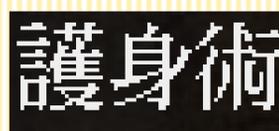


## Street Mental Judo – Part I



### Street Mental Judo

I teach a class I call “Street Judo”. It’s judo and jujutsu. It includes what you’d expect; some old Samurai jujutsu to lots of fun with Goshin Jutsu and Kime no Kata.

Since the term “Verbal Judo” has been used, I’ve decided to apply “Street Mental Judo” to my thoughts about “social judo” along this path. Also, since all judo works on the street, why would not all judo work in mental judo in daily life?

First, street judo. Street Judo wazas have a few basic “rules” of survival. It occurred to me that Street Mental Judo could use the same rules, and that would make it both highly effective and take it beyond the realm of only verbal judo.

Five Street Rules:

1. Avoid initial attack and capture / control momentum.
  - ◆ If you can’t get hit and you can’t get grabbed, you’ve won the initial phase of the battle.
  - ◆ This is vitally important, since the initial moments of the encounter determine the outcome, in most cases. Although recovery is often possible, but usually only once.
2. Capture momentum...
3. ... and leverage and direct it to your advantage.
4. Immediately conclude the encounter.
  - ◆ Use the degree of severity needed.
  - ◆ Sometimes, no severity is required, simply total control of the situation.
5. There are a limited number of contrary situations / attacks. Therefore, practice applying skills to each will give you an advantage.

Most attackers are accustomed to doing what they do, but not accustomed to judo-like responses. Their attack can be your automatic advantage, *if* you have practiced responses.

#### A Judo Example From Goshin Jutsu

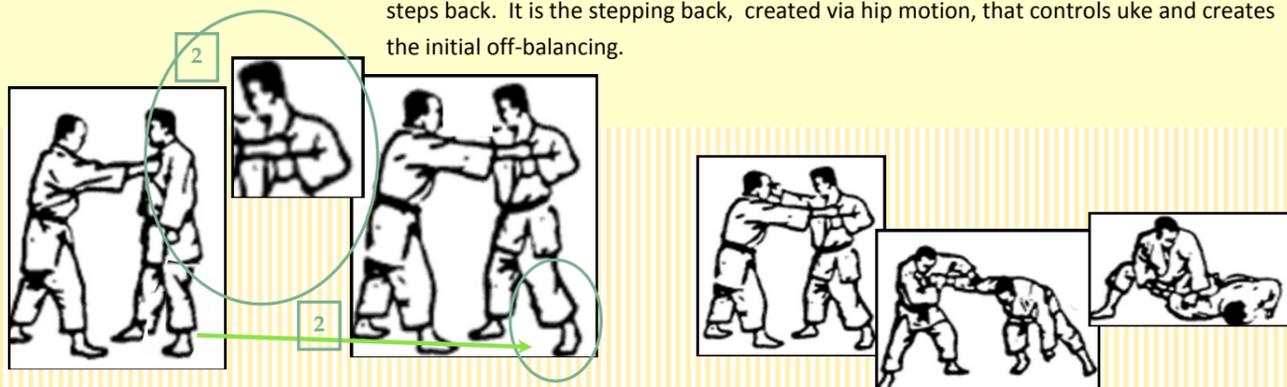
Judo’s *Goshin Jutsu* is a study that applies the above concepts. Initial acquaintance with it might give the impression that it is no more than a series of various attacks and responses, done by people in judogi. Not so. Regardless, the point here is not that one should immediately invest effort in *Goshin Jutsu*, although that’s not a bad idea. The point is that judo does have a response to modern assault and defense scenarios, and that the response is in concert with the five street rules, and that they all apply to mental street judo.

Below, illustration taken from the [www.judoinfo.com](http://www.judoinfo.com) web page, and modified for this example, is the second move of Goshin, *Hidari eri dori*, Left collar grab. It is numbered corresponding to the above Street Judo requisites. Goshin is subtle and technical, and the fine points within the larger movements abound. However, here we are looking at the larger picture—That is, details about such things as securing uke’s hand, the correct way to rotate uke’s elbow, how to secure and apply the final lock, are not considered here.

**Street 1 & 2**— This involves the larger of the illustrations below. The rest will be in parts to follow.

Uke grabs tori’s left collar, and tori grabs the collar below uke’s grip and pulls it, simultaneously stepping back with the same side foot. It is important that uke does not grab tori’s wrist. Why? Because the battle is not going to take place at the point of initial attack, and tori does not want to create or direct attention there. The collar pull is just enough to subtly make uke want to grasp even more strongly.

If uke wants to let go, uke might; but, uke is on task and his own intent will compel him to self-off-balance, as tori next steps back. It is the stepping back, created via hip motion, that controls uke and creates the initial off-balancing.



### Dojo Judo

Now, apply various applications of this to randori, *not* necessarily this armlock, *per se*, but the concepts as they create a situation for you to apply some other specific throw. In a so-called grip fighting scenario, why work to force someone’s grip from your lapel, when you can use it to compel them to step in the direction you want?

For fun, you might have some adventure by doing the Goshin Jutsu, or at least the first couple of moves. <http://www.youtube.com/watch?v=RRuShMdNSnM> YouTube has the Kodokan version, and at 53 seconds into this one, you will see this technique in specific detail.

### Street Mental Judo (Or: Another version of no-gi judo)

Next, take this concept and see if you can compare it to interpersonal relationships and related communications endeavors. See how it relates to winning negotiations, responding to verbal challenges, and subtly directing amicable conversation.

***Avoid, capture momentum, leverage to advantage, conclude with needed intensity.***

The *Judo Compass* is conceived, written and sent by Tom Crone. [www.northstarjudo.com](http://www.northstarjudo.com)

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