

Session 7: Ippon Seoi-nage

Objective:

Learn Ippon Seoi-nage (one-arm shoulder throw).

Ippon: one point

Seoi: take on the back, shoulders

Nage: projection

Execution of Ippon-Seoi-Nage

Technical description

Tori ("the one who seizes" and therefore who executes the technique) and Uke ("the one who receives" the technique) are face to face in judogi. They seize each other in uncrossed, hands positioned thumbs upwards. One hand is placed thumb inside the judogi under the lapel and the other four fingers placed outside on the lapel closing the grip. The other entirely outside the judogi on the outside of the sleeve seized by the middle.

Tsukuri and Kuzushi must be performed simultaneously by Tori:

Tsukuri:

If Tori and Uke's arms are straight then:

move the foot on the sleeve side forward, placing it just in front of the opposite foot of Uke, so as to be able to pivot 180° on it, bringing the other foot next to it, presenting the back to him

bend so that the top of your head is placed under Uke's chin

If Tori and Uke's arms are bent then:

move one foot back, pivoting it on itself, so as to be able to pivot 180° on it, bringing the other foot next to it, presenting the back to him

bend so that the top of your head is placed under Uke's chin

Kuzushi:

pull the sleeve up and forward of Uke

release the lapel to place your arm under Uke's armpit and come and grab the judogi at level above the shoulder, handle extended upwards, and perform a body swing of Uke on the back of Tori while leaning forward

Kake: Tori finishes the swing by pivoting his shoulder towards his own opposite foot in the same direction of pivot as the rest of the technique.

Ukemi: Uke performs a forward fall.

Ippon-Seoi-Nage



Details:

- Warm-up (10 min):
 - Running, falls, dynamic stretching.
- Review of Juji-gatame and Hadaka-jime (10 min):

- Groundwork practice with a partner.
 - Technique: Ippon Seoi-nage (25 min):
 - Demonstration.
 - Practice positioning and rotation.
 - Repetition in static form, then with movement.
 - Application in semi-dynamic situations.
 - Cool down (5 min):
 - Stretching.
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