

22 October 2017 Combined Kenshu

Jim – Ushiro Kihonwaza

1. **Ushiro ryote mochi – basic control when uke pushes (2)**
 - Shite's hands extend forward, then circle up. Keep elbows low, shoulders down.
2. **Ushiro ryote mochi ikkajo osae 2** [video](#)
 - Shuffle, reverse pivot (200°), trap uke's arm between shite's hands.
 - Don't search for the grab; your hand should fall on top of uke's arm without trying.
 - Cut down smoothly in a helix with uniform pitch (think screw thread) during the pivot+shift.
3. **Ushiro ryote mochi sokumen irimi nage 1** [video](#)
 - Circle outside uke, aim to turn 170° (even though you will achieve less angle), squaring the hip. Most of the effect on uke is in the last few degrees of turn. No need to separate from uke, stay close.
 - Circle rear leg around uke's foot (crux of technique – visualize). Shift (big movement) as in hiriki no yosei 2. Shite turns both hands palm up, symmetric around centreline.
 - Link two halves of technique together so that uke's forward movement runs into shite's direction reversal – smooth flow, like water sloshing in a tub.
4. **Ushiro ryohiji mochi – basic control when uke pushes (2)**
 - Shite circles his elbows back/out/forward. Keep shoulders down.
 - Push elbows into uke's palms to engage and bring uke along.
 - Rotate the lower arm around a line extending through the baby finger.
5. **Ushiro ryohiji mochi ikkajo osae 2** [video](#)
 - Trap uke's arm between elbow and hand. Shite's free hand grabs underneath uke's wrist.
 - Shite's difficulty is keeping elbow into uke's palm without a gap.
 - Flexibility is needed – can you lick your own elbow?
6. **Ushiro ryohiji mochi sokumen irimi nage 1** [video](#)
 - Refer to elements of earlier techniques.
7. **Ushiro ryokata mochi – basic control when uke pushes (2)**
 - Shite circles his shoulders forward around a cylinder, diameter 30cm. Keep elbows down.
 - Push shoulders into uke's palms to engage and bring uke along.
 - Rotate the lower arm around a line extending through the index finger.
8. **Ushiro ryokata mochi ikkajo osae 2** [video](#)
 - Shuffle, reverse pivot, punch to floating ribs.
 - Trap uke's arm between shoulder and hand. Shite grabs underneath uke's wrist during pivot.
9. **Ushiro ryokata mochi sokumen irimi nage 1** [video](#)
 - On the final shift, uke is closer than with katate mochi, results in a strong position over top of uke.
10. **Ushiro ryote mochi sankajo osae 1/2** [video1](#), [video2](#)
11. **Ushiro ryohiji mochi sankajo osae 1/2** [video1](#), [video2](#)
12. **Ushiro ryokata mochi sankajo osae 1/2** [video1](#), [video2](#)
 - #1: Step back with wide stance (low), then big shift.
 - #2: Reverse pivot 200°, then reverse pivot again.

Judith – Katate Ayamochi

- Junte – shite's hand thumb up, like shaking hands with uke.
- Gyakute – shite's hand palm down, uke's on top.

1. Katate aya mochi ikkajo osae/nage (gyakute) - #1 & #2 (w/ cross-step in pivot)

#1 ([video](#)); #2 ([video](#))

[sankajo, yonkajo, hijishime (gyakute) begin like ikkajo; for nikkajo see ([#1](#)) and ([#2](#))

2. Katate aya mochi shomen irimi nage (gyakute) - #1 and #2 (w/ cross-step in pivot)

(another version is [here](#))

3. Katate aya mochi shiho nage (junte) - #1 and #2 (pivot on back foot)

#1 ([video](#)), #2 ([video](#))

4. Katate aya mochi hijiate kokyu nage (junte) - #1 and #2 (pivot on back foot)

5. Katate aya mochi shomen iriminage (junte) - #1 and #2 (cross-step in pivot)

[video](#) of both at 20:16

6. Katate aya mochi ude osae (junte)

Other junte techniques:

- Katate aya mochi sankajo (junte) #1 (aihanmi R shuffle in under arm to left)
- Katate aya mochi sokumen iriminage #1 & #2 (junte)
- Katate aya mochi ushiro nage (junte)
- Katate aya mochi kote gaeshi nage (junte)