

## Go-No-Sen (Kata of counters)

'Opportunity remains a moment and flies away. You think that the moment has come to apply your tricks, but you often find it too late. If you would therefore seize a good opportunity, you must be ready to seize it practically before it appears, and apply your tricks, anticipating the chance. In order to do so, your eyes alone are not enough. You must rely on the sense of your muscles. For instance, acting by go-no-sen, it is the work of a moment to change failure into success.' *Sakujiro Yokoyama and Eisuke Oshima.*

| M.Kawashi's format   |           |  |    | BJA format    |           |                       |
|----------------------|-----------|--|----|---------------|-----------|-----------------------|
| Osoto-gari           | <i>by</i> | Osoto-gari   | 1  | Osoto-gari    | <i>by</i> | Osoto-gari            |
| Hiza-guruma          | <i>by</i> | Hiza-guruma  | 2  | Hiza-guruma   | <i>by</i> | Hiza-guruma           |
| Ouchi-gari           | <i>by</i> | Tomoe-nage <i>or</i><br>Okuri-ashi-barai                   | 3  | Ouchi-gari    | <i>by</i> | De-ashi-barai         |
| De-ashi-barai        | <i>by</i> | Tsubami-gaeshi   | 4  | De-ashi-barai | <i>by</i> | De-ashi-barai         |
| Kosoto-gake          | <i>by</i> | Tai-otoshi<br><i>or</i> uchi-mata                          | 5  | Kosoto-gake   | <i>by</i> | Tai-otoshi            |
| Kouchi-gari          | <i>by</i> | Sasae-tsuri-komi-ashi<br><i>or</i> Hiza-guruma             | 6  | Kouchi-gari   | <i>by</i> | Sasae tsuri-komi-ashi |
| Kubi-nage            | <i>by</i> | Ushiro-goshi   | 7  | Kubi-nage     | <i>by</i> | Ushiro-goshi          |
| Koshi-guruma         | <i>by</i> | Uki-goshi  | 8  | Koshi-gurum-  | <i>by</i> | Uki-goshi             |
| Hane-goshi           | <i>by</i> | Sasae-tsuri-komi-ashi                                      | 9  | Hane-goshi    | <i>by</i> | Sasae-tsuri-komi-ashi |
| Harai-goshi          | <i>by</i> | Utsuri-goshi   | 10 | Harai-goshi   | <i>by</i> | Utsuri-goshi          |
| uchi-mata            | <i>by</i> | Te-guruma <i>or</i><br>komata-sukui                        | 11 | uchi-mata     | <i>by</i> | Sukui-nage            |
| Ippon-seoi -<br>nage | <i>by</i> | Yoko-wakare <i>or</i><br>Sumi-gaeshi <i>or</i><br>Uki-waza | 12 | Kata-seoi     | <i>by</i> | Sumi-gaeshi           |
|                      |           |  |    |               |           |                       |