



The Judo Compass

January 2011



In memory of George Harris, *kudan*, Olympian, and life champion.

http://www.judoinside.com/uk/?factfile/view/9947/george_harris [http://en.wikipedia.org/wiki/George_Harris_\(judoka\)](http://en.wikipedia.org/wiki/George_Harris_(judoka))

Competence - Thinking Inside the Box Part II

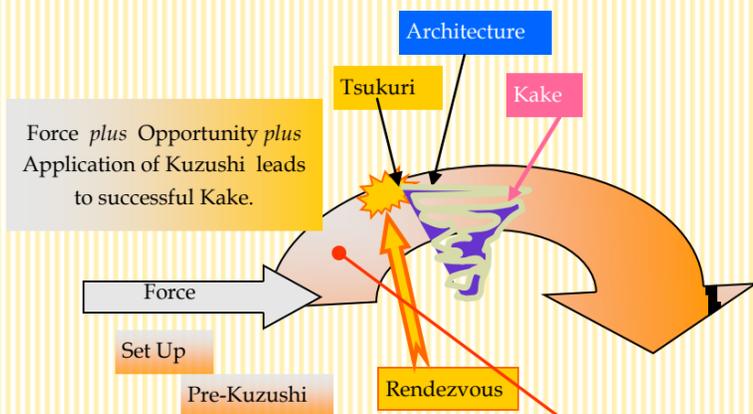
The Moment of Truth and Success (Hidden below)

U - I <i>Unconsciously Incompetent</i>	At this point you are unaware - you don't know what you don't know.
C - I <i>Consciously Incompetent</i>	Now you are aware of something you need to change or learn. Now you do know what you don't know.
C - C <i>Consciously Competent</i>	You have learned how to do something, but you have to be very deliberate and conscious that you are using the new behavior or skill.
U - C <i>Unconsciously Competent</i>	You are so competent at the skill or behavior, you're not even conscious that you are doing it.



- Discover the Skill
- Learn the Skill
- Learn the Drill
- Do the Drill
- Apply the Drill
- UCHI KOMI**
- Apply the Drill
- NAGE KOMI**
- Randomly Apply the Skill**
- RANDORI**
- SHIAI**

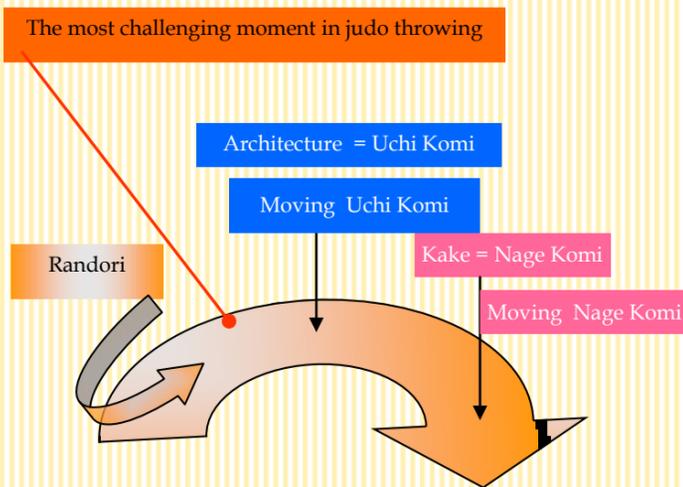
Apply skills to seemingly random action, while actually imposing your order upon it.



In the seemingly random activity of randori, there is a golden moment. It is *chance, opportunity, possibility, opening...* It is the essence of judo. It is where momentum blends with *kuzushi*, and becomes *tsukuri*, then becomes the *kake* of our dreams. Most judoka have had that "perfect throw" happen. The wonderment is why it can't simply be repeated, now that it has happened once. It would seem to be a simple matter of attempting the throw again exactly the same way. But no. It is not to be. What goes unrealized is that doing it the same way isn't the path to success. It is doing it during the same circumstances that is the elusive and missing ingredient. It is doing it the same *when*.

Here is the critical area for throwing success, since all judo throws are sequential. Force is any movement, including uke's "natural" walking. The critical Rendezvous moment, when application of kuzushi meets fitting of the body, requires timing based upon Opportunity. This can be initiated by either uke, tori, (technically, both).

As regards competence levels, this is the area where the greatest challenge to conscious competence occurs. Unconscious competence acquired from trial and error and somehow "getting it", is a blessing to few and a curse to the many.



It is possible the underlying most important purpose of randori is about two learning tasks.

Working on creating opportunity & sensing opportunity. Ask yourself:

- How can I get everybody to step where and when I want them to so that I can apply my techniques?
- How can I feel uke's movement and rhythm that tells me the chance is coming, and respond reflexively?

ANSWER: Be consciously competent by being constantly aware of the objectives.

The *Judo Compass* is conceived, written and sent by Tom Crone. www.northstarjudo.com
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INCLUDES: Judo Principles, Special Exercises, Falling Skills, Postures & Motion Management, O-Goshi, Okuri-Ashi-Beruri, Ippon & Mawate Seomage, Seat-Otoshi, Tai-Otoshi, Uchi-Waza, Zo-Uchi-Gari, Uchi-Goshi, O-Soto-Gari, Kaito Gatame, Kaito Gatame, Miya Gatame, Kamishiro Gatame, Tokushiro Gatame, Bell Nelson, Half Nelson, Quarter Nelson, Tsuzumura Turnover, Okuri Eri Jime, Juji Gatame