

# BELMONT KODOKAN Judo Club

## Judo Information Sheet

Daki Wakare - High Separation  
Goyko No Waza #42

### Judo Fundamentals

Kumikata - Migi      Shizentai - Migi Jigotai

## KUZUSHI

From *migi Jigotai*, Uke attacks with a forward throw that you are able to successfully block. In an attempt to prevent himself from being thrown backwards Uke bends forward at the waist. To retain your balance and prepare to counter Uke's attack, bend forward and wrap your arms around Uke's waist.

## TSUKURI

From this position, slide slightly around to the right so that you are positioned off of Uke's right rear corner. There should be no space between you and Uke and your arms should encircle Uke's waist tightly. You should now be in a position similar to that of Ushiro Goshi but bent forward instead of leaning back.

Special Note: In order for this throw to be counted in shiai, you must prevent Uke from placing both hands on the mat. If Uke is able to place both hands on the mat, then the affect of the throw in shiai will not be recognized as Uke is now considered to be in Ne Waza.

## KAKE

To execute the technique, lift with both hands around Uke's waist. Your lift should be combined with a twisting motion so that Uke is lifted to your left side and across your body. As you lift Uke off the mat, continue to twist to your left as you bring Uke over you and then down towards the mat. Uke will be turned face up as you pull him over you.