

O Goshi

Objective:

Learn O Goshi

When performing O Goshi, it is essential to keep the following principles in mind:

1. **Proper Positioning:** As a right-handed player, your right hand should grip your partner's lapel, while your left hand should hold your partner's right sleeve. Make sure your grip is firm and solid, providing adequate control over your opponent.
2. **Balance and Posture:** Maintain a strong, balanced posture, with a slight bend in your knees for stability. Keep your back straight and your gaze forward. Make sure your weight is evenly distributed across both feet, ready to transfer your energy into the throw.
3. **Hip Rotation:** The O Goshi draws its power from the rapid rotation of your hip. When performing the throw, rotate your hip forward and outward using a fluid rotational motion. This rotation generates centrifugal force that is transmitted to your opponent, making it easier to throw them.
4. **Foot Placement:** Your right foot, as the pivot foot, should be positioned close to your partner's right foot. This allows you to create a solid base and fully exploit the hip rotation during the throw.
5. **Maintaining Contact:** Throughout the execution of O Goshi, maintain constant contact with your partner. This allows you to feel their movements and react quickly to adjust your throw if necessary.

O-Goshi

