



## ***Sasae-tsurikomi-ashi (ashi-waza)***

The practicality of *Sasae-tsurikomi-ashi* in beginners training is ambivalent. On one hand it is a technique suitable for introducing basic concepts to very early beginners, for example *ukemi* with partner, breaking balance by *ushiro-sabaki* (with Uke in kneeling position) and continuing with blocking Uke's foot and "throwing". In this form it is often recommended to be taught to young children. Maybe they also know (or simply do without knowing) *Hiza-guruma*, which resembles *Sasae-tsurikomi-ashi* but requires different situations and motor action.

On the other hand a "full" *Sasae-tsurikomi-ashi* is a difficult technique, because shoulders and hips rotate in opposite directions at the moment of foot-contact, which makes the application of force for throwing difficult. Contact points are far away from each other (hands high, foot low, no contact in between), and the throw requires good overall body stability to throw effectively.

### **Exemplary relevance:**

- transmitting power from the whole body and not by only pulling with hands
- *hiki-te* and *tsuri-te*
- throwing by twisting shoulder and hips in opposite directions

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

The basic principle of *kuzushi* is increasing the distance by changing the stepping pattern from *tsugi-ashi* to move further by retreating with the (later) supporting foot, while at the same time breaking balance by "*tsurikomi*" action.

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

If *ukemi* skills are already acquired – for example by learning *Uki-otoshi* – the suggested learning steps are characterized by step by step learning *kuzushi*, *kake* and finally executing the technique in the form of Nage-no-Kata.

If *ukemi* skills are not sufficient, special attention is required (see *Uki-otoshi*).

***Sasae-tsurikomi-ashi* can be recommended for phases 1 and 2**