



## **IPPON JUDO**

### **'A working definition'**

Ippon Judo has its foundation in the idea that every judoka should strive for excellence in every thing he or she does and to be the very best that he or she can be.

The score of 'IPPON' recognises that the technique performed has achieved a standard of excellence which can only arise when one is in control of oneself and ones opponent.

IPPON JUDO stresses the need for judoka to study all aspects of judo rather than the small percentage necessary for speedy early results.

The concept stretches across the entire study of judo, whether one is studying contest, kata or the theory of judo.

Such a standard of excellence is achieved only by good strong posture and balance, effective gripping, sound technical skills, flexibility, determination and stamina. Contest and disciplined training are required to reach this level.

An open mind is essential as a desire to learn and study. A willingness to examine critically ones own judo and be prepared to accept weakness in oneself (and acknowledge strengths) is important.

For coaches, IPPON judo requires that, within a supportive and constructive atmosphere, students are encouraged to strive for excellence rather than the 'quick fix' of success through grit and determination but without style and a sound technical basis. The Fundamental Principals of Judo Courses are designed specifically to develop and enhance 'IPPON JUDO' skills and serve as a useful starting point for those seeking to study this concept in more detail.