

4/10/2026

Finish Time

Warm-Up and Stretches	15 min	6:15:00 PM
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Pivot and Uchikomi	10 min	6:25:00 PM
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Basics	10 min	6:35:00 PM
Kuzushi and throws	See Sheet: #33	

Nage-Waza	15 min	6:50:00 PM
Tomoe-Nage	Review-L1	

Newaza	15 min	7:05:00 PM
Turnovers	All Taught	

Fighting Skills	5 min	7:10:00 PM
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Randori	10 min	7:20:00 PM
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Tomoe-Nage	Review las weeks L1 class. Beginner level: Student has no or little experience executing the waza. Focuss is upon following the 4 rules of the waza to their best ability.
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Level 1	Beginner level: Student has no or little experience executing the waza. Focuss is upon following the rules of the waza to their best ability.
Level 2	Intermediate level: Student has some experience with the waza. Focus is on being able to do the waza confidently and be able to adjust position when being opposed.
Level 3	Advance level: Student executes the waza very confidently with out having to think too much. Demonstrates knowledge of the waza in terms of when to enter, movement to maintain position, and when to exit.

33. Kuzushi – Academy level Concept

Notes to Instructor.

Advance/Academy Level of Kuzushi : Specializes on the creation of kuzushi for specific throws. It introduces the influence of Tai-Sabaki and Kumi-Kata analyzes throw specific examples

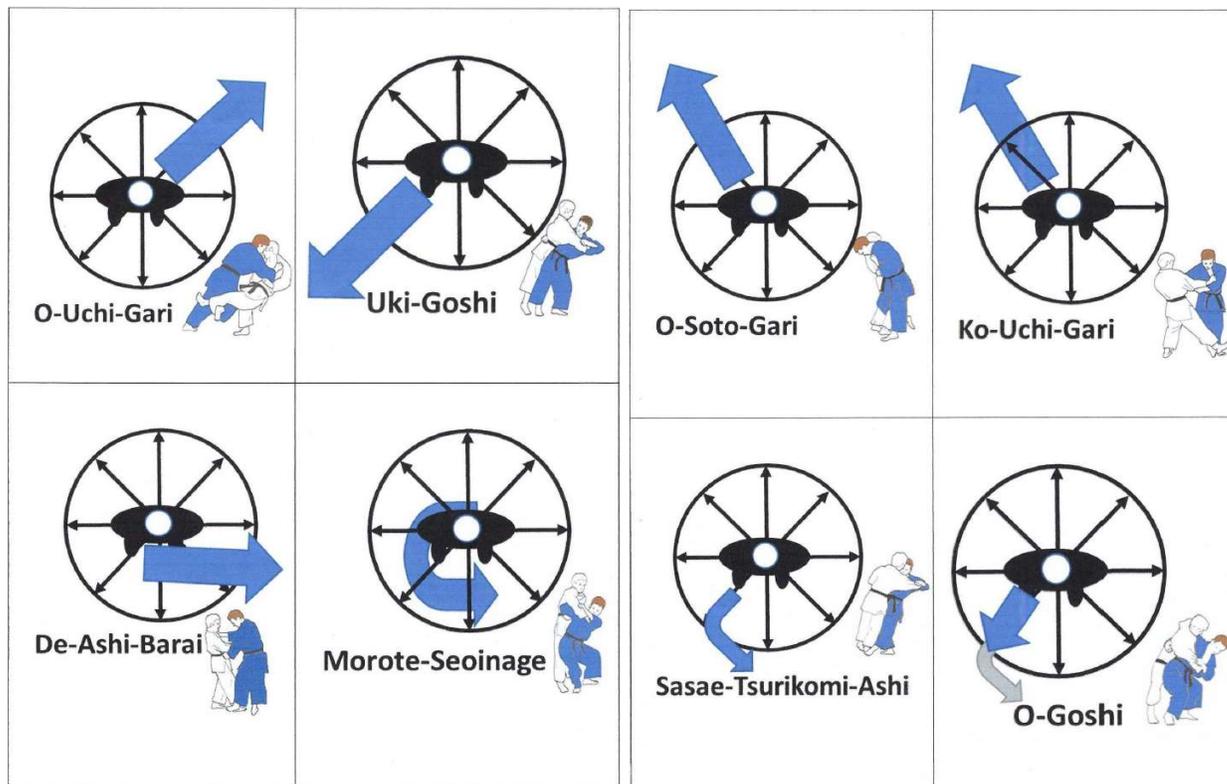
Kuzushi is the Japanese term for unbalancing an opponent. It literally means *to level, pull down, destroy or demolish*.

Breaking balance requires movement and the disruption of the resultant motion.

Kumi-Kata: how you hold your opponent will dictate your Kuzushi

Tai-Sabaki: how you move and cause your opponent to move will strongly impact your Kuzushi

Analysis of throw specific kuzushi.



Tomoe-Nage (Ma-Sutemi-Waza)

- Tomoe = Circular
- Nage= Throw

Tip: Go for the reaction to the push

1. Push Forward hard and bull
2. Major foot to belt line
3. Sit butt to toes
4. Two hand pull over Minor shoulder

Scan the QR Codes or click the link to view videos on Tomoe-Nage



<https://www.youtube.com/watch?v=880WbHvHv6A>



<https://www.youtube.com/watch?v=EW0oFHv18JQ>

