

Kaeshi-Kata

- Kaeshi-kata shows tori's knowledge and understanding of specific forms of counters.
- Tori is the receiver, tori receives uki's attacking movement and uses it to overcome uki.
- Tori stands with joseki on her/his right hand side through out the Kata.
 - a. Uki completes the first attacking throw,
 - b. Having been thrown, tori allows uki to attempt to throw again but counters uki's attack.
 - c. Uki must attack in such a way that tori's counter would be necessary to avoid being thrown, is workable and appropriate.
 - d. Uki does NOT resist tori's action NOR jumps.

If tori and uki are not on the mat, they must first rei 'onto the mat' before commencing the kata.

- 1) Coming to their engagement distance, Tori and uki turn and tachi-rei to joseki.
- 2) Then turning to face each other they kneel and rei to each other.
- 3) On standing both take one step in (L-foot first) - this is reversed at the end of the kata.
- 4) As tori steps forward to take a normal grip (usually with the R- foot) uki starts the kata by sweeping tori's R-foot to throw with -

<i>Ashi-waza (4 Counters against attacking Foot Sweeps)</i>		
De-ashi-barai (forward foot sweep)	Having been thrown and knowing what to expect Tori changes to L-handed grip, then using the knee of the attacked foot blocks uki's attack. Tori uses the attacked foot to continue uki's sweeping move.	Tsubami-gaeshi (swallow flight reversal)
Ko-uchi-gari (minor inner reap)	Again tori adopts the L-handed grip. As uki commences the attack tori counters by attacking the weight bearing leg (knee).	Hiza-guruma (knee wheel)
O-uchi-gari (major inner reap)	As uki attacks, her/his upper body movement must be committed to the throw. Tori must react and move before uki's attacking leg has made contact.	Ushiro-Hiza-Guruma (rear knee wheel)
O-soto-gari (major outer reap)	Tori avoids being thrown by withdrawing the right leg, then turning to left (pivoting on R-foot) and stepping back with Left - encourages uki to step forward, pulling uki off balance before throwing.	Harai-goshi (sweeping hip –leads the way to hip techniques)
<i>Koshi-waza (3 Counters against attacking Hip Throws)</i>		
O-goshi (major hip)	Uki needs a high grip (kubi-nage), and comes in with intent. Tori must bend at knees, not waist.	Utsuri-goshi (changing hip)
Harai-goshi (sweeping hip)	Easier if uki takes a high grip, tori has to remember to bring the left hand across in front of uki.	Ushiro-goshi (using L-knee to assist the lift)
Hane-goshi (spring hip)	Tori changes grip- holds both uki's arms, R grip is normal sleeve grip but L is reversed grip (push up). Strong hip/thigh thrust to sweep against uki's supporting ankle/shin.	Harai-Tsuri-Komi-Ashi (lift, pull, foot sweep - leads the way to ashi-waza)
<i>Miscellaneous</i>		
Uchi-mata (inner thigh)	Tori grips as for Hane-goshi. As uki attacks, tori steps back with L-foot, curtsy style) so can push off from rear foot as steps strongly forward with right (similar to suki-ashi).	Sumi-Otoshi (corner drop –leads the way to te-waza)
Ippon-seoi-nage (one arm shoulder)	Tori rides uki's attack till standing in front of Uki, before immediately dropping, twisting to side with wide leg separation. BIG THROW.	Uki-waza (floating drop)

