



Lesson 4. Kote Gaeshi

Ai Hanmi Katate Tori (Shomen Uchi) Kote Gaeshi, Ura and Omote

Complete Outline

1. Technique Outlook

Warm-Up for Kote Gaeshi

2. Sequence of Movements

Ura Variation

Omote Variation

3. Mechanics of the Influence

Horizontal Lead

Sumi Otoshi

Target Body Angle

Forearm Position Control

Absorption Move

Wrist Influence

4. Integrality of Control

Elbow Lead

Counter Entrance Provision

5. Intended Completion

Levered Overturn

Wrist Control Finish

6. Avoided Intentions

Push-Down Lead

Wrist Squeeze Focus

Adverse Circle

7. Counter Actions

Heavy Arm

Counter Throw Entrance

8. Mastery Drills

Drill 1: Standing Up for Kote Gaeshi

Drill 2: Sumi Otoshi Forearm Pull

Drill 3: Nikkyo Switch to Kote Gaeshi

Drill 4: Suwari Waza Kote Gaeshi

9. Self-Defense Perspective