

Metadata: <https://www.youtube.com/watch?v=v6NWiUyilol>

What's going on guys, today I've got my boy Daniel with me and we're just going to look at how to do the Taniyotoshi and so it's got a weird judo name but it's just like a leg trip and I want to show this because one of my students got injured when someone else did the move on her. So I just want to show like a proper way to do it so you guys don't get hurt because no one wants to get hurt in training, you've got to sit out right, so the Taniyotoshi is when you can do it from the front but I like to show it from behind and so once I get behind a person either from shooting or maybe they sprawled or I sprawled and took their back, I can either control around the hips or with one of the arms and whenever I'm going to do the Taniyotoshi I always need to position myself so that he can fall without falling on top of me. You never want to throw someone on top of yourself and so I'm going to step on the same line as his foot, his near side foot, and look my far side leg is going to go outstretched. If you're tall just stretch it out as far as you can, if you're shorter try to meet that second leg. And look I want to keep my knee straight, I don't want to bend my leg to see my inner knee. Alright, let me just turn the angle so you can see. So again, so I'm staying on the same plane and look my far side leg is going to go out and I want to sit away from him. And so the girl she got injured because I just don't keep her knee, she sat on her knee. So I want to make sure my body is positioned so that when he falls there's nothing in the way. So I'm here, again leg on the same plane, far side leg goes out and look I'm just going to sit. As I sit, look how I close up my leg, I'm not falling over. It's a very controlled sit. And now all I'm going to do is turn my hips, switching my base. One more time. Different angle. So I'm here, and again guys I don't want to throw him on top of myself. So I'm positioning my head and my body to one side and I'm taking him to the other side. So again, I'm here, throw him whatever you want, leg on the same plane, far side leg goes out, and I sit. My bottom hand I kind of keep open so I don't hurt myself. And look I switch my base. Okay. So that's the training I told you guys. Again I want you to be careful, don't get injured. A good way to practice this move without a partner, I step my leg out, other leg goes far, and I'm on my heel keeping my knee straight, and look I just pretend to sit down in an imaginary chair. So I sit down, and I take the person over, and look how I'm in this very strong position, and then I turn my hips over. Alright. So guys that's the Tanyo Toshi, please give it a try.