



Lesson 7. Ude Garami

Gyaku Hanmi Kata Tori Ude Garami

Complete Outline

1. Technique Outlook

2. Sequence of Movements

Go to the Side for Merging
Step Forward for Jodan Elbow Control
UG Turn to Unbalance Uke
Lead Down with Spire Arm

3. Mechanics of the Influence

Kata Tori Attack Line Escape
Parallel Forearm Entrance
Tenkai Based Influence
Hand Push-Out Control

4. Integrality of Control

Close Stand
Shoulder Lead-Down

5. Intended Completion

Soft Release
UG Arm Lock Control

6. Avoided Intentions

Elbow Push-Up
Elbow Pushing in Jodan
Shoulder Pressing in Gedan

7. Counter Actions

Elbow Lead for Take-Down
Follow the Push for Counter Attack
Heel Scoop Takedown

8. Mastery Drills

Drill 1: Switch to Nikkyo
Drill 2: Legs Takedown Counters

9. Self-Defense Perspective