



## Kake – Success

The completion of the throw is called *kake*. In life outside the dojo, we often see people who seem to succeed without effort. “How does Francis do it? Seems just automatic. Wish I could do it that easily.”

Maximum efficiency via optimum use of energy is on display. Judo throws become this in the *kake* stage, when done with excellence. Have you ever been struggling with a throw, and suddenly it clicks? It was effortless. “Wow! I wish I could do that all the time!” You’ve been there. If you are fortunate, you’ve a throw that works like that most of time, but you likely went through the *Wow!* stage before you reached the point of assured quality results. You are admiring the *kake*.

The *kake* of a throw can be elegant or ugly. The *kake* of a throw can be effortless or strained. If elegant, the thrower maintained the momentum and architecture to a predetermined outcome and showed control at the conclusion (*kime* – in this author’s definition). If effortless, the flow was not interrupted by lack of continued pull, a combining of the *ki-te* and the *tsuri-te* (*kuzushi* hand and follow-through hand) throughout. If not effortless, the throw went from being a judo throw to just a throw.

On view, most obvious to all, including the untrained observer, is the *kake*. It’s like a fireworks display, with the *Oooohs* and *Aaaahs* coming as the rockets explode. You are seeing the *kake*, not of all the things that had to go into the product creation, the staging, and more.

If you’ve worked with *nage no kata*, you may have experienced this. The *ippon seoinage* throwing response to the overhand strike is so well timed, so well positioned, that it is almost impossible not to throw. Teaching it, there are moments when attempting to stop at the point of body positioning is almost impossible. The judo is taking over, and *uke* is thrown, despite efforts to freeze the moment. Now that’s making it look easy!

Not only must one bring all the preliminaries to the last moment, but one must be prepared to continue successfully. Not all throws are given *Ippon!*, and the thrower’s next moves must be pre-trained, or one can win the battle and lose the war. In life, how many musicians have made the top ten list with a “One Song Wonder”, never to be heard from again? Those who succeed but do not know why, and how to perpetuate victory, are not bringing judo to their lives, or to their throws.

The moment of success is dependent upon what comes before, both for its success and for its perpetuating it. Succeed, and you could still fail. Learn to succeed, and deny failure. That is one of *kake*’s messages.



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