

Session 4: Tai-otoshi

Objective:

Learn and improve Tai-otoshi (body drop throw).

Tai Otoshi (体落), is one of the original 40 throws of Judo as developed by Jigoro Kano.

It belongs to the second group, Dai Nikyo, of the traditional throwing list, Gokyo (no waza), of Kodokan Judo. It is also part of the current 67 Throws of Kodokan Judo. It is classified as a hand technique, Te-waza.

Tai-Otoshi



Details:

- Warm-up (10 min):
 - Running, rolls, falls.
 - Dynamic stretching.

- Review of Kesa-gatame and O-soto-gari (10 min):
 - Technique work with a partner.
- Technique: Tai-otoshi (25 min):
 - Demonstration of the technique.
 - Practice foot placement and off-balancing.
 - Repetition with a partner, first in static, then moving.
 - Application in semi-dynamic situations (light resistance).
- Cool down (5 min):
 - Stretching.