

BELMONT KODOKAN Judo Club

Judo Information Sheet

Utsuri Goshi - Switching Hip
Goyko No Waza #29

Judo Fundamentals

Kumikata - Migi Shizentai - Migi

KUZUSHI

From a right natural posture (*migi shizentai*), Uke attacks you with a hip technique such as *O Goshi* or *Hane Goshi*. Instantly lower your own hips and project your abdomen and left hip just enough to keep Uke from breaking your balance, in doing this you will upset Uke's own *kuzushi*.

TSUKURI

Release your hold of Uke and with your left hand, grab along his rear belt and shift your right-hand grip from his lapel to his left-inner-middle-sleeve. With the combined power of your arms and waist, swing Uke upwards by using the force of his attempt to lift you, to help you lift him. At the very moment when Uke's body has been lifted and is swinging towards your left rear, twist your hips out of the way momentarily and – swinging Uke back still more – insert your left hip under him. A strong leg drive accompanied by a strong left arm pulling Uke upward will help to get Uke's hips high enough above yours so that your left hip can be inserted below Uke's hips to allow your hip to come into contact with Uke.

(You are reversing Uke's right-side hip throw attempt, to your own left-side hip throw counter. Counter-throws such as this are given the general name Gonosen-No-Waza.)

KAKE

As Uke comes into contact with your left hip, twist your body to the right and execute your own *O Goshi* on Uke. Your right hand is now lifting Uke and controlling the fall because of the grip switch made earlier in the technique. Uke will land on his back in front of you.