



Uchi-mata (ashi-waza)

Uchi mata requires good balance, timing and flexibility. There is an additional difficulty in Nage-no-Kata, because *Uchi-mata* has to be executed without hip contact, and instead with a pure leg action as an *ashi-waza*.

Uchi-mata to the non-dominant side is likely the most difficult technique to learn for many students.

Exemplary relevance:

- Throwing from circular movement with Uke moving towards Tori's hips
- Breaking balance by using circular forces
- Action of *hiki-te* and *tsuri-te*

Details of kuzushi/tsukuri

Kuzushi of *Uchi-mata* in *Nage-no-Kata* is may be the most advanced and refined form of *kuzushi* of all. *Uchi-mata* cannot work if the fluidity of motion is stopped, because *kuzushi* is created by circular motion. There is no *kuzushi* without motion!

Progressive step-by-step learning

The suggested learning steps are about circular motion, understanding of the physical principle and then about smooth application of the throw. Positioning in each phase of the technique is crucial.

Uchi-mata should be learned after *Harai-goshi*, because it requires the same abilities of balance etc, but at a higher level.

***Uchi-mata* can be recommended for phase 3
(advanced students with good *harai-goshi* skills also in phase 2)**