



Kata-guruma (te-waza):

Teaching of *Kata-guruma* in its classical version is nowadays discarded in many dojo/clubs due to refereeing rules in *shiai*.

The classical *Kata-guruma* demands balance and a good back position to avoid injuries in the lower back region. A competent Uke is very helpful. Uke needs to stiffen his/her body to make lifting and keeping balance easier.

Physical strength in legs and trunk (maybe not yet acquired by natural physical development) is required to lift, hold and throw uke.

The height from which the *ukemi* is executed can cause fear to fall.

Exemplary relevance:

- Stability of the trunk is essential for *Kata-guruma*. This is not only a question of muscle strength but also of coordination.
- *Kata-guruma* is exemplary for the use of hips and legs to lift an opponent
- Action of *hiki-te* to break balance

Details of *kuzushi/tsukuri*

The key to *kata-guruma* is close contact between Tori's neck and shoulder and Ukes hip as well as bringing the center under Uke without bending one's body forward.

Progressive step-by-step learning

According to the described challenges, the focus of the proposed learning steps is on teaching positioning and posture. Additionally – but not in the clips – the use of soft crash-tatami could be helpful to reduce fear of falling.

***Kata-guruma* can be recommended for phase 3
(only for advanced students it can be recommended for phase 2)**