



## Inner Secret Revealed

### Judo Inner Secret Revealed - Free! -

Yes! This closely guarded secret to increasing your judo skills, making your throwing and matwork amazingly more dynamic, is yours for free.

Even more amazing ... judo players have been using it incorrectly for years. This secret has been cleverly hidden in plain sight, but now, for the first time, it is revealed.

More amazing still ... People won't believe it, so only those who do will gain its power and dominate others who do not.

Here it is!

The secret is!

that the first letter of the missing word is a....?

What if...? You read further into the book, and the gist of the information is as follows.

Kata can and should be a method by which you improve your randori and, if desired, shiai skills. Learned in the manner of their original intent, they will. Ignored,



as they mostly are, a major skill enhancement tool is cast aside.

Pressed between the pages of a rare and old and weathered judo book by a legend judo master, you find this old newspaper add.

Perhaps it was the original ad for the book you now hold. But no, it can't be, because the book in your hands is titled, *Randori no Kata*.

No way can Nage no Kata and Katame no Kata be the hidden secret! Yet, it appears

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Kata competition makes no sense. Using its criteria when evaluating a kata performance as part of a rank testing is nonsensical. Learning kata to satisfy these sort of criteria is not useful. All this is especially true of the Randori no Kata, Nage and Katame. Let us consider Nage no Kata.

First, the judoka's typical training.

A throw is taught, with all its elements, and throwing it while moving is done. The student participates in step-in practice and throwing practice, and is soon involved in free practice. Some go on to tournaments. The cycle repeats, going back to Uchi Komi and Nage Komi.

What is missing is the study of the throw in a moving, controlled, repeated pattern, so that the applications can be replicated for better control of all dynamics. This is kata.

The kata's subtleties are not for the purpose of testing, are not necessarily what is standardized in today's current criteria, but are intended for the discovery and useful application of every element necessary for optimum results, an "Ippon" throw.

From the very onset of each kata, but in this case Nage, tori masters every aspect of movement of both tori and uke. The process of initial contact to final outcome is progressive, yet seamless. At each moment it can be "frozen" in time and put under the judoka's microscope and evaluated. Each move by tori has a specific purpose, is not just something that is "required" for examination or competition.

If, let us say, three sets of kata performers demonstrate, and their kata seem remarkably similar, it should be because they have all discovered the same principles and best applications, not because they are copying a preordained template, but because their experience had taught them the best options.

Of course, from the earliest Kano creation of the Randori no Kata, certain applications were already installed. The kata student not only learns them, but learns their purpose in the overall judo application context. In doing so, the three throws within each of the five *waza* representing sets, give all throws within these sets a better judo base.

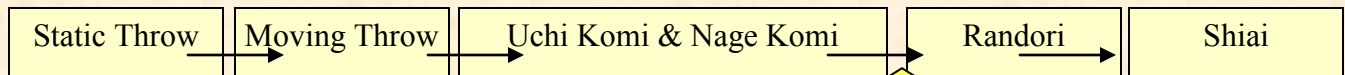
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You are shown a kata move, and you do it. It doesn't work very well. The sensei says, "What if you pull this way?" When you do, it works with less effort and better results. The sensei asks if you feel a bit awkward moving into the throw, and you do. "Perhaps you are not walking correctly," the sensei says, then walks away to allow you to work it out. You watch others who seem to be doing it better, you experiment, and you discover several things you can fix. And so it goes.

In the process, you create a kata that may or may not apply to the most recent and supposedly "correct" point maintaining rules, but definitely adheres to what makes judo work.

Such a kata would be very difficult to "judge", unless the judge took the role of uke, then tori, etc. This might tell us that kata was never intended to be a competition. The purpose of kata is to enhance your understanding and application of judo techniques.

For those who vigorously disdain kata, perhaps this approach will encourage a new perspective. For those who believe kata is for competition and testing under point deduction rules, this is blasphemy. For those who want to improve their judo skills,



this might be just the thing you've been hidden in plain sight, like an old newspaper between the pages of a forgotten text.

Nage and Katame no Kata

looking for, ad, pressed



Judo Compass is published by Tom Crone. If you wish to be removed from the list, simply respond with Remove Me in the subject. Previous issues can be found on [www.cronejudo.com](http://www.cronejudo.com)