

**BRITISH JUDO  
COUNCIL**



British Judo Council  
37 High Street  
Stalham  
Norfolk  
NR12 9AH

Tel: +44 (0) 1692 580900  
Fax: +44 (0) 1692 580909  
Email:  
admin@britishjudocouncil.org

www.britishjudocouncil.org

**PRESIDENT:** Robln Otani  
**VICE PRESIDENT:** G R Mealing  
**LATE MASTERS:**  
Kenshiro Abbe  
Masutaro Otani  
Akinora Hosaka  
**TECHNICAL CONSULTANTS:**  
Michiko Whyman  
Jane Bridge-Charlot

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

Affiliated To British Judo Association.

Issue: 1.00  
Original Author: Robin Otani  
Original Date: 31/12/2016  
NTC Approved: 180114 RO

## Technical Notice 140

### BJC Video - 'FOUNDATION JUDO' - NEWAZA - PART B

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

Apologies for the delay in this official release.

The video 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. My principle is to first achieve good foundation ability, before dedicating to serious competition aims.

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

Approved by: The National Technical Committee (NTC)  
Authorised by: Robin Otani – President

Link: <https://youtu.be/l1aefpWehF4>