* takes big right zenpokaiten ukemi and stands up.



## Finishing

Tori and uke go back to original position and assuming shizenhontai and take one step back together from right foot and left foot to heels slightly open shizentai and perform Koshiki no Kata kneeling bow.



### Reference Books:

Kodokan Judo Jigoro Kano by Kodokan

Kodokan Koshiki no Kata - Published Heisei 4, July 14.

Judo no Kata by Sumiyuki Kotani

Hitsuroku Nippon Judo by Ryusuke Kudo