

NEIL ADAMS: THE FOUR KEYS TO IMPROVING UCHI-MATA

<http://www.kokakids.co.uk/uchi-mata>

KEY 1: FEET The feet, says Neil, are important for setting up the line of the attack and keeping the body central. **Where is the support foot?** And is the support leg central? The child needs to be able to adjust their feet according to uke's stance.





KEY 2: HIPS

The next key area to check are the hips. Are the hips connecting before the child lifts their leg? **At what point on uke's body do the hips connect?** Hips should make contact with uke's body below uke's belt line – and before the leg is lifted.



KEY 3: HANDS

Both hands need to begin the technique. The sleeve hand controls and the lapel hand directs. Because children will often have problems with the direction hand (lapel hand) getting left behind, when Neil is coaching

he tells kids to leave their lapel grip over the back of uke's shoulder. What's important is that both hands must work together to direct the throw up and forward.



KEY 4: HEAD

It is the head that determines direction. Too far turned twists the body off balance and twist the throw out of shape. Where is tori looking when they throw? Is tori still looking at uke? Tori must, says Neil, look at the point where they want uke to land.



Neil Adams is demonstrating the throws using the Neil Adams Balance Mat which is available at his website effectivejudo.com

