



Seoi-nage (te-waza):

Due in part to the training received by beginners in almost every country, most of young students already know *ippon-seoi nage* at the age of 11-12 years old and/or when graduated to green belt. *Ippon-seoi-nage* is a logical choice for phase 1.

Despite the familiarity with *Seoi-nage*, Uke's attack by hitting the head of Tori will be new to beginners. Execution of *Seoi-nage* can be furthermore difficult if the student has not yet developed sufficient strength. *Seoi-nage* requires strength in the legs and trunk.

Seoi-nage can be recommended for phase 1 in a simplified version and can be developed towards the standard *Nage-no kata* form throughout the following years.

Exemplary relevance:

- *Seoi-nage* is the only technique in that is entered in pure *mae-mawari-sabaki* with maximum speed and in coordination with an advancing Uke.

Details of kuzushi/tsukuri

The most difficult part of *Seoi-nage* in *Nage-no-Kata* is to actively break Uke's balance. Many students simply "wait" for Uke to lean forward and almost fall by themselves over Tori's body. Sadly, this "principle" was widely taught by unaware teachers. That's why explanation of the correct way of *kuzushi* is elaborated in the clip.

Progressive step-by-step learning

Applying *Seoi-nage* is a complex movement, which has to be done quickly and precisely. We recommend starting step-by-step with focus on precision in first truncated and then expanded phases until the technique is complete; and later adding speed. Important: with increasing speed, precision must not be lost.

Uke's *atemi* requires special attention and practice, because judo students are usually not used to striking.

***Seoi-nage* can be recommended for phase 1**