8 NANAMAE-UCHI

Kodokan-Textbook	**Purpose/Comment**	**The sequence is well done, if:**	**The action is inaccurate, if:**
(Official english translation 2010)	RIAI	(positive indicators - 23 items)	(correlating negative indicators)
After finishing ”Ryokata-oshi ,” both Tori and Uke return to the center and stand facing each other (in a distance of about one step) in Shizen-hontai while Tori stands on the right side and Uke on the left side toward Shomen.	The accurate distance depends on the length of Uke´s arms		
Uke extends the fingers and thumb of his right hand while holding them together, bends his right elbow to raise his right hand above his left shoulder and starts to hit Tori ’s Uto with his right Te-gatana (the bottom end of the little finger hits Tori ’s Uto).		- Uke´s action is powerful from the whole body with good tension - Uke shows good Te-gatana with strong tension in hand and fingers - Uke really (would) hit Tori´s uto with the edge of the palm	- Uke lacks intention and body-tension - Uke´s Te-gatana is weak - Uke would hit Tori´s uto just with fingers, not with the edge of the palm
Tori dodges Uke ’s Te-gatana by leaning back with his upper body and controls Uke by grabbing Uke ’s right wrist from inside with his left hand fingers facing upward when Uke ’s right Te-gatana is almost hit down diagonally downward to Tori ’s left.		- Tori only pulls his head back as much as needed and maintains a stable body-position - Tori restores his upright position as soon as possible	- Tori leans back from his lower back and is in danger to lose his balance to the rear - Tori is bent backward a considerably long time after Uke´s Te-gatana passed his face
Then, Tori extends the fingers and thumb of his right hand while holding them together with the palm facing downward and starts to thrust into Uke ’s Uto while moving forward with his right foot.	Tori´s holds his hand at hip level	- Tori shows good Te-gatana with strong tension in hand and fingers - the thrust and the step with the right foot are coordinated and start almost at the same time - Tori´s thrust would hit Uke´s uto	- Tori´s Te-gatana is weak - Tori thrusts before making the step - Tori´s thrust would miss Uke´s uto and/or Tori stops the thrust before hitting Uke.
Uke takes one step backward with his left foot to turn his body to his left, grabs Tori ’s right		- Uke reacts as late as possible tightening his chin	- Uke reacts to early and/or does not tighten his chin

wrist from inside with the back of left hand facing upward to pull it out toward the thrusting direction and attempts to break Tori 's balance forward.		- Uke grabs Tori´s wrist at a close distance to his head. - Uke pulls Tori forward	- Uke grabs Tori´s wrist at a considerable distance - Tori steps further forward by himself
Tori takes one step forward with his left foot, releases his left hand, grabs Uke's left wrist with his left hand facing four fingers upward and attempts to break Uke 's balance to the left front corner of Uke, (during this sequence, Tori 's right hand is released from the grabbing of Uke 's left hand).	The purpose of this movement is to force Uke to release his grip by putting him in danger to loose his balance. It´s not breaking the grip with force!	- Tori very slightly twists his body to the right in his attempt to break Uke´s balance - Tori frees his right hand by forcing Uke to release it through his attempt to break Uke´s balance	- Tori keeps his body completely pointing forward or turns his body to the right without attempt to break Uke´s balance - Tori breaks Uke´s grip with force or Uke releases his grip by himself
Uke reverses his right hand, while putting his palm on Tori 's left elbow from the front side with his fingertips facing downward, and considerably turns Tori 's body to his right side.		- Uke immediately attacks Tori´s elbow and uses Tori´s (very slight) twisting action to turn him in this direction. - Uke´s brings left hand to Tori´s elbow in a straight line	- Uke makes a pause before attacking Tori´s elbow - Uke´s hand describes a big circle to Tori´s elbow
While responding to Uke 's force, Tori bends his knees to lower his body, moves his right foot backward and behind Uke 's left foot with his left foot as a pivot and, after turning his body, takes a position of his body to form a T-like shape against Uke 's body and lowers his hip.		- while turning, Tori ducks under Uke´s arm while keeping his upper body as erect as possible - when standing in T-shape, Tori´s left foot has passed Uke´s feet considerably (about a half to one foot-lenght)	- Tori bends his waist while turning - When standing in T-shape Tori´s feet are closer to Uke´s left foot then a half foot.
Then, Tori deeply holds the right side of Uke 's hip with his right arm from behind Uke, (during this sequence, Uke 's right foot is dragged toward his left foot), puts his left hand on the left side of Uke 's abdomen in a regular position (the fingers and thumb facing upward) to take the form of right "Ura-nage " and controls Uke by stretching his knees and leaning back to lift Uke high enough.	Usually Tori puts his left hand centered on Uke´s abdomen.	- when dragged to Tori, Uke´s balance is broken to the left side with Uke standing on the edge of his left foot - Tori´s abdomen and Uke´s hip are in close contact during the lift - the lift is done smoothly - the angle of Uke´s body is about 30-45°	- after being dragged to Tori, Uke still stands in balance - Uke is lifted partly on Tori´s shoulder - the lift is a bit jerky- the angle is considerable less (=not high enough) or more (= only possible if Uke laying on Tori´s shoulder or Tori is overly bent

			backwards into an unstable position)
Uke holds both of his feet together, fully stretches and raises both of his hands and arms and, then, claps with both of his hands to signal “Mairi”.		- Uke holds his body straight	- Uke´s body is curved
Tori releases the technique and brings down Uke.		- Tori releases Uke slowly in a controlled way	- Tori releases (drops) Uke to fast.