14 UCHI-OROSHI

Kodokan-Textbook	**Purpose/Comment**	**The action is well done, if:**	**The action is not correct, if:**
(Official english translation 2010)	RIAI	(positive indicators - 26 items)	(correlating negative indicators)
After finishing “Tsuki-age ,” both Tori and Uke stand facing each other (in a distance of about two steps) in Shizen-hontai while Tori stands on the right side and Uke on the left side toward Shomen.	Mistake in translation. Must be "... stands with the right side..."		
While gradually opening the four fingers and thumb of his right hand, with his small finger facing upward and the back of hand facing him, Uke shifts his right hand to the left side along the front side of his body and raises it upward by making a circle-like shape. When his right arm is stretched and his right hand reaches right above his head, Uke fully opens the four fingers and thumb of his right hand, turns the palm downward and starts to clench the fingers and thumb while lowering his right hand downward from the right side by making a circle-like shape. While firmly clenching his fist in front of his abdomen and face his fist further upward (the back of hand facing forward), Uke raises the fist straight upward highly along his breast to fully stretch his right arm, then, takes a step forward with his right foot to be slightly in right Jigo-tai and starts to hit Tori ’s top of head (Tento) (in a similar manner as “Kiri-oroshi ”).	In contrast to KIRI-ORISHI the attack is a „real“ atemi-waza with Uke hitting on Tori´s head	- Uke has tension in his body, arm and fingers - Uke´s wrist is straight - Uke´s COG is slightly lowered for more stability - Uke´s upper body is in an erect position or very slightly bent forward with his weight on both feet. - The backside of the fist ("uraken") would hit Tori´s head - the maximum speed of the attack is when the fist is about to hit Tori´s head	- There is no tension and/or intent to really attack - Uke´s wrist is bent - Uke´s right knee is almost straight Uke´s upper body is clearly bent forward with most of his weight on the right foot - the bottom of the fist or the knuckles or the forearm would hit Tori´s head - Uke reduces the speed of his attack before head-level is reached (usually to give Tori more time to react)
While tightening his chin, leaning back and retreating with his right foot first and then his left foot, Tori dodges Uke ’s attack and when Uke ’s fist is stricken down around his abdomen, Tori grabs Uke ’s right wrist from the top in a regular grip (the back of hand	While retreating, Uke must also avoid other possible attacks by Tori, so he must quickly control Toris elbow, to block further actions.	- Tori holds his head in a horizontal position - Tori keeps his body in a stable position while retreating	- Tori looks up to Uke´s attacking fist - Tori bends his body backwards in his lower back

facing upward), moves forward with right foot first and then his left foot by Tsugi-ashi and attempts to break Uke 's balance to the right rear corner by pushing Uke 's right hand.		- the distance between head and fist is as close as possible - Tori´s steps are powerful and the first step passes Uke´s right foot.	- distance is considerably more than needed - Tori bends his body and/or places his foot in the first step not further than Uke´s foot
While responding to Tori, Uke turns his body to his right by retreating with its right foot, reverses his left hand with the fingertips facing downward to put his palm on Tori 's right elbow from the front side and pushes to turn around Tori 's body widely to his left side.	Tori yields to Uke´s push, ducks unter the pushing arm and takes over control Uke´s weight is pulled onto his left heel, to prevent a step backwards to recover balance.	- while retreating, Uke keeps a stable and erect position - Uke´s right arm points down with an angle of about 45° - Uke attacks Tori´s elbow immediately after retreating - Uke pushes Tori and tries to unbalance him	- Uke´s body is bent sidewards to the right after retreating - Uke holds his arm almost horizontally or higher - Uke makes a little pause before attacking Tori´s elbow - Uke is only "guiding" Tori, who moves without being forced
While responding to Uke, Tori widely turns around his body to his left with his left foot as a pivot, moves his right foot diagonally leftward behind Uke, stretches his right elbow rightward to break Uke 's balance to the left rear corner (in a similar manner as "Kiri-orosi") and grabs Uke 's left wrist with his left hand over his right arm (the back of hand facing downward) to break Uke 's balance further to the left rear corner.	Very often it can be observed, that Uke has plenty of time to simply release his hold on Tori´s elbow and recover his balance. Therefore Tori should grab Uke´s hand immediately after breaking Uke´s balance and then continue to control Uke by breaking the balance even more.	- Tori´s right foot moves in a smooth circle - Tori breaks Uke´s balance during the turn - direction of kuzushi is backwards to the right... - and strongly down - Tori breaks Uke´s balance in a continuous action - direction of control is also downwards	- Tori´s foot moves in a more or less straight line with Tori´s right foot passing his left foot in close distance - Tori arrives without having Uke´s balance broken and breaks balance after he has turned - Balance is broken straight backwards (by Uke himself) - Balance is broken horizontally or almost horizontally - Tori pauses and makes a two/three-step kuzushi - Tori does not break Uke´s balance further or pulls Uke horizontally
Then, by shifting the position of his feet with his left foot first and then his right foot toward the back side of Uke, Tori moves behind Uke (during this sequence, not relaxing his	Wrist control is a keypoint - otherwise Uke could retreat, turn around to the left and	- Tori pulls Uke´s left wrist to his hip as early as possible - Tori has chest-/back-contact while	- There is a gap between Uke´s wrist and Tori´s hip - There is no contact between Tori´s

breaking Uke ’ s balance to the left rear corner), brings his right arm over Uke ’s right shoulder to put his right hand on Uke ’s throat in the form of “Hadaka-jime ” and controls Uke ’s left elbow joint by widely shifting his left foot behind his right foot and dragging Uke ’s left wrist toward the left side of his hip.	counterattack Tori. The official Kodokan materials do not mention a kansetsu-waza by Tori!	pulling Uke off-balance - Tori pulls Uke with the power of his whole body - Tori´s feet are in T-shape	chest and Uke´s back - Tori pulls back Uke only with his hand - Tori´s left foot is behind Uke´s left foot
Uke signals “Mairi” by lightly tapping the outside of his right thigh with his right hand.		- Uke keeps good body-tension	- Uke sinks down and loses tension
Tori releases the technique and brings Uke back in Shizen-hontai.		- Tori puts Uke back in balance	- Uke moves in balance by himself