

This is a template or example of the W2WMA Adult Learning System

2011 YEAR LONG THROW = UCHIMATA

(must be a major attack)

CLASSIFICATION OF TECHNIQUE = Goshi Waza

*Goal is to be able to teach this to the rest of the class at the end of year one.

MONTH 1 THROW = UCHIMATA

(can be a major attack or minor attack)

COMBINATIONS / RENRAKU WAZA

1. Ouchi Gari to Uchimata
2. Kouchi Gari to Uchimata
3. Harai Goshi to Uchimata
4. Hiza Garuma to Uchimata
5. Ogoshi to Uchimata

DEFENSES / BOGYO

1. Tai Sobaki
- 2.

COUNTERS / KAESHI WAZA

1. Tai Otoshi
2. Uchimata sukashi
- 3.

DEMONSTRATE MOVING IN 2 DIRECTIONS

1. Tori Walking Forward Pushing
2. Tori Walking Backward Pulling

DEMONSTRATE VARIOUS STYLES / GRIPS

1. Uchimata from a wizzer
2. Uchimata from a Ogoshi grip

DEMONSTRATE NAGE NO KATA

1. Right Side
2. Left Side

DEMONSTRATE TRANSITION TO NEWAZA

1. Osakomi waza
2. Kansetsu waza

NUMBER UCHI KOMI PERFORMED EACH MONTH

1. JUNE – 200
2. JULY – 300
- 3.

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RANDORI PERFORMANCE

- Threw Alfredo in randori tonight with uchimata, set it up with a feint, then ouchi gari to uchimata.
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UCHI MATA



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