

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*

TECHNIQUE	UKE REACTION	TORI ACTION
<i>seoi-nage</i>	• The body and arm block	• Lowers the centre of gravity and pulls
<i>uki-goshi</i>	• Body	• Maintains position and attracts uke
<i>okuri-ashi-barai</i>	• Movement	• Clears unstable part of the body
<i>ura-nage</i>	• Body and block	• Pulls the focus of uke
<i>yoko-guruma</i>	• Block and neck control	• Rotates up and descent in

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.

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