15 RYOGAN-TSUKI

Kodokan-Textbook	**Purpose/Comment**	**The sequence is well done, if:**	**The action is inaccurate, if:**
(Official english translation 2010)	RIAI	(positive indicators - 37 items)	(correlating negative indicators)
After finishing "Uchi-oroshi ," both Tori and Uke stand facing each other (in a distance of one wide step) in Shizen-hontai while Tori stands on the right side and Uke on the left side toward Shomen.			
Uke opens between the middle and the ring fingers of right hand and starts to thrust into both of Tori 's eyes by moving his right foot forward.		- Uke attacks with power from the whole body - Uke steps forward and thrusts at the same time - Uke precisely hits Tori´s eyes	- Ukes knees are straight and/or his body is not brought forward with power into the thrust - Uke thrusts first and then steps - Uke would miss Tori´s eyes
Tori turns his body to his left by retreating with his left foot (the back of body facing Shomen), grabs Uke 's right wrist from inside with the back of left hand facing upward and attempts to break Uke 's balance forward by pulling.		- Tori reacts as late as possible but in time - Tori immediately pulls Uke forward	- Uke slows down his attack to avoid hitting Tori - Tori makes a pause before pulling
While moving his left foot forward, Uke pushes Tori 's left wrist forward with his left hand, facing the back of left wrist upward, by grabbing it from the front side to make his right hand free from Tori 's grabbing and attempts to break Tori 's balance toward the left side of Tori.	Like in NANAMAE-UCHI the „breaking" of the grip is subtle and not a matter of „brute force".	- Uke steps forward with power from his whole body - Uke strongly grabs Tori´s wrist and pushes to break Tori´s balance	- Uke just steps forward without intention for a powerful attack - Uke just holds Tori´s wrist
Tori puts his right palm on Uke 's left elbow with the back of his right hand facing upward and attempts to push away Uke 's left hand.		- Tori attacks Uke´s elbow as soon as possible in a small and direct movement	- Tori makes a pause before attacking Uke´s elbow and/or makes a circular movement with his left hand over Uke´s shoulder

Ju-no-Kata - Details

After being pushed in his left elbow, Uke responds to Tori', drives his weight on his right foot to deeply bend his right knee and lower his body, turns around his body to his right by moving thorough under Tori 's right arm and widely shifts his left foot from his front to right side, while trying to keep his body stable.		- Uke deeply bends his right knee - Uke shifts his COG over his right foot - Ukes makes a big turn and creates as much space as possible between him and Tori	- Uke bends his knees just a bit - Uke´s upper body is bent - the turn is small and the distance between Tori and Uke is close
While moving his left foot forward, Tori starts to thrust into both of Uke 's eyes with the top of his fingers of his left hand in the same manner as that of Uke.		- Tori attacks with power from the whole body - Tori steps forward and thrusts at the same time - Tori precisely hits Uke´s eyes	- Tori´s knees are straight and/or his body is not brought forward with power - Tori thrusts first and then steps forward - Tori would miss Uke´s eyes
Uke turns his body to his right by taking one step backward with his right foot, grabs Tori 's left wrist from inside with his right hand and pulls it out to break Tori 's balance to that direction.		- Uke reacts as late as possible but in time - Uke immediately pulls Uke forward	- Tori slows down his attack to avoid hitting Tori - Uke makes a pause before pulling
While moving his right foot forward, Tori pushes Uke 's right wrist forward with his right hand, facing the back of his right wrist upward, by grabbing it from the front side to make his left hand free from Uke 's grabbing and attempts to break Uke 's balance toward the right side of Uke.		- Tori steps forward with power from his whole body - Tori strongly grabs Uke´s wrist and pushes - Tori´s right foot passes Uke´s right foot, so Tori stands a bit offset to the right	- Tori just steps forward without intention for a powerful attack - Tori just holds Uke´s wrist - Tori places his right foot in front of Uke´s right foot
Uke puts his left palm on Tori 's right elbow with the back of his left hand facing upward while his left fingertips facing downward and attempts to push away Tori 's right hand.		- Uke attacks Tori´s elbow as soon as possible	- Uke makes a pause before attacking Tori´s elbow
Responding to Uke , Tori turns around his upper body to his left while keeping the		- Tori grabs around Uke´s hip with his	- Tori grabs Uke´s hip and elbow one

positions of both of his feet unchanged, holds Uke ’s left arm with his right hand (holding it from below through inside Uke ’s left arm) and deeply inserts his left hand under Uke ’s right arm and along the belt to control Uke with left “Uki-goshi ” (it should be, however, in the form of “Ogoshi ” so as to make Uke raise both of the legs high enough).		left hand and Uke´s elbow with his right hand at the same time	after the other
		- Tori´s body is erect with his left shoulder leaning a little bit to the rear and his shoulder fully under Uke´s armpit.	- Tori´s shoulder is not under Uke´s armpit and/or Tori´s body is bent sideward.
		- Tori stretches and controls Uke´s elbow while dragging Uke to him applying a kind of kansetsu-waza.	- Tori does not control Uke´s elbow
		- Tori drags Uke against his body to control him with an attempt of Uki-goshi	- Tori leaves some space behind him and Uke after dragging Uke behind him.
		- Tori pulls Uke onto the balls of his toes using his left shoulder and the kansetsu-waza on Uke´s left elbow.	- Uke lifts his heels by himself
		- Tori shifts his hip a bit more to Uke´s front while maintaining contact.	- Tori shifts his hip too far or Uke moves to the rear of Tori, that the hips of Tori and Uke are crossing
		- Tori´s knees are bent before lifting Uke	- Tori´s knees are already straight when Tori lifts Uke off the ground
		- Uke holds his body with good tension, but not overly stiff	- Uke bends his waist...
		- Uke is loaded onto the hip and lifted by Tori	- ... and lays himself on Tori´s back and/or pushes himself actively higher then Tori could lift him.
		- Tori lifts Uke by bending forward and stretching his knees at the same time...	- Tori stretches his knees first and then bends his body forward.
		- ... until an angle of about 35° to 50° is reached	- the angle is less than about 35° or unnatural high.
		- Uke´s knees and feet are stretched and held together	- Uke´s knees and/or feet are bent and/or apart.

		- Tori holds Uke stable in the final position	- Uke is wabbling and instable and Uke´s head is drifting away from Tori
After leaning back fully and stretching both of his legs held together to lift, Uke signals “Mairi” by lightly tapping the right side of Tori ’s hip with his right hand. Tori releases the technique and brings down Uke from his hip.		- Uke taps with a small movement of the hand - Tori brings down Uke smoothly and controlled - Uke keeps body-tension until he is set on the ground	- Uke taps with an exaggerated movement of his arm. - Tori lets Uke drop down - Uke loses tension while being set on the ground