



**2007**

**National Technical  
Conference**



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# A Study of Uchi-mata by Roy Inman OBE 8<sup>th</sup> Dan



## UCHI-MATA C.V.

### During my career

Attended 22 World Championships

Observed at 3

Coached at 17

Fought in 2 (Tokia waza was Uchi-mata)

Attended & Coached at 4 Olympic Games

Coached 7 World Champions

6 Olympic medallists.

All who had Uchi-mata in their repertoire or their main opponents did.

Different types and spin offs' this warranted a major study of this waza.

### My objective today

**REMIND**

**REINFORCE**

**RECOMMEND**

# UCHI-MATA = INNER THIGH



## EJU Level 4

**Coach Qualification module delivered at the University of Bath**

**This is the module that is presented in year 2 to aspiring EJU students, it is delivered on the mat as part of their planning and preparation course.**

**The concept being, that if or when a coach plans to introduce a waza into their players repertoire it requires a huge knowledge base of that waza by the coach**

# UCHI-MATA

**Used by all weight categories,  
both male & female.**

**Consistently one of the top 5  
scoring waza in world judo,  
since records began.**

**All coaches and players  
should make a study of a  
waza even if they don't intend  
to use it.**

**I can assure you that at  
sometime in your career you  
will have to deal with it!**



# **UCHI-MATA – THE WAZA**

**For Uchi-mata to be successful requires the following elements in this order**

**The Grip**

**Kuzushi**

**The Entry**

**The Lift**

**The Direction of Rotation**

# Major coaching points for a 'direct attack'

**Posture evaluation**

**Kuzushi**

**Entry to chest body contact & hip placement.**

**Is it to be a Ashi-waza or a Koshi-waza  
placement?**

**Support foot correctly placed (and action on  
toes)?**

**Sweeping leg action and head action  
(flexibility)**

**Lifting & body rotation action**

# **Kumikata (Grips) for Uchi-mata**

## **Grip dictates waza**

**High Collar - Low sleeve**

**Middle lapel - Low sleeve**

**Rear hip - Low sleeve**

**Cross grip lapel - Low sleeve**

**One lapel (under arm pit) - Low sleeve same side**

**Obi - with one sleeve same side**

**Double lapel**

**2 sleeve - Soto tricep & Low sleeve**

**2 sleeve - push across**

# Entry (Uchi-komi drills)

**High collar (HC)**

**Shia entries and Kuzushi direct attacks**

**2 step (all not including sweeping action)**

**1 step (hop)**

**1 step foot displacement**

**1 step back leg swing**

**1 step away**

**1 step (wrong way) circle spin**

**Pull round to sweeping leg (Nage-No-Kata style )**

# **Kuzushi-Wazas for Uchi-mata**

**Tori Push away ( use Ukes' reaction)**

**Tori pull down & towards**

**Tori step away**

**Wrong leg, weight transfer**

**Using Renzoku-waza /Renraku-waza**

**(direction same and opposite),**

**(similar reactions by Uke)**

# **Renzoku/Renraku-Waza Combination Techniques**

## **Principles of R&R**

**Every action will produce a reaction**

**Uke's reaction tends to achieve the Kuzushi element**

**3 Identifiable action's which can create Kuzushi:**

**The Feint**

**Body Contact**

**Time phase**

# The R&R Wazas to Uchi-mata

- Ouchi-gake to Uchi-mata ken ken (to hop)
- Ko-uchi-gari to Uchi-mata (normally feint)
- Tia-otoshi to Uchi-mata (contact)
- Tia-otoshi (wrong leg stab) contact
- Kosoto-gari to Uchi-mata (feint)
- Hiza-guruma to Uchi-mata (feint)
- O-soto-gake to Uchi-mata (feint)
- O-guruma to Uchi-mata
- O-uchi-gake to soto-ude-makikomi Uchi-mata

# **Renzoku/Renraku Waza from Uchi-mata**

Uchi-mata to Kouchi-gari/gake

Uchi-mata to Hiza O-uchi-gake

Uchi-mata to Ne-dan Kosoto-gari

Uchi-mata to Tani-otoshi

Uchi-mata to Sume-geashi

Uchi-mata to Soto-ashi-dori-

Uchi-mata to Seoi-nage

A Triple, R&R

Uchi-mata-to O-uchi-gake to Mea Uranage

# Keashi-Wazas (counters) to Uchimata

## Principles of counters

Lack of Kuzushi

The Traps (set ups)

Spontaneous action, Uke reacts to lack of Kuzushi (a muscle memory reaction)

Kill the power arm – grip counter tactic

## Avoidance examples

(1) Sukashi (2) Tai-otoshi (3) Uke goshi (4) Uchi-mata

## The Block

(1) Te-guruma (tricep) (2) Sukuri-nage (3) Tani-otoshi  
(4) Hiza-uranage

# Hip & leg Flexibility example for a Uchi-mata



## Example Shown

Both Players approx 130 kg

White is attacking – Blue is attempting a Sukashi counter

## Coaching Points

Whites' chest contact control with  
Obi grip

Whites' low sleeve wrap around  
Lifting Action

Whites' full support leg extension  
(on toes)

Whites' heel and head, parallel

# VIDEO OF EXAMPLES OF COACHING POINTS

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