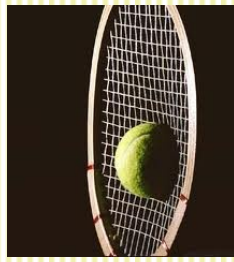
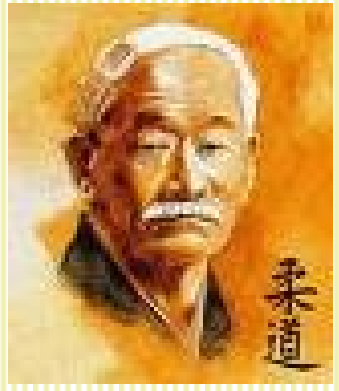




The Judo Compass

July 2012



The Moment of Truth

What do these pictures have in common? They are the absolute briefest moment in the series, the split second between before and after. They represent the coming together of what has been and what will follow. If all is well going in, and if all that follows is in harmony with the architecture of the form of the moment, the application will be an overall success. They are all *tsukuri*.



It is the marriage between *kuzushi* and *kake*.

If, among many things, in this throw picture, the knees are not in front of the toes, the chest in front of knees, and the head in front of the chest, the architecture of the throw will be incorrect, and all that went before will go to no avail. There might be a throw after, done with force, but it will not technically be a judo throw (even if done in a *judogi*). The off-balancing before and the follow-through are critical, of course. If you hang a tennis ball on a string, there are zillions of people who can hit it with as much force as Vanessa Williams, but they won't do to it what she does. If your *tsukuri* takes more than a milli-second before it transfers to *kake*, your set-up and follow-up are out of sync. If you step off a cliff, there is no cartoonish moment of suspension before you start to drop.

Uchi-komi gives you the chance to perfect your architecture. So does throwing practice. This is the time to hone the throw's details. If your support foot big toe points in the wrong direction, or your nose is pointing up when it should be pointing down, or you have not arrived below *uke's* center of mass, etc. ... if any aspect of the architecture of the throw is wrong, you will destroy your fitting of the fulcrum point and all that follows, and your throw will fail.

Because your *tsukuri* only lasts for a split second, so you're best off getting it right when you have the time, not hoping it is right when the time comes. So it is in your daily endeavors. On the optimum use of your energies side of life, showing up is not enough. There is always a moment when everything literally hangs in the balance, and your *tsukuri* is everything.



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