4 KATA-MAWASHI

Kodokan-Textbook	**Purpose/Comment**	**The sequence is well done, if:**	**The action is inaccurate, if:**
(Official english translation 2010)	RIAI	(positive indicators - 17 items)	(correlating negative indicators)
Both Tori and Uke stand where they finish "Ryote·dori" (Tori stands in front of Uke in a short distance with the left sides of their bodies toward Shomen) in Shizen-hontai			
Uke raises both of his hands along his body (in the same procedure as that of "Kata-oshi'), puts his right hand on the back side of Tori's right shoulder and his left hand on the frontside of Tori´s left shoulder, pushes with his right hand and pulls with his left hand to turn around Tori´s body to the left	Uke´s attack is similar to KURUMA-DAORE in Koshiki-no-Kata	- Uke turns Tori energetically with intent to attack and forces Tori to move	- Uke does not push/pull Tori, who moves from his own
Responding to Uke's turning around, Tori turns around to his left by changing his steps from left foot to the right, then to the left to face Uke, moves his left hand, with the little finger facing upward and his palm facing Uke, from the frontside of Uke's right shoulder to the upper right arm and grabs Uke's upper arm close to the right elbow from inside, (Uke's left hand naturally goes downward), retreats slightly with his left foot and, while breaking Uke's balance forward with his left hand, moves his right foot toward the front and inner side of Uke's right foot. While lowering his body, Tori moves his left foot toward the front and inner side of Uke's left foot, inserts his right shoulder under the Uke's right armpit, inserts his right hand under Uke's right armpit and puts it on Uke's right shoulder to control Uke in the form of right "lppon-seoi-nage"	Tori can move his left hand either over or under Uke´s left arm.	- Tori turns in a smooth movement - Toris moves his hand close to Uke´s chest and breaks Uke´s balance in a continous motion - before stepping backward with his left foot to break Uke´s balance, Tori stands fully turned in front of Uke (three steps before breaking balance) - Tori keeps his body centered while entering seoi-nage - Tori´s COG is lowered before and further lowered during entering seoi-nage - There is some space between Tori´s lower back and Uke´s abdomen - Tori controls Uke´s shoulder before lifting	- Tori has some stops while turning Tori stops after turning before breaking Uke´s balance - Tori has not fully turned around and breaks Uke´s balance from a posture with his left foot in front (two steps before breaking balance) - Tori bends sidewards while entering seoi-nage - Tori lowers his COG after turning into seoi-nage - After turning Tori´s hips are in close contact with Uke´s lower abdomen - Tori only has weak connection

Uke puts his left palm, with the fingertips facing downward, on the left side of Tori´s hip, stretches both of his legs while holding them together and straight. After leaning back fully and lifting his body, Uke signals "Mairi" by lightly tapping the leftside of Tori´s hip with his left hand.	The angle of Uke´s body in the final position should be about 45°. Uke should be overstretched in the final position only as far as his rear muscles – specially in the lower back - allow to form a bow.	- Uke holds his body tensioned, but not overly stiff - Uke is pulled onto Tori´s back and lifted by Tori - Tori lifts Uke by bending forward and stretching his knees at the same time - Tori´s upper body is as straight as possible and bent forward by more than 90° - Uke´s knees, feet and legs are stretched and held together - Uke is slightly overstretched forming a bow - Tori holds Uke stable and immovable in the final position	- Uke bends in his waist - Uke lays himself on Tori´s back and/or pushes himself actively higher then Tori could lift him. Tori stretches his knees first and then bends his body forward. - Tori humps his back and/or is bent forward less then 90° - Uke´s knees and/or feet are bent and/or apart. - Uke is neither completely stiff as a stick, nor overly bent - Uke is wabbling and instable.
Tori releases the technique and brings down Uke's body		- Tori brings down Uke smoothly - Uke holds his body tensioned until he is set on the ground	- Tori drops Uke down - Uke loses tension while being set on the ground