13 TSUKI-AGE

Kodokan-Textbook	**Purpose/Comment**	**The action is well done, if:**	**The action is inaccurate, if:**
(Official english translation 2010)	RIAI	(positive indicators - 19 items)	(correlating negative indicators)
After finishing “Mune-oshi”, both Tori and Uke return to the center. Tori and Uke stand facing each other (in a distance of about one step) in Shizen-hontai with Tori ’s right side and Uke ’s left side toward Shomen.			
While facing Tori, Uke takes one wide stride backward with his right foot, extends his four fingers and thumb while opening them with his palm facing downward and swings his right hand widely backward. Then, while gradually clenching his right hand, Uke takes one step forward with his right foot and starts to knock up with his right fist from below toward Tori ’s chin (the back of right hand toward Tori).		- Uke lowers is COG while stepping backward - Uke brings his fist close to his hip before starting the attack - Uke´s upper body is almost upright - Uke attacks powerful from his whole body - Uke has a stable posture before knocking Tori	- Uke is stiff in the knees - Uke´s fist is lower than his hips - Uke´s upper body is leaning too much forward - Uke is just knocking with his arms without support of his body-action - Uke´s posture is instable in the moment of knocking
Tori tightens his chin, leans back, dodges Uke ’s fist and covers with his right hand over Uke ’s right fist from the front side and while controlling Uke ’s fist by responding the knocking up force, Tori reverses his left hand and puts it around Uke ’s upper arm close to the elbow with the back of hand upward. Then, Tori takes one wide stride forward with his left foot and turns Uke ’s body to the left while pushing Uke backward.		- Tori reacts as late as possible to give Uke no chance to adopt his attack to Tori´s defense - Tori leans back only as much as necessary and keeps a stable posture with his head held horizontally - Tori counters as quickly as possible - Tori pushes Uke backwards in an attempt to break his balance - Tori pushes and steps from his whole body using knees and hips to push	- Tori reacts too early - Tori is leaning back so far, that his position becomes powerless and/or he looks upwards. - Tori pauses a moment before countering - Uke is moving without being forced by Tori - Tori is only pushing with the power of his hands (bending forward)

Ju-no-Kata - Details

While being turned by Tori, Uke tries to keep his body stable to turn 360°to his left by moving his right foot from his left to back side with his left foot as a pivot, then to the right side behind his left foot.		- Uke maintains his balance by turning and keeping his COG over his left foot	- Uke turns with too stiff knees and bending in his waist more than needed.
When Uke almost faces Tori once again after turning his body 360°, Tori moves his left foot close to his right foot and makes Uke move the right foot forward while grabbing to pull up Uke 's right elbow with his left hand.	There is no second attack from Uke in this sequence	- Tori strongly pulls Uke forward using the power of his whole body	- Uke steps forward by himself
Then, while reversing his left hand with the back of hand facing upward and pushing up Uke 's elbow from the front side, Tori moves his left foot forward and brakes Uke 's balance to the rear corner by pushing. Tori inserts his right hand over Uke 's right shoulder, while moving his right foot behind Uke 's right foot through its outside to be in Jigo-tai , and controls Uke 's right arm with the form of "Ude-garami" by putting his right palm on his left forearm, (the right hand goes through between the left arm and the breast).		- Tori always keeps contact between his left hand and Ukes elbow - Kuzushi begins slightly before Tori steps forward - While stepping forward, Tori breaks Uke´s balance further - Tori slides his right hand close to Uke´s breast and shoulder to control Uke´s posture - Tori lowers his COG while stepping behind Uke and finishes in jigotai - in the final position, Tori´s and Uke´s feet are parallel and in an angle of about 45° to Shomen	- Tori loses contact while changing the grip from pulling to pushing - Tori steps forward when Uke is still in full balance - Tori does not further break Uke´s balance while entering into the final position - Tori has no control over Uke´s upper body while stepping behind Uke - Tori lowers his COG after stepping into the final position - Tori´s and Uke´s feet are not parallel and/or the angle is sufficiently more or less then 45°
Uke signals "Mairi " by lightly tapping the outside of his left thigh with his left hand.		- Uke keeps good body-tension and holds his head and eyes horizontally	- Uke looks upward and/or in unnatually much bent in his lower back
Tori releases the technique and brings Uke back in Shizen-hontai.		- Tori puts Uke back into balance	- Uke puts himself back into balance