



Okuri-ashi-harai (ashi-waza)

This technique starts to be familiar for students at the age of 13-14 years and older. *Okuri-ashi-harai* is difficult to execute because it requires displacement, momentum, coordination and timing.

If *De-ashi-harai* has already been introduced this can serve as a good starting point for teaching *Okuri-ashi-harai*.

Exemplary relevance:

- moving sideways with *tsugi-ashi*
- Speed as a precondition for throwing (forcing the partner to lose contact with the ground by moving Uke in a fast motion)

Details of *kuzushi/tsukuri*

Main points for *Okuri-ashi-harai* are speed and correct *tsugi-ashi* sideways.

Progressive step-by step learning

As written above *Okuri-ashi-harai* should be a follow-up of *De-ashi-harai*. There are many suggestions for introducing *De-ashi-harai* to beginners, even at a very young age. These can be found for example in *Kodomo-no-Kata*.

The general concept of teaching *Okuri-ashi-harai* is starting with simplified conditions by reducing time-pressure and then proceeding step-by step to the final form.

It is very helpful to play the “Mirror-games” (see chapter about games)

***Okuri-ashi-harai* is recommended for phase 3,
perhaps for phase 2 depending on the level of the judoka**