

## THREE PHASES OF A THROW



Jigoro Kano, the founder of Judo, evolved the vital rule of kuzushi when he studied with the Tenshin-Shinyo and Kito schools of Jujitsu. His rule holds that using a minimum amount of strength, it is possible to throw your opponent if you force them off balance, that is, if you break his posture or stability. \*

(1) TSUKURI

(2) KUZUSHI

(3) KAKE

It is important to understand the successful factor in a technique lies not only in the action of performing the technique, but also in the skill, with the preparing done as a preliminary.

### **TSUKURI**

It is one of the most important parts of any technique, but by its nature it is very subtle and henceforth difficult to appreciate. This is the preparatory action of the technique - the set-up – and this preparatory action

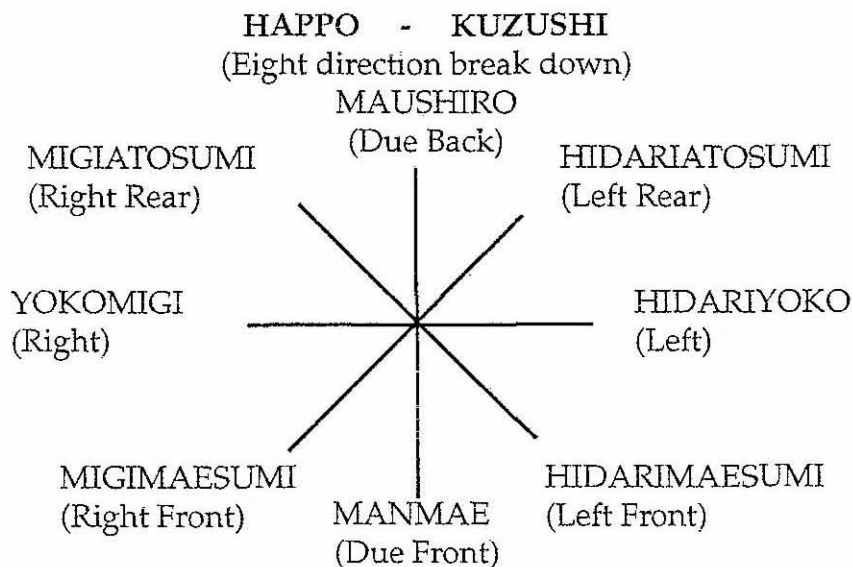


## THREE PHASES OF A THROW

is further divided into aite-no-tsukuri (preparing of the opponent) and jibun-no-tsukuri (preparing of self). Preparing the opponent consists of destroying the opponent's balance before performing a technique and putting him in a posture where it will be easy to apply it. At the same instant, the contestant himself must be in a posture and position in which it is easy to apply a technique - this is the preparing of self.

### KUZUSHI

This is the element of imbalance. Whenever the body weight ceases to fall squarely on both feet, a state of relative imbalance exists. After depriving your opponent of his center of balance, you make it so your opponent can barely maintain their balance. In both throwing and floor techniques, kuzushi is, after all, an essence of technique.



### KAKE

Apply this to the opponent's off balanced (poor) posture. A technique that you have formed by placing yourself in a posture advantageous to apply a technique to the opponent whose balance you have just broken. It is the stage when a throw goes beyond the point of no return; applying a technique so as to put an opponent to the mat with impetus. In most instances when your opponent throws a blow toward you, he has already put himself in a position for you to break his kuzushi. In other words, he is setting himself up for your take down technique. Being able to recognize this principle is what you have to work on. At all times, you must be aware of breaking your



## THREE PHASES OF A THROW

opponent's kuzushi either consciously or subconsciously. The throw is a devastating line of defense when used properly.

\*FOOTNOTE\*

Stability of an object is determined by three factors:

- (1) Weight: Earth and every object on or near it pull toward one another (gravity - weight).
- (2) Base: the plane that supports the object.
- (3) Center of gravity: a point directed to the center of the earth.

*James Muro*

