



The Judo Compass



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To thine own self be true...

Ever have a throw work so perfectly it's beyond belief, gives you a feeling of unworldly wonder? What has that to do with a quote from Shakespeare? What has this to do with judo? It has to do with why we grab others by the judogi and toss each other around, a truly odd activity, given some thought.

There's more to this Shakespearean quote, a small part of Polonius' advice to Laertes, in *Hamlet*. It's popular enough to have become a cliché, of sorts. It is very judo related, and not in a clichéd manner. The focus of this *Compass* is all wrapped up in an interview with James Bregman, the first USA judoka to win a medal in the Olympics in Tokyo in 1964, the first time judo was in the games.

Bregman's Olympic bronze is his most historically significant victory, but he won many other major events; and beyond this, has been a leader in judo and judo principles advocate for his entire judo career, to this day. In part of his interview with *Judoinfo.com*, he says, ... there is a dynamic in this universe that science is not able to explain. Once you have tapped into that cosmic consciousness, you know it's there. You can't figure out how you got there and you can't replicate it all of the time, but in those cases where you are doing a physical or intellectual activity and that electricity gets plugged in, you're not doing it anymore, you're in a higher zone. Different people call that different things, but you're not doing it.

The rest of the message, pragmatic, mundane, and thoughts by which to set your judo compass, are in the total interview.

<http://judoinfo.com/bregman.htm>



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