

IPPON

Commitment

- ◆ Will involve a journey / study
- ◆ No quick fixes or easy answers
- ◆ Be guided as to development and when to progress to more complex techniques.

Control and develop yourself

- ◆ Aim for good posture
- ◆ Stand straight
- ◆ Maintain good balance
- ◆ Smooth movement
- ◆ Throw off 2 feet (as starting point)
- ◆ Be good / supportive
(not too easy or too tough)
- ◆ Use Uchikomi / Randori

Control your opponent

- ◆ Good / Effective gripping
- ◆ Basic Grip as starting point with control.
- ◆ Break balance “action-reaction” as starting point.
- ◆ Don't land on opponent.

JUDO

Speed and efficiency

- Small movements
- Short actions
- Controlled movements
- ♦ Timing
- ♦ Use of linkages

Accuracy

- ♦ Aim for spot + hit target
- ♦ Focus

Energy

- ♦ Dynamic
- ♦ Speed + Body
- ♦ Movement
- ♦ Movement creates force

techniques.

- ◆ Use Uchikomi / Randori with open mind + humility
- ◆ Control yourself when throwing stay standing.

Determination

- ◆ Not settle for poor technique
- ◆ Aim for stylish judo
- ◆ Look for GOOD techniques to use.

Intelligen

- ◆ Judo is a study
- ◆ Involves strate
- ◆ Involves Psych
- ◆ Skills develop
- ◆ Subtlety /soph develop

Open Judo

Simplicity

- ◆ Need strong core skills
- ◆ Build on core skills
- ◆ Build brick-by-brick
- ◆ Teach “portable” skills
- ◆ Avoid dangerous impractical technique.

