

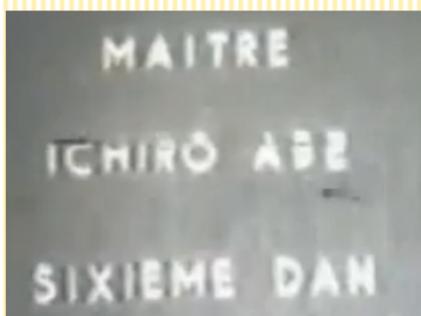
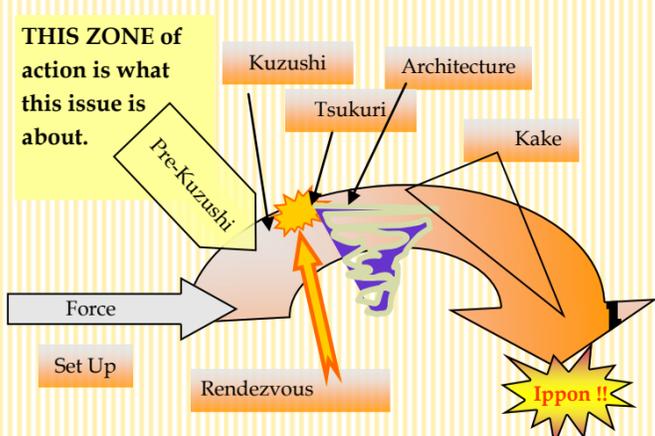


# The Judo Compass

February, 2011



## Thinking Inside the Box - Part 3 of 3



Movie title from the actual movie clip

In order to appreciate the concept above, from January's Compass, it helps to see the principle in action. Then sixth dan and now tenth *dan* Ichiro Abe [ *ah-bay* ], in an old black and white movie, demonstrates the entire *gokyo no waza*. Some *waza* are demonstrated more than once, and also in slow motion. His fluidity and finesse are a thing of beauty. Abe's primary, pre-kuzushi action compels uke to commit to a move from which there is no retreat, no defense. A counter against Abe at this point cannot happen, since uke is completely at the mercy of the motion in progress; his own motion, as well as Abe's.

The stills herein are only to give you a glimpse of what to watch for when you look at the techniques in action.

This is not all as self-evident as one might at first think. *Tai otoshi* done just as the right foot is planting is too soon, but commonly attempted. The left foot coming forward is the *kuzushi* moment. It does not become upraised because *tori* pull; *tori* pulls when it begins to raise itself.

*Osoto gari* also awaits the left foot release. Done sooner results in the reaper lifting up uke's right leg, not sweeping uke up, which although often demonstrated is rarely, if ever, done by the highest level practitioners, and especially those who use it as a *tokui waza* in contest.

*Ko-uchi gari* against an already firmly planted foot requires a level of force that is not judo-like, although it might work if done as a *gake*, a hooking attack rather than a reaping one. Instead, it is done just before the right foot is securely on the ground. Abe's attack only begins once that foot has gone past half-way.

Migi (right) Tai-Otoshi = Uke's right foot is planted, left foot moves. See: <http://www.youtube.com/watch?v=0dYezekEDg&feature=related> Ichiro Abe, Part 1 - At approx. 4 minutes, 7 seconds in



Migu Osoto Gari = Uke's right foot is planted, left foot moves. At approx. 1min 48 seconds in.

Migu Ko Uchi Gari = Uke's right foot is about to plant.



At approx. 3 min 24 seconds in.

## Further Thoughts

1. As often as possible, learn (teach) throws as they apply to the movement that makes them possible; not static, but in motion.
2. Do your *Nage Komi* with attention to the related opportunity movement.
3. The "pull" of *kuzushi* happens during the setting up, not to create it. It never happens without that flow in progress. This accounts for the fluidity of impressive throws - Such as Abe's.
4. The *tai otoshi* and *ko-uchi* examples were chosen because they happen at opposite times for the same step, relative to what is moving where. Yet, these techniques are often attempted during those opposite times.
5. If you get hooked on watching more of the Abe demonstrations, make note of the amount of circular action, and also Abe's synchronization of his movement as he blends it into the moment of opportunity.

**Judo in Daily Life Insert:** Relative to the last three issues, with judo's two principles in mind... When are the best times, and when are the worst times to ask for a favor? And what are some "pre-kuzushi" things a person can do to best assure the favor will be granted?

**Which of these has the better pre-kuzushi?**

- Can I ask you a favor? (*Oh, oh! What's the catch? I'm on my guard.*)

*Versus*

- I've got a problem, and I need your help. (*Oh, can I be of assistance? Perhaps I'll kindly do it. What is it?*)

"Problem" can be other synonyms, except "issue". See if you can think of a couple.

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