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Presented to: Mr. Gord Sturrock  
Class: SPSC 1314-050  
Due: April 8th, 2014

### **Judo Skill Analysis**

**SKILL:** Yoko Tomoe Nage, a.k.a. side circle throw, as demonstrated by Joel Gerson (<http://www.youtube.com/watch?v=fcyP84q9Knc>).

**PURPOSE:** To score an *ippon* (full point) by executing a throw on a stiff-armed or strong opponent, making him land square on his back.

**HISTORY:** A variant of one of the traditional forty throws of Judo, as developed by founder Jigaro Kano. This throw is considered a sacrifice technique as it is not a sweep or a trip, as the *tori* (attacker) falls onto his back into a backwards roll in front of the *uke* (opponent) while throwing the uke. The final position has both tori and uke on their backs, head to head, but the tori can complete the backwards roll and mount the uke to complete the throw.

**BREAKDOWN:** The yoko tomoe nage throw can be broken down into five separate phases:

1. preliminary phase
2. backswing or recovery phase
3. force-producing movement phase
4. critical instant phase
5. follow-through movement phase

The individual phases are detailed below.

## **PHASES:**

### **1. Preliminary Movement:**

-Key elements: Joel Gerson (tori, white judogi) uses his left hand to grab Carlos Newton's (uke, blue judogi) right sleeve at the elbow, and uses his right hand to grab the uke's collar at neck level with his thumb on the inside of Newton's lapel. Gerson keeps his right elbow pressed against Newton's trunk/torso. This collar grip allows Gerson to control Newton's movements by controlling his head, while allowing Gerson to execute defensive movements if needed.

Gerson's knees have some flexion to them, maintaining his stability, lowering his centre of gravity, and allowing him considerable flexibility in regards to offensive or defensive manoeuvres.



## **2. Backswing Movement:**

-Key elements: Joel Gerson (tori, white judogi) utilizes his established grips on Carlos Newton (uke, blue judogi) to pull him forwards and off balance for an instant. Gerson's linear momentum is created by the contraction of the biceps/triceps brachii, deltoids, trapezius, latissimus dorsi, and erector spinae. Proper application of the pull forces Newton's centre of gravity to shift as the mass of his trunk/torso moves forward until his feet can return equilibrium to his stability. Gerson's arms gain slight flexion at the elbows, which are abducted away from his trunk/torso, and his shoulders gain flexion on the sagittal plane.



### **3. Force Producing Movement:**

-Key elements: While Carlos Newton (uke, blue judogi) is off balance from the backswing movement, Joel Gerson (tori, white judogi) places his left plantar aspect - which is in dorsi flexion - on Newton's right iliac crest. Gerson's left leg reaches full extension, forcing flexion of Newton's lower torso/trunk. At the same time, Gerson's trunk rotates on an angular axis towards Newton's right foot. Gerson's arms maintain their flexion at the shoulder joints all the while, which keeps Newton's stability compromised and his torso in flexion.

The combination of Gerson's trunk/torso swinging on the angular axis, his left leg reaching full extension into Newton, and his arms maintaining their flexion over Newton allow Gerson to overcome the Law of Inertia (Sir Isaac Newton's First Law: an object in motion stays in motion and an object at rest stays at rest, unless acted on by an outside force). The angular velocity transfers from Gerson. via his extended left leg, and into Newton which will translate into general motion.



#### **4. Critical Instant:**

-Key elements: Joel Gerson (tori, white judogi) can direct Carlos Newton's (uke, blue judogi) flight path by using his left leg - the plantar aspect of his foot is still planted on Newton's right iliac crest - and his hands - which still have the sleeve and lapel grips on Newton's judogi. Gerson must increase the flexion in his elbows very quickly to guide where Newton will land. The arm flexion combined with the left leg extension accelerates Newton's angular momentum and keeps him from posting an arm and cart-wheeling out of throw.



## **5. Follow Through:**

-Key elements: Joel Gerson (tori, white judogi) keeps his grips on Carlos Newton's (uke, blue judogi). The grips allow Gerson to execute a backwards roll as Newton's back contacts the mats. In order to execute the backwards roll quickly, Gerson must flex his legs at his knees and hips. Keeping his limbs close to his trunk/torso will allow for faster angular rotation, and require less energy to overcome the Law of Inertia (Sir Isaac Newton's First Law).

Gerson's grips on Newton's judogi will also keep Newton pinned and unable to escape. Gerson completes his backwards roll and comes to a rest atop of Newton in a mounted position. Gerson's sleeve grip can begin to isolate Newton's right arm for an arm-bar submission if desired, or if Newton is making the mounted position unstable for Gerson.



**SPSC-1314**

**Analysis of Skill – Judo - Rubric**

Name: Kiyoshi Perkins, 300199345

Phases	Proper identification of phases (5)	Clear Diagram/Photo of each phase(5) (appropriate photos)	Key elements discussed (10)	Use of anatomical terms (jargon) (5)	Identification of principles in action (5)
Preliminary					
Recovery					
Force producing					
Critical instant					
Follow through					

Total: /30