VALUE OF NAGE-NO-KATA: ANALYSIS OF MOTORIC MOVEMENT AND PRINCIPLES WITH THE GOAL OF TEACHING APPLICABILITY OF THROWING TECHNIQUES IN SIMULATED COMBAT SITUATIONS

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Nage-no-kata together with katame-no-kata make up the randori-no-kata (Otaki & Draeger, 1983). The reason why is called randori is in their creation forms of learning techniques and principles for exercising randori (free exercise). Although this role is often emphasized, today the nage-no-kata is commonly exercised for examination or as a discipline in the kata competition. The value of learning nage-no-kata is emphasized from the very foundation of the Kōdōkan Judo and founder Kano Jigoro (Kano, 2005), and later of the great teachers and judo champions (Kawaishi, Gailhat, & Harrison, 1957; Kotani, 1970). In order to realize the true value of nage-no-kata it is necessary to scientifically handle the elements that are in direct correlation with the application in randori or shiai. Nage-no-kata uses a number of important structural elements of judo useful for learning judo.

This paper contains an analysis of technical circuits between the reaction of uke and tori action in five selected techniques from each set of nage-no-kata, to establish the critical part of the technique and method of reaction between tori and uke. This analysis will show similarities with identical movements during practicing randori or shiai. The selected techniques are; seoi-nage, uki-goshi, okuri-ashi-barai, ura-nage, and yoko-guruma.

At first, Kano emphasized randori, but then realized that students needed kata, a “grammar” that would help them build a balanced approach to training. Also, kata provided Kōdōkan
members with a safe method for practicing the techniques prohibited or not practical in randori (Kano, 1986; Stevens, 2013).

Apart from randori, kata practice is also an important part of the judo curriculum (Bennett, 2009). Each kata was developed over many years by ancient masters (Mifune, 1956), and it is recognised that kata is very good for learning judo theory (Yamashita, 1993). Randori alone can make it difficult for students to develop a wide variety of techniques due to the resistance of opponent. A study of kata will provide a stable basis for judo (Ishikawa & Draeger, 1962).

Analysis of the movements of tori in each of the techniques encompassed:

- Using actions of uke for sabaki, kumikata, kuzushi
- Performing kuzushi in the key part of technique
- Achieving proper tsukuri

The solutions for the phase of uke reaction include:

- Attack techniques, sabaki, shisei, kumikata, kuzushi
- Body reaction on tori technique
- Ukemi

<table>
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<tr>
<th>TECHNIQUE</th>
<th>UKE REACTION</th>
<th>TORI ACTION</th>
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<tbody>
<tr>
<td>seoi-nage</td>
<td>• The body and arm block</td>
<td>• Lowers the centre of gravity and pulls</td>
</tr>
<tr>
<td>uki-goshi</td>
<td>• Body</td>
<td>• Maintains position and attracts uke</td>
</tr>
<tr>
<td>okuri-ashi-barai</td>
<td>• Movement</td>
<td>• Clears unstable part of the body</td>
</tr>
<tr>
<td>ura-nage</td>
<td>• Body and block</td>
<td>• Pulls the focus of uke</td>
</tr>
<tr>
<td>yoko-guruma</td>
<td>• Block and neck control</td>
<td>• Rotates up and descent in</td>
</tr>
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Table 1: Techniques, and overview of reaction of uke and tori

By comparing the principle of the initial reaction of uke to attack tori, a great similarity in finding solutions of tori to perform the action can be seen. Understanding the critical moment of the reaction of uke is crucial for understanding the teachings and values of nage-no-kata.
Learning *nage-no-kata* without proper actions and reactions completely loses the meaning of the exercise.

Through a structural analysis of techniques in *nage-no-kata* and comparison of the key parts with an emphasis on the critical moments of the reaction of *uke*, *tori* comes into a position to prevent the execution of techniques, it can be explained by *tori* finding solutions which will result in the successful performance of the throw. Each individual technique in *nage-no-kata* contains all of these elements and by discovering, clarifying and learning can be very effectively applied to other techniques. The principle of action and reaction between *tori* and *uke* and the capability of finding solutions illustrates the constant value of *nage-no-kata* as a means of training in judo.
REFERENCES


