



The New Magic Judo Mirror

Magicians practice in front of mirrors, and do so relentlessly, sometimes for hours on end. It is difficult to do a magic move or a judo throw and observe oneself well in a mirror. Then, along comes video-in-a-pocket. Magicians use video recording very much the same way as described below for judoka. When they do, their skill more quickly improves toward excellence that approaches, well... magic. Do you want to put magic into your judo? Here's how.

It's all about the tools. Today's wonderful technology has given us the pocket video recorder, and it's time to use it for doing something more useful than selfies. If you don't have one, a dojo buddy will.

1. Pick a technique that is one of your favorites.

A. Record yourself throwing a willing partner ten times from the front.

B. Record ten from the back corner, or whatever angle you think is most telling.

C. Find the weak areas and work on them for several workouts. You will not fix them in one, because these weaknesses will continue to gremlinize you, popping up again and again.

1. Get a sensei to watch the recording.

2. Ask uke what was experienced during each.

D. Re-do the series.

2. Once you have the throw 's needs under control, do the same video exercise in both random moving and in light randori.

3. Add a throw which you are endeavoring to learn, or one that is on the least favorite list.

Similar video exercises can be done with ne waza .

Eventually, with forbearance, you will devise the best video applications for you.

This is so simple, so easy, and so practical that everyone who wants to apply the maximum efficiency principle will give it a try.



The *Judo Compass* is conceived, written and sent by Tom Crone. www.northstarjudo.com

Previous issues archived: www.judominnesota.com To be taken off the mailing, simply reply and add REMOVE.