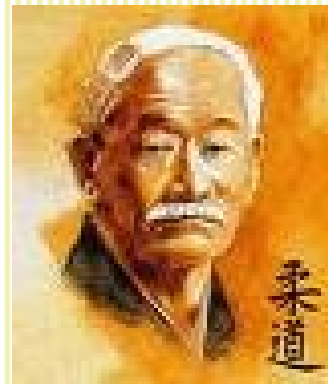




November - 2011



Training for Opportunity

It comes to this: We can create opportunity. We can respond to opportunities presented. This is judo.

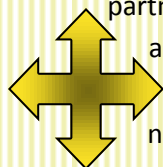
- ◆ When we create an opportunity to apply any technique by first making a move, then responding to its effect, we do very standard *renraku waza*. This is taught for many different set-ups for many different resulting techniques.

However, when we make the set-up move, the instigating move, we do not always get a single and assured result. We do not always get what we hope for. For example, let's say we make a convincing o-soto gari attack against our opponent's leg. We have practiced that should the opponent resist by putting weight forward, we can then do harai goshi. This is good, but we cannot be limited to this. The opponent may step back with the attacked leg. Then what? Sasae against the supporting left leg? Uchi-mata? Koshi guruma? Sumi Gaeshi or yoko tomoe nage? If all contingencies are not trained for, opportunity will be wasted.

If an opponent knows you like this set-up, one day you will face a counter attack when you present the opportunity by seeking the opportunity.

- ◆ Every step your opponent takes is an opportunity. Stepping is the losing and regaining of balance. It is a process of several parts.

For throwing, take your favorite technique and train it in both moving uchi-komi and nage-komi with your partner moving back, front, left, right. Use your same throw and throwing side for each. Soon, you will be able to feel the chance as it is presented in all directions. You will create a "Trigger Moment", when you will respond to the feeling of the right opportunity's best chance. Several thousand applications are needed for full benefit.



You can practice this in randori any time you want. Just do it. Determine to do the four directional attacks, in sequence, regardless of success. Go for it. It's better than walking around and walking around and walking around.

Often, the form and style of techniques used by champions are really not so different from those of fledgling judoka. It is their impeccable timing, taking advantage of opportunity, that makes them elegant. Some would say that this is attained by hundreds of hours of drill and randori, until each finds the personal application as it suits. Then, the



timing becomes second nature. This is true, but not the only way, and not necessarily the way with maximum efficiency. You can train to create opportunities and teach yourself to respond to the opportunity - the Trigger Moment. Something "triggers" your response, and you no longer have to think about it, because it happens. Of course, you know what the "something" is, now. It is your preparing for opportunity.



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