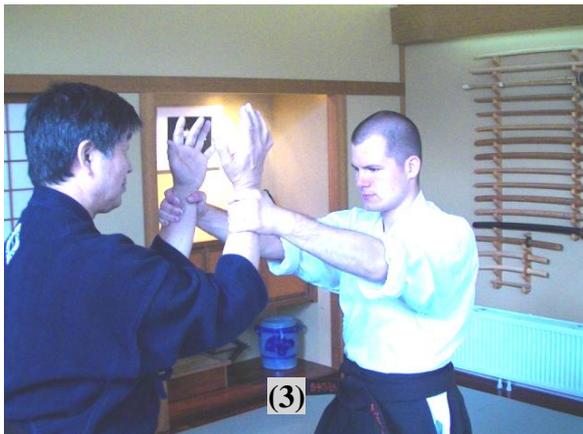


Step-7 Let's try WAZA Ver-2

AI-08 RYOTE TORI KOTE FUDO

- 1) A raises both arms straight up.
- 2) B grasps both of A's wrists (JUN TORI).
- 3) A lowers both raised arms without putting power into his wrists.
- 4) B cannot resist being pulled down and sinks to his knees as arms go down.
- 5) B kneels on the floor, controlled (FUDO).



This throw is just additional.

Wrong example:



This is an example of how it can go wrong. A starts to put power to his wrists and B can block A's downward movement.

The important point is how one can lower his arms without putting power to the grasped wrists and arms. While the grasped wrists are above the level of the face, it is rather easy to move them. But then A encounters a strong block from B. At that point, A tends to put power into his wrists to push through B, but this just gets A stuck as shown in the photo above. A should keep his arms moving continuously in a downward motion without power from the beginning to the end. A should move his arms as shown in the following photos:



Option-1: Imaginary synchronization

Synchronization with imaginary movement of the arms was discussed earlier. Recall that, since both wrists are held, you cannot synchronize with a free arm. While your arms are captured, imagine that you are moving both arms down and up several times. After several repetitions, synchronize the imaginary movement at the highest point with your real arms and move your real arms down.



Move captured arms by imagination



At this point, synchronize your real arms and your imaginary arms. Then, you can easily move the captured arms down.

Option-2 : Use your own imagination

It is quite important that you have to clear your mind from grasped wrists. It is quite useful to make your own image to realize it.

Several years ago when I was teaching this technique to my students in IAI Dojo, it happened that I saw wooden sword (BOKKEN) hanged on the wall. So, I picked one and let my students who was a role of TORI (Defender) and let try to pull down that BOKKEN instead of pull down his grasped arms. He immediately succeeded to pull down his both arms without big power. One of my student who played basketball in his high school days, he tried to hold a basketball over his raised both hands then he tried to pull down that basketball instead of grasped both arms. He also immediately succeeded in this his own way. As far as the goal, i.e. Method is clear, you just should try to find out the way which suits best to you to realize this Method.