



## ***Uki-goshi (koshi-waza)***

*Uki-goshi* is a technique closely resembling *O-goshi*, which usually is already known by judoka at early ages. *O-goshi* is generally considered to be a safe technique and is usually introduced to the youngest judoka.

This can be a good starting point to teach *Uki-goshi*, but making the difference between both techniques clear is important. Some judoka might find difficulties in changing their habits from *O-goshi* to *Uki-goshi*. Instructors should be patient. One not so often mentioned aspect is that in *O-goshi* the final throwing action (*kake*-phase) starts after pivoting, while in *Uki-goshi* twisting the body is already part of *kake*-phase.

Another point is, that *Uki-goshi* is thrown to the left side against a partner standing in right *shizentai*. This way *Uki-goshi* is a way to deal *kenka-yotsu* situations.

### **Exemplary relevance:**

- Positioning and use of the hips is different to other *koshi-waza*
- *Uki-goshi* is the only technique in Nage-no-Kata from *kenka-yotsu*
- Tori must learn how to rotate his/her body "as one"
- the concept of throwing by twisting and not (primarily) by lifting, in contrast to techniques like *O-goshi*, is introduced

### **Details of kuzushi/tsukuri**

The main problems for many learners is sticking the shoulder under Uke's armpit, grabbing Uke's waist and pulling Uke's hip to one's own hip. However, these are essential for effective throwing.

### **Progressive step-by-step learning**

Basically the learning steps follow the same ideas as suggested for *Seoi-nage*: careful positioning without time-pressure, starting with truncated phases. At the beginning execution in slow speed, and later with increasing speed, is recommended.

Special care should be taken to Uke's attack (like in *Seoi-nage*)

***Uki-goshi* can be recommended for phase 1 and phase 2**