

Passing The Guard

Is a very important skill to know, If you are to be able to finish a competition bout successfully

This exercise should be practised and attempted using both right and left sides and although at first the technique will not be smooth, the more you “drill” the technique the more natural it will become.



The move starts with Uke gripping Tori's waist with his legs hooking his feet together. Tori stops Uke gripping his jacket by pinning Uke's arms to the Mat . . .



Tori then moves his hands, one at a time, down Uke's body down to his belt (applying pressure to his stomach) Until both hands have a good grip on the belt



Tori then moves his left knee to one side of Uke's body to enable his right knee to push At the base of Uke's spine



At this point Uke should try to resist the breaking of his ankle grip, If the grip Is not broken, Tori can simply arch his back And forces Uke's grip to break open . .



When the grip has been broken, Tori (still maintaining pressure on Uke's stomach) Should release his left hand and collect Uke's Leg and move his left hand towards Uke's left Lapel, keeping the leg against the side of his head



At the same time as the last photo, Tori should with his right hand, grip Uke's left knee and drive the knee to the floor, this has the effect of giving the Uke two things to worry about. . .

This is a reverse angle shot of the previous photo , to show the pinning of the Uke's leg to the floor.



When Tori is happy with his positioning, He can drive forward taking Uke up onto his Shoulders, Uke will try to drive his right leg back down, to the floor. Tori by simply moving his head to the right can let Uke's foot . .

. . . Slip past his head as he moves round to the side of Uke and simply drops into a strong side four quarters hold



Once the Uke has been put into a side four quarters hold, the hold down can be consolidated and made stronger at Tori's own time.
This move should be attempted on both sides Right and Left , and should be

Tori – Sensei Robert Brown (2 nd Dan)
Uke - Sensei Peter Marsh (2 nd Dan)
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