

## Straight over falls class Golden Sage Martial Arts 4-10-2023

### **Taking a safe a straight over flat fall**

One practical application for a forward hip throw is that uke acts as if they are startled and they straighten up their back while looking up. Tori can set up Kazushi on Uke with a strike or a slight push to get them resist to lean forward for the forward hip throw. Looking up good. After fall you are looking up at uke's eyes.

Uke, by squaring up your shoulders while keeping your legs straight and looking up for a straight over fall is counter is challenging if you know what throw is coming. You know you are going to take a right-handed fall and you may be apprehensive. This makes the fall into a side fall while you slip off Tori's hip falling to your left side (while looking for the mat). Uke's right hand, their right elbow or right shoulder may become injured. This is called reaching for the mat. Looking down bad. Looking for the mat is reaching for the mat.

### **Reaching for the mat**

Uke may bend over at the waist and turn their shoulders, so their right shoulder and right hand-arm is closer to the mat. Uke may think that they need to do this if Tori does not place their hip through for them to pivot around.

### **Uke exercises for taking safer straight over flat falls**

Jujitsu Roll with shoulders square to the direction of the roll with a right unbendable arm



Uke keeps their shoulders square in the direction the roll. Uke to comes up to the ball of their right foot then kicks their left straight leg up and over for a right-handed Jujitsu roll. Rolling down the knife edge. If a student learns this roll leading with their right shoulder like a traditional Judo spear roll, they will lead with their right shoulder into a Judo side fall later.

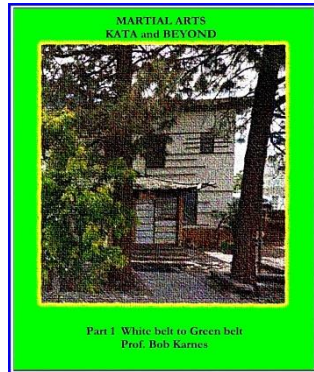
**For Prof. Bobasan video of these arts (warts and all)**

[https://www.youtube.com/watch?v=nlotKZif\\_aU](https://www.youtube.com/watch?v=nlotKZif_aU)

## Uke Exercise

From the Golden Sage Martial Arts Kata Manual  
**MARTIAL ARTS KATA AND BEYOND Part 1**  
White Belt to Green Belt  
By Professor Bob Karnes

Free PDF at [www.bobasan.net](http://www.bobasan.net) on the Bob's Books and Manual Page



### Right-handed Flat Fall and Straight over Exercise “The Floating World”

Ideally this exercise is taught before the new student takes their first hip throw (Ogoshi). Starting hands position (#1). The student's hands are palms up, as if carrying two heavy balls. As you turn your hands palms down, pretend that you are throwing two heavy balls down and behind you. Look up at the ceiling with your straight left leg back while coming up off your right heel onto the ball of your right foot. This practice should cause your right foot to lighten on the mat and slide back a few inches. In picture (#4), The kicking leg is straight, and the toes pointed. As you look up, keep your back straight and kick out the straight left leg with your toes pointed. This provides a lift by locking the hip. If you bend at the waist with the kicking leg heel first, your head is closer to the mat and the fall will become more dangerous. You will not be able to swing your arms or bring our left leg up when being thrown but the feeling of freeing yourself from the mat is what you seek.

**Look up back straight fall light bend over and look down fall hard.**



### Flat Fall Practice 1



Beginning flat fall, go up to shoulder stand, then at the same time down to Kiai. Slap and fall.

### Flat Fall Practice with two 2 people



Have your partner position for your support on their hands and knees. Hook your arm around their waist (from the bottom). Kick over with both legs straight. Tuck your head under Uke and take your flat fall.

### Right-Handed Elbow Stand Practice



With your right forearm on the mat, your right bicep next to your right ear, and your left hand pointing in the direction of the roll, look at the wall in front of you as much as possible. Kick your straight left leg upward with your toes pointed. The ball of your right foot is as close as possible to your forearm base. After the left leg kick, spring up with your right leg to meet your straight left leg at the top. Bring the ball of your right foot softly back down to the mat, close to your forearm base of support. Repeat this movement until you can relax during this exercise.

### Right-Handed Flat Fall from Elbow Stand



#4



#3



#2



#1

In order right to left This description is for a right-handed flat fall:

Keeping your back arched, exhale all your breath out during the fall and Kiai just before and during impact with the mat. As you land, slap the mat with your left cupped hand. Your left leg should bend, and your right knee should be bent with your right knee pointing up. The ball of your right foot briefly touches a few inches past your bent lower left leg and rebounds back.

**Advanced Flat Falls from Hand Stand Flat Fall, One-handed Sutemi, One-finger Sutemi and Straight Over Flat Fall should be taught by your Sensei or by their designate.**

### Juno Kata



Balance Uke as shown then put them back to their feet or continue to complete the throw. You should also be able to throw in slow motion.

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## How Tori can facilitate Uke to take a good Straight Over Flat Fall

For video of Prof. LaGue teaching Nage go to this link

<https://youtu.be/ndZKySwT0xQ>

Tori can line up properly, so their hip is slightly to the outside of Uke's right hip. Tori's right foot is to the outside and slightly forward of Uke's right foot.

