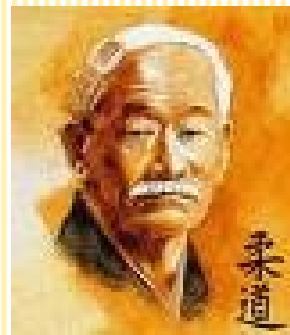


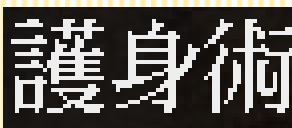


# The Judo Compass

October - 2011



## Street Mental Judo – Part II



### Street Mental Judo

This is a continuation of the September Issue. See way below re Archive.

#### Five Street Rules:

Previously :

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

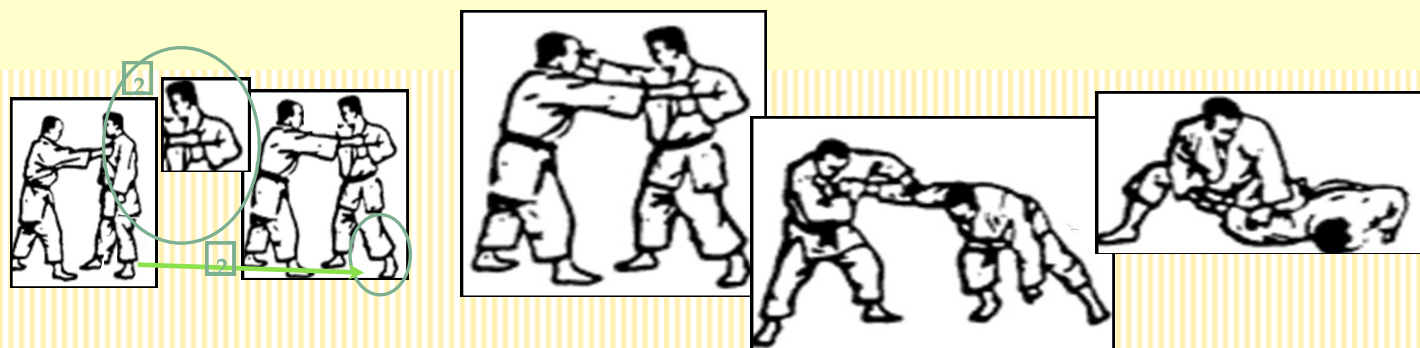
Judo's *Goshin Jutsu* is a study that applies the above concepts.

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. The Kodokan version is at: <http://www.youtube.com/watch?v=RRuShMdNSnM>

— Let's look at the conclusion, in the larger of the illustrations below.

After a strike to Uke's eyes, Tori applies an Ude Gatame and takes Uke at an angle forward and to Uke's right corner, all the while maintaining visual and physical control. In the last position, Uke's arm is somewhat "stacked", like fitted stove pipe, although the illustration is not clear. Tori's shin is pressing into Uke's scapula, maintaining final control.

We are at a critical point. Uke is not seriously injured at this juncture. Options remain in Tori's domain.



### Dojo Judo – Control and Ne Waza

Katame Waza, the techniques of grasping / holding, have in common the element of initial control. The judo of M. Kimura, as seen in many examples of Kosen Judo, show how an initial position of control is taken. Without it, the rest would be futile grabbing at hoped for positions. For instance, at the conclusion of all throws, it is an advantage to have maintained control of Uke's sleeve (or what has taken its place). From a strong final throwing position, with a good sleeve control, the next move, into whatever, can be a further application of a chain of control moves. Although in action they might seem like a flowing, unbroken Point A-to-Point X, there are stations of control all along the way. This is why practicing ne waza from a "going to the mat" scenario is often superior to just starting from some initial position already on the mat. For instance, Yamashita won many, many matches on the mat, utilizing his ne-waza combination of *okuri eri jime* to *Yokoshiho Gatame* (if needed). We all can do these simple, beginning judo moves. What did Yamashita do differently? A further important consideration is that there is a timed, sequential application strategy. As in Goshin Jutsu, if the first move doesn't succeed, the rest is lost. Once momentum is taken from Uke, no hope exists for Uke's recapturing it. In randori, before Uke can turtle up, defend in any way, the control has to have already begun. Practice required.

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

Before you engage, know the entire strategy, from beginning to final control. Each move should lead to the next. There should be no wiggle room. Think first, and think it through. Sometimes, the most valuable first move in an interpersonal relationship's communication is LISTENING. The age-old advice is:

(Show no subjective response. Show consideration and contemplation, not contention.)

1. Listen.
2. Repeat back and ask for verification.
3. Clarify the terms within the statement before contending with the entire thing.

The advice in parenthesis above is often the most challenging.

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