



“... I created the term, *zenshu wa zenko ni shikazu*” (*attack is the best defense*), and I often advocate it to people. In practice, if you think only about winning from the start, you will never be able to do so. In order to develop the strength to win someday, you must be satisfied with practicing losing for a time. And even if you are at risk of losing, you must take the offensive, try various waza, and train hard. If you practice with this in mind, you will no longer practice using a stance that is fixed in one direction, or lower you hips and crouch forward in a defensive stance, as I see all too often these days.” *Jigoro Kano – Mind Over Muscle*

Yoda was wrong. It is not “There is no *try*. There is only *do*.” For us normal folk, *Try* is mostly what it is all about. If trying means you might fail, then fail, fail again. There is not one little secret detail to discover. You might have to become an unconscious competent for a long while before you become a conscious competent.

Some of my best throws became so after a single and seemingly accidental success. Here are some ways to trick yourself into making more attempts during randori.

- Count to a certain number (no more than ten) and try a throw. Keep on keeping on.
 - Try pushing or pulling the opposite direction of the throw you want to accomplish. Uke’s response is your trigger to go.
 - Jerk down, pull up, step in.
 - Add more foot attacks; for real, and as set-ups.
 - Do uchi-komi. Pick one throw and work it to death, practice after practice after practice. Then, another.

Common Mental Blocks to Overcome are:

- Stiff arms – I can’t get in. [ignore them]
- I’ll get countered. [So What?]
- I’ll never get it! [Not if you just stand there you won’t]
- Uke is better than I am. [Today, yes – Tomorrow ??]



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