



Uki-otoshi (te-waza):

Uki-otoshi in its classical form (kneeling down and throwing without twisting the body) is usually unfamiliar to *kyu*-grades, because there is almost no immediate application in *randori*.

One possible way to teach *Uki-otoshi* is a prolongation or continuation of *ukemi* adding a partner. It would be the “next step” after *zenpo-kaiten-ukemi* or *mae-mawari-ukemi*. Due to the simplicity of the movements, it can be naturally learned without danger by young students. Another positive aspect is that *ukemi* is practiced left and right and progress in *ukemi* is a good preparation to other techniques with similar *ukemi*-requirements like *sasae-tsurikomi-ashi*. That is why *Uki-otoshi* can be regarded more as a technique with an important pedagogical value towards comprehension and improvement of *kuzushi* and *ukemi*, rather than as an application in *randori*.

Exemplary relevance:

- Improvement of *ukemi* skills, also useful for other techniques with a similar fall
- transmitting power from the whole body and not only by pulling with hands
- Reacting to forward moving partner with *tsugi-ashi* in order to keep one’s balance and break balance of Uke by pulling in the direction of his/her movement (principle of “giving way”)

Details of *kuzushi/tsukuri*

The basic principle of *kuzushi* for *Uki-otoshi* can be summarized as “increasing the distance between Tori and Uke by Tori making gradually bigger steps and Uke making normal steps”. Therefore proper *tsugi-ashi* is essential with Uke providing a certain degree of resistance in order to preserve his/her balance and Tori pulling Uke forward to break the balance.

Because *Uki-otoshi* is the first appearance of *tsugi-ashi* initiated by Uke’s attempt to apply *migi-shizentai* and Tori reacting to it, the action/reaction-interaction is explained in detail in the clip. **But this is meant as a background information for teachers, and not as an explanation for beginners.** Expectations for beginners always must remain realistic.

Progressive step-by-step learning

Following the idea to “use” *Uki-otoshi* for teaching and improving *ukemi* the learning steps are constructed by progressively boosting the *ukemi* difficulties with and without partner. Additional practice of *tsugi-ashi* for Uke and Tori is highly recommended.

***Uki-otoshi* can be recommended for phase 1**