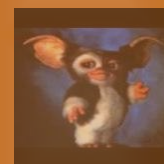




GREMLIN TAMING  
FOR JUDOKA

-PART TWO-

THE  
SEQUEL



### This Issue: Gremlins as PPNSRs & Gremlins in *Action*

Gremlins are of good use for you, both when you teach and train yourself or others. Gremlins are “Primal Psycho-Neural Synoptic Responses”. I just made that phrase up. Regardless, they do exist, deep within us, since forever. And they are PPNSRs. To say “I can’t get this,” or “No, you are doing that wrong,” or the sugar-coated rephrasing of the same thing, which never really passes muster masquerading as other than criticism, makes learning and wanting to continue very difficult.

It ain’t you, babe. It’s the Gremlin. Students can put Gremlins in the blender with some glee. They can do battle with those beasties with fierceness and valor. Nothing personal, Gremlin.

Shiai, kata presentation, and randori contain gremlins. Since they are the crucibles for our judo training, we are well advised to treat them as gremlin havens. There are two ways to do this which might bring excellent results.

- Have your sensei or a judoka of skill, watch you and critique you as if they were scouting you for another team or adversary. What weaknesses do you present that could create opportunity? Moreover, on the offense side, here is a thought I’ve long held but never before shared; What if... "The failure of my endeavor will not so much hinge on my vulnerability to attack, as on my attack's vulnerability."
- Video tape your endeavors and critique them, as well as have others do so.
- Do not let success mask the need for improvement. If your favorite techniques are the result of your have evolved them from the successful study of many, good. If they are your favorites because they stand in place of those many you aren’t so hot at... Gremlins at play! Gremlins prefer play to work. (Or, Minimum Efficiency through Minimum Effort)

Shiai after shiai, randori session after randori session, and one kata presentation to the next, you will see the same gremlins rear their snarly heads. (An aside of personal note: I believe gremlins fear kata most, due to its attention to detail and gremlin slaying, and they are relieved that so few take it for its true value.)



Kano’s input from Gremlins-1 remains applicable.

*“There were various reasons why I chose not to use the term ‘jujutsu’, which described what was ordinarily practiced, and instead employed the name ‘judo’. The main reason was that ‘do’ (way) is the major focus on what the Kodokan teaches, whereas ‘jutsu’ (skill) is incidental. I also wanted to make it clear that judo was a means of embarking on the do.” – Jigoro Kano*

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