

**BRITISH JUDO
COUNCIL**



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British Judo Council Limited.
Reg. In England No. 1515112

Affiliated To British Judo Association.

BJC Video - 'FOUNDATION JUDO' TACHIWAZA - PART 1

This Video link and the attachments are issued for the free use of the entire BJC Membership.

They express my views on how judo should be developed in order for members to progress to achieve their highest potential in skilful judo and competition, by first achieving good foundation ability, before dedicating to serious competition aims.

The complete Judoka will be competent in left and right handed movements and throws, so your weaker side needs extra practice.

There is no place in 'Foundation judo' for left on right gripping since this always produces a dominance for one contestant. Therefore if an opponent grips left handed on a right handed person this should be considered a good opportunity to develop left ability by matching this with a left hand grip (and visa versa).

Whilst I know many Coaches will agree with my views there are also those who would question my values. Therefore I leave it to individual members and coaches to decide to what extent they wish to work towards the aims that I have identified in the Video and the attachments.

The article 'Skilful Judo' is re-issued with an Assessment Sheet which I invite individuals to self-assess and/or their coaches to make their assessment. Everyone of any, age, level or grade will be able assess and work to improve their own foundation judo skills.

It is without doubt those who wish to achieve their highest potential must put in extra training, including practice at home.

Robin Otani - President
31st October 2015

Attachments:

150922 Skilful Judo V1.2

151031 Assessment Sheet for Video V1

<https://youtu.be/QdJ7LmfwaO8>

(Hold cursor on this link until the 'hand and finger' appear then left click)