10 KATA-TE-AGE

Kodokan-Textbook (official english translation 2010)	Purpose/Comment RIAI	The action is well done, if: (positive indicators - 21 items)	The action is not correct, if: (correlating negative indicators)
After finishing "Katate-dori", Tori goes through Shimo-za (Photos 1, 2), then Tori and Uke stand facing each other in a distance of about 2.7m (about 1.5 ken), both in Shizen-hontai, while Tori stands on the right side and Uke on the left side toward Shomen.	Depending on the size of Tori and Uke, the usual distance is about 3m		
Both Tori and Uke extend the fingers and thumbs of their right hands with their palms facing forward while holding them together, raise them gradually from the right sides of their bodies to straight above and stretch their bodies until they stand on both of their toes.		- Tori and Uke open their chest while turning their palms forward - Tori and Uke raise their arms exactly at the lateral side of their body with good tension in body and arms - arms and hands point straight upward	- Tori and Uke stand with shoulder hanging down and/or forward - Tori and/or Uke raise their arm powerless and/or with their hand in front of or behind their body - hands and/or arms are slanted forward
Then, both Tori and Uke simultaneously move forward in a sequence of small steps and at the moment when Tori and Uke get so close that they almost collide with each other (when both of the right toes are about to touch each other), Tori moves his right foot backward with his left foot as a pivot to turn his body to his right and dodge Uke 's right arm while stretching his right arm.		- Tori and Uke move keeping their feet close to the ground - Tori and Uke keep their bodys straight - Tori makes a backward tai-sabaki to the right - Uke´s arm slides over Tori´s arm	- Tori and/or lifts up the feet from the ground - Tori and/or Uke bend(s) the body forward at the waist - Tori makes a forward tai-sabaki moving behind Uke - Tori grabs Ukes arm from outside
Since his attack is dodged, Uke takes one step forward with his right foot to be in an oblique position against Tori and his right arm is lowered, (Uke is in front of Tori and his right and left feet are right in front of those of Tori). Tori controls Uke 's right elbow from outside by his right hand with his thumb upward and his four fingers downward and puts his left hand on Uke 's left shoulder from lateral side to bend Uke 's	The keypoint in this moment is how to control Uke. The purpose why Tori pulls back Uke´s shoulder is to avoid Uke rolling forward and escaping form this position.	- Tori is pushing down Uke´s elbow with his right hand - Tori pulls Uke´s left shoulder towards himself and holds Uke tight	- Tori is just putting his hands on Uke´s elbow - Tori pushes Ukes left shoulder forward and down or just puts his hand on the shoulder

body rightward.			
Then, by leveraging Uke's move to raise his body to regain his stability, Tori grabs Uke 's right elbow from the back and outside with his right hand to raise Uke 's arm upward and lowers to slides down his left hand from Uke 's left shoulder toward the outside of Uke 's left elbow to push the elbow and bend Uke 's body leftward.		- Tori waits for Uke´s reaction and then pulls Uke upwards -Ukes chest points to Shomen during the whole sequence, so that Uke´s lateral side is stretched	- Tori pulls Uke upward before Uke reacts - Uke twists his upper body when he is pushed to the side
Uke tries to resist and raise his body rightward. Tori takes advantage of Uke ' s force and raises Uke 's body and breaks Uke 's balance backward with both of his hands at the moment when Uke is about to stand upright. Tori raises to slide up his left palm from Uke 's left elbow to left shoulder to hold it from above and raises to slide up his right hand from Uke's right elbow to wrist to grab it in a regular grip (the thumb inside) and pull it upward. Tori takes one step backward from his right foot to be in Shizen-hontai , drives force on Uke with both of his hands and controls Uke by breaking the balance backward.		- Tori pulls Uke´s back against his chest and breaks Uke´s balance - Tori first slides his left hand up while holding Uke´s elbow with his right hand until he controls Uke´s left shoulder - Tori controls Ukes balance and left shoulder, so that Uke cannot turn around or put himself back in an upright position / in balance - Tori pulls Uke back and up with his right hand - Uke´s body is stable and only slightly bent backwards - Uke looks horizontally with tight chin - Uke has good body tension while being off-balanced on his heels	- Uke keeps standing in balance - Toris slides his right hand up before he controls Uke´s left shoulder - Tori puts Uke back in balance again before stepping backwards and/or gives Uke the chance to turn to the right and escape. - Tori pulls Uke just backward and or down (instead of up) - Uke bends too much backwards from his lower hip - Uke looks upwards with his head in his neck - Uke sinks down to the rear (instead of keeping the tension)
Uke signals "Mairi " by lightly tapping the outside of his left thigh with his left hand.		- Uke shows energetic maita	- Uke makes a very big action of the left arm (more than 45°)
Tori takes one step forward from his left foot and loosen the force by his right hand to release the technique.		- Tori and Uke let their arms sink down together in natural speed.	- Tori and Uke sink down their arms unnatuarally slowly