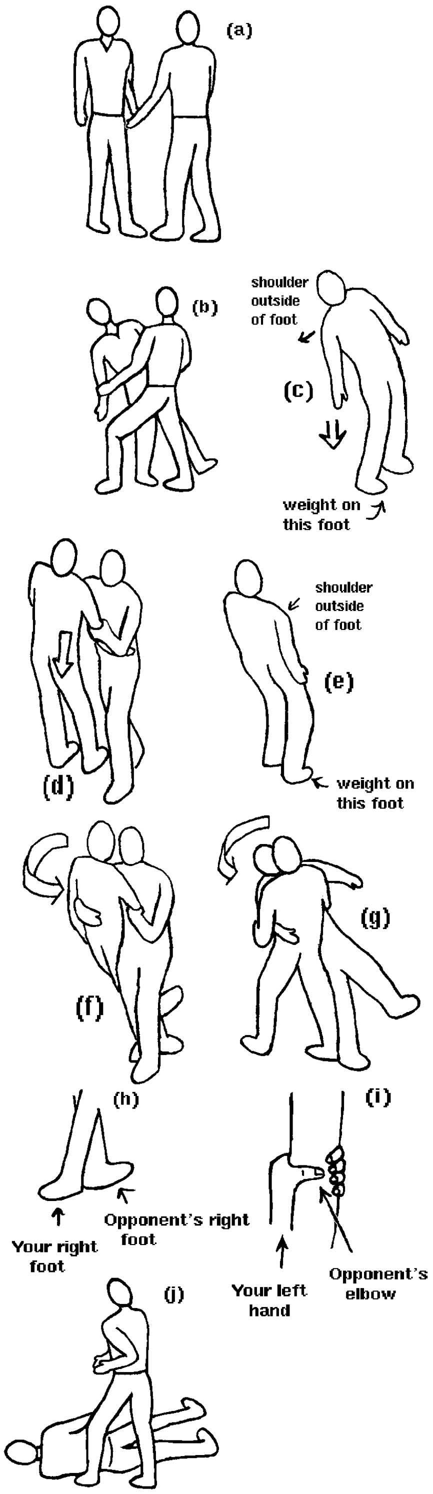
Osoto Gari (Front) (Outer Reaping Throw)



With this throw, you pull your opponent off balance, putting all their weight on one foot, and then you "reap" that foot with your foot. In this beginner's version, you don't actually reap the foot, but rotate your hips and shoulders so that you opponent falls over your leg.

From a starting position (a), grab opponent at elbow (i) and step past opponent's right foot with your left foot (long narrow front stance) (b). As you step, pull opponent's arm back (as far as they are concerned) and down (c). (The objective is to move their shoulder. Their arm is the handle that you use to do that.) At this point 80% of opponent's weight should be on or outside of their right leg. *Note: (d) and (e) show the reverse camera angle of (b) and (c), respectively.*

At this point, they are off balance and unless they move their feet you could drop them just by continuing the pull. The throw will take their right shoulder and put it where their right foot was.

Now, to guarantee that they don't move their foot, step forward with your right foot placing your heel behind opponent's (f,g,h). As you do this, hook your right hand under opponent's left armpit as far as it will go (f,g). Now wrap them and sqeeze them to you by pulling with the left and squeezing with your right biceps. This continues the action of pulling them over their right foot.

Now simply rotate your hips and shoulders (keeping your head up) and opponent will drop in front of you. If this is done right and quickly, opponent's feet will actually flip into the air, their body horizontal before they slam into the ground.

When taking this throw, beginners should just sit down. Do not put your hand or elbow out to catch yourself. Simply do the sit down fall that we practice at the beginning of every class.

Several useful details:

- Ideally, your stance should be a long narrow front stance (in pictures (b) and (d)) with your left foot beyond opponent's right foot. This allows you to pull down on their arm ((c) and (i)) pulling them off balance. This stance is strong front to back rather than side to side.

- You should step into this with one step (say as you block). However, with some setups you may need to take a shuffle step to get beyond opponent's right foot. Make sure you keep one foot on the ground at all times. This way you maintain your balance while trying to pull opponent off of theirs.

- No matter how you lead in, you want to use your weight to pull their shoulder down and thus disrupt their balance. The stance is just a trick to get you into position to do this. The key is getting all of their weight on one foot with their back bent (c) & (e).

  A very good way to do this is to use your left arm pit to grip their elbow. Then as you step forward with the left foot, sit down in the stance (i.e. bend your knees). This will drop their shoulder as your weight drops.

  Another good way to accomplish this is by closing up the space between your and your opponent's bodies. You do this by pulling with your left arm and squeezing your right biceps. The less space between you, the more efficient the technique. The squeezing keeps increasing as you perform the technique. It is important to reach as far as possible with your right arm. Also, it is important to try not to shove with your right shoulder. They are strong in this direction. Squeeze them to your side.

  Doing either of these on their own will help the throw. Doing both together will dramatically improve the throw.

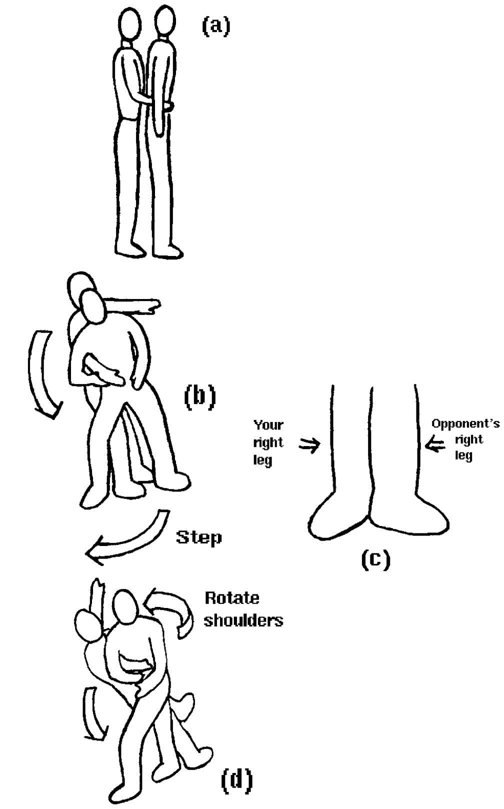
- Don't stretch your body up for your opponent. Pull them down to you. If opponent is significantly taller than you, you can throw your right arm across their neck and pull down from there. Obviously, you can make this reach a strike.

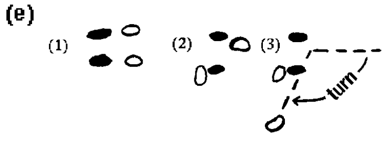
- Keep your head up as you rotate. *Do not* bend to put opponent down. If you drop your weight, do it by dropping your stance.

- Note that many of the above statements can be summarized by stating that body position is of great importance in executing a throw. Once you are in the right position, the throw is easy. If you are in the wrong position, the throw is hard. Many of the details in doing a throw are simply adjustments to get you into the right position.

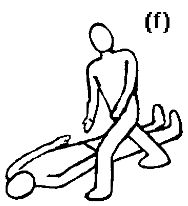
- Something that comes along with good position is good balance. A fundamental principle of Jujitsu is that whatever you do, do not give up your balance in an attempt to do a throw. You do a throw by making your opponent give up their balance.

Osoto Gari (Back)





Steps for rear Osoto Gari:
(1) Starting position.
(2) Foot position for (b) & (c).
(3) Step between 1/4 and 1/2 turn (d).



The same basic principles hold if opponent is behind you: trap the arm, trap the foot, put opponent's weight on their right foot and step & twist to drop opponent. As with the front throw, the objective is to drop them in place rather than to throw them a long distance.

Opponent is grasping from behind (a). Reach up with right hand and trap opponent's arm. Make this snug so that their shoulders are pinned to yours.

Now, step behind their right foot with your right foot (b,c) into a short back stance. The purpose here is to *sit* on your opponent's thigh, forcing them to drop slightly.

At the same time lean your head and shoulder as if you were trying to put your right ear on opponent's shoulder. From here, it helps to look down at the spot where your foot and their's are in contact (c). This helps force their shoulder down as you step to do the throw (b).

As you lean, you break opponent's balance by pulling their weight outside of their right foot. By having your foot behind theirs, they cannot re-establish balance by moving their foot. Their body is in the same off balance position as in the front osoto gari, but you have them glued to your back rather than your front.

Now, step with your left foot (d) and rotate your shoulders counterclockwise (clockwise if you do this on your left side). If you were originally facing straight forward, your left foot should end up somewhere between a quarter and a half turn around a circle.

This step really pulls their weight off balance. The shoulder rotation is in the same direction as the front osoto gari and they will roll off your back to the ground (f).