2 KATA-OSHI

Kodokan-Textbook	**Purpose/Comment**	**The sequence is well done, if:**	**The action is inaccurate, if:**
(Official english translation 2010)	RIAI	(positive indicators - 29 items)	(correlating negative indicators)
After finishing "Tsuki-dashi" , both Tori and Uke turn around their bodies to their right to stand in Shizen-hontai with the left sides of their bodies toward Shomen, so that Uke's right toe stays closely behind Tori´s left heel.	The distance depends on the relative size of Tori and Uke, especially the length of Uke´s arms.	- the transition from Tsuki-dashi is quiet, smooth and simultaneous - Uke´s right foot is behind Tori´s left heel - the distance is about a half foot-lenght or slightly less	- the transition is wobbling and done one after the other - Ukes right foot is offset to the left or to the right behind Tori´s heel - Uke stands clearly more (>= one foot) behind Tori´s foot
Uke extends the fingers and thumb of his right hand while holding them together and gradually raises it, with the thumb along the lateral side of his body until it reaches around the side of his right breast. Then, Uke raises his right hand, with the fingertips facing upward and the palm facing forward, to his shoulder height and puts the palm onto the back side of Tori´s right shoulder to push forward and, while responding to Tori´s ante-flexion(without bending the knees), Uke presses gradually forward/downward, downward and then backward/downward. During this sequence, while responding to Tori´s ante-flexion, Uke also bends his body forward	The idea could be, that Uke pushes Tori forward, down and to the rear, because Uke wants to avoid being off-balanced like in TANI-OTOSHI of Koshiki-no-Kata.	- Uke pushes from his whole body with strong intension and power - Uke looks straight forward - Tori resists first and later yields to make Uke push stronger - Uke starts bending his body forward when Tori is already bent about halfway down. - Uke´s push is transformed into a pull in a circular motion (forward, down, backward) - Tori bends himself forward about 90°	- Uke just puts his hand on Tori´s shoulder without really pushing - Uke looks towards his pushing hand - Tori moves almost by himself - Uke bends his upper body from the beginning of his pushing action - Uke just pushes forward and then pulls instead of describing a circle - Tori bends substantially less then 90°
In a natural sequence, Uke's hand slips down to go over Tori´s shoulder and continues to push Tori, then while stepping backward in a sequence of small steps from his right foot, Tori grabs Uke's right hand fingers from the	Tori grabs Uke´s fingers, not the palm. It is not mentioned, if Tori moves backwards with straight or bent knees	- Tori starts moving backwards, when he is pulled by Uke - Tori grabs Uke´s fingers	- Tori starts stepping backwards before he is pulled - Tori grabs Uke´s palm

little fingerside with his right hand and attempts to control Uke's right arm while keeping his body stable			
Uke turns around his body to his right with his right heel as a pivot, lowers his body, puts his left elbow on the lateral side of his body, extends the fingers and thumb of his left hand while holding them together, with his palm facing upward, and then, starts to thrust into Tori´s Uto with the top of his fingers below his right arm, while moving his left foot forward	A powerfull attack is not possible from a forward-bent posture. So Uke has to lower his COG to create a less bent posture and to be able to attack from the whole body.	- Uke brings his center of gravity over his right foot while turning ("lowers his body") - Uke prepares his hand while turning - Uke thrusts in a straight line to Tori´s uto - the thrust is done with a stable hip and executed powerful from the whole body - timing and distance are correct, so that Uke would hit Tori´s uto - the maximum speed of the thrust is reached at the estimated moment of impact - Uke´s left foot points forward to Tori	- Uke´s body is still bent almost completely during the turn - Uke´s hand is not a proper te-gatana and/or not in the correct position at the side of the hip. - Uke thrusts in a curved line - Uke´s body is bent forward or sideward while thrusting and/or the body is already in the final position, when the thrust is not completed and Uke is just "giving hand" to Tori - Uke would not hit Tori´s Uto because Tori is already too far away when Uke launches the attack - Uke slows down his attack too early - Uke already turned his left foot into the direction he will be turned later.
While retreating and stepping backward with his left foot, Tori receives Uke's left hand by grabbing it from the little finger side with his left hand, pulls out Uke toward the thrusting direction and moves his right foot to his right while turning around Ukes body to the right with his right hand. Tori pulls up both of Uke's hands, makes Uke	The most important part is distance and timing. Uke must be shure to hit Tori´s Uto, if Tori would continue to move in the same pace. That means, that Tori has to accelerate a bit, to avoid Uke´s thrust. That´s how and why Tori	- Tori retreats backwards in the last moment (stepping a bit faster than the previous steps) - Tori steps backwards the minimum distance needed - Uke´s arm is fully stretched at the end of the thrust	- Tori retreats too early, stops and "waits" for Uke´s hand - Tori creates more distance then needed or not enough, so Uke would hit his uto - Uke´s elbow is still bent at the end of the thrust

stand with the back of body against him and pulls up further both of Ukes hands diagonally upward behind Uke to control Uke by breaking the balance	creates some additional space between him and Uke. If Tori stops and wait for Uke´s attack, Uke´s timing was too late. Tori can catch Uke´s hand not before Uke´s arm is fully stretched.	- Tori grabs Uke´s hand, when the arm is fully stretched, not earlier - Tori pulls Uke further forward after grabbing his hand to break his balance - Uke tries to resist against Toris pull - Tori turns Uke around - Tori pulls Uke upwards bending Uke´s wrists backward. - Uke holds his head and eyes horizontally	- Tori takes Uke´s hand, while it is still thrusting - Uke is still standing in balance after Tori has grabbed his hand. Uke loses body-tension and gives up too early - Uke is turning by himself - Tori is just holding Uke - Uke looks upward
When fully controlled by Tori, Uke signals "Mairi' by retreating slightly backward with either one of his feet.	Uke usually moves back with his left foot for maitta	- Uke signals maitta with heel down	- Uke lifts his heel for maitta
Tori takes one step forward from his left foot and brings Uke back in Shizen-hontai		- Tori puts back Uke into balance	- Uke moves back by his own.