12 MUNE-OSHI

Kodokan-Textbook	**Purpose/Comment**	**The action is well done, if:**	**The action is inaccurate, if:**
(Official english translation 2010)	RIAI	(positive indicators - 26 items)	(correlating negative indicators)
After finishing “Obi-tori”, both Tori and Uke return to the center.			
Tori and Uke stand facing each other (in a distance of about one small step) in Shizen-hontai while Tori stands on the right side and Uke on the left side toward Shomen.			
Uke extends the fingers and thumb of his right hand while holding them together, raises it with his palm along his body, turns his wrist around the breast to put the fingertips upward with the palm facing forward and starts to push Tori ’s left breast with the bottom portion of his palm, which is close to his wrist.		- Uke pushes powerful with real intention to attack - Uke keeps his body almost straight - Uke pushes with the bottom of the palm and fingers pointing upwards	- There is no intention to attack - Uke bends his waist while pushing - Uke´s fingers point forward and he pushes with the upper part of the palm or his fingers
While responding to Uke ’s pushing force by leaning back with his breast, Tori makes his left hand (the palm facing forward) in Yahazu shape and put it on Uke ’s right wrist from below to dodge the attack and pushes up. Then, Tori starts to push Uke ’s left breast with his right hand in a similar manner.		- Tori reacts in the latest possible moment - Tori keeps balance and stability - Tori raises his right hand while defending with his left and launches his counter-attack without pause - Tori keeps his body straight while pushing - Tori pushes with the bottom of his palm	- Tori reacts too early, so Uke could adopt his attack to Tori´s defense - Tori leans backward too much and his balance becomes unstable - Tori pauses a while before raising his right hand for his attack - Tori bends his waist while pushing - Tori´s fingers point forward and he pushes with the upper part of the palm or his fingers

Ju-no-Kata - Details

While leaning back with his breast, Uke pushes up Tori 's right hand from below with his left hand in a similar manner and grabs Tori 's right wrist from below to push it upward. During this sequence, Uke 's attention is drawn to his left hand, while Tori 's focus is shifted toward his right hand, and Tori 's left hand naturally moves downward. Therefore, responding to the sequence, Uke grabs Tori 's left wrist with his right hand to stretch it diagonally downward to his right and Tori 's right wrist with his left hand to stretch it diagonally upward to his left, while attempting to control Tori.		- Uke reacts in the latest possible moment - Uke keeps balance and stability - Uke controls Tori with both hands stretching Tori diagonally	- Uke reacts too early and Tori could adopt his attack to Uke´s defence - Uke leans backwards and his balance becomes unstable. - Uke is not actively attempting to control Tori
While attempting to detach both of Uke 's hands grabbing both of his hands, Tori pulls down his left hand toward the front of his body, lowers his left shoulder, moves his right shoulder backward, while shifting his left foot by one step to his right from the front of his right foot, and bends his right hand, which is being grabbed and stretched upward, toward inside to grab back Uke 's left wrist.	In this situation, Tori is in danger to be fully controlled by Uke. That´s why Tori has to escape and therefore initiate the next sequence	- Tori moves first (to escape) - Tori grabs Ukes wrist immediately and holds it firmly - Tori´s action is powerful from the whole body	- Tori and Uke move at the same time - Tori´s grip is not tight enough to control Uke - Tori steps without generating power
During this sequence, Uke tries to keep his grabbing with his right hand, lowers his right shoulder, moves his left shoulder backward, while shifting his right foot by one step to his left from the front of his left foot, and grabs Tori 's left wrist. After Tori 's left shoulder and Uke 's right shoulder touch each other and both face each other with back-to-back (Tori stretches Uke 's left arm downward with his right hand and Uke stretches Tori 's left arm upward with his right hand), both Tori and Uke turn around their bodies, while taking one step to his right	Uke tries to keep on holding his grips on Tori´s wrists, but is forced to follow him. The translation "grabs Tori´s left wrist" could be misleading, because he already grabbed it. It should be understood as "Uke keeps on holding Tori´s left wrist".	- Tori turns around using the power from him whole body - Uke is resisting and tries to hold Tori´s wrists - Tori grips Uke´s wrist as soon and strong as possible	- Tori continues to move powerless - Uke follows Tori without resistance - Tori grips too late to control Uke and/or has a weak grip

by Tori and to his left by Uke respectively.			
Then, after Tori and Uke face each other, Tori grabs Uke 's left wrist with his right hand (the back of hand facing upward) to stretch it diagonally upward to his right and grabs Uke 's right wrist with his left hand (the back of hand facing downward) to stretch it diagonally downward to his left, while turning his body slightly to his left (by shifting his left toes slightly leftward), and pulls Uke 's right wrist toward his left hip to control Uke to the right rear corner.	In the past it was very often taught, that Tori pushes up Uke´s arm straight upward, but the textbook clearly says "diagonally"	- Tori controls Uke diagonally - Tori pulls Uke´s right wrist against his hip with his left hand	- Tori pushes Ukes left arm straight upwards - Uke´s wrist is not fixed against Tori´s hip
After then, Tori releases his right hand grip, while not moving his palm away from Uke 's left wrist and changing the direction of his hand so that the fingertips face upward, brings to slide down his palm along Uke 's left arm and pushes Uke by grabbing Uke 's upper left arm closely to the elbow to break Uke 's balance further to the right rear corner.		- Tori slides down his right hand close at Uke´s arm - Uke´s left arm remains in diagonal direction upwards - Tori starts to break Uke´s balance before he moves into the final position	- Tori´s hand loses contact with Uke´s arm - Tori pushes Uke´s arm vertical upward - Tori steps into the final position when Uke is still standing in balance
While breaking Uke 's balance, Tori takes wide strides with his right foot first and, then, left foot behind Uke 's right foot and controls Uke backward by slightly lowering his body, (during his sequence, Uke responds to Tori by slightly retreating with his left foot).	Purpose of the final position is breaking balance for a throw like O-soto-gari or O-soto-otoshi.	- Tori lowers his COG while moving into the final position - in the final position, Tori´s and Uke´s feet are parallel and in an angle of about 45° to Shomen - Uke´s body is arched with tension and Uke looks horizontally in the final position	- Tori lowers his COG after he stepped behind Uke - Tori´s and Uke´s feet are not parallel and/or the angle is sufficiently more or less then 45° - Uke is overly bent in his lower back and/or looking up
Uke signals "Mairi " by slightly retreating with his left foot.		- Uke signals maitta with his heel down	- Uke lifts his heel for maitta
Tori releases the technique and brings Uke back in Shizen-hontai.		- Tori brings back Uke into balance	- Uke moves back by his own.