



The taming of Gremlins might rank as one of the most valuable and useful endeavors you can pursue to put the *do* in your judo and life, as per Maximum Efficiency.

GREMLIN

TAMING FOR

JUDOKA

-PART ONE-



Gremlins:

- ✚ They ruin judo techniques.
- ✚ They make learning frustrating and unnecessarily slow.
- ✚ They cause injuries.
- ✚ Everybody has them.
- ✚ They are stronger than you.
- ✚ You can never be sure you have destroyed them.

WHAT'S A GREMLIN? It is a reflex, a habit, a "thing you just do". Sometimes, they are bred of survival reflexes. As a frequently tipping toddler, you instinctively protected yourself from injury by sticking out an arm. That gremlin says, "Better I should give you a broken arm than a broken head." Survival.

After many decades in judo, a seasoned veteran was enjoying randori. Right before my eyes he was suddenly airborne via an overly over-the-top seoinage. He panicked, stuck out his hand to stop the fall. It took three hours for the hospital people to get the elbow joint back in place.

Sometimes, they just *are*.

Controlling them is not easy. Try these taming methods.

- ✚ Isolate the Gremlins. You have to seek, then destroy. Fix one thing at a time, and then go on to the next.
 - Make a Gremlin-of-the - (Week / Month) list. Pick one and work it until it is tamed. Here are a few from the list of 4,598 most common Judo Gremlins.

Osoto support foot points at the wrong angle - Leaving collar hand behind doing tai - Reaching back when doing rear ukemi - Not low enough on... - Stiff arms in randori - Stepping in flat-footed, etc.

- ✚ When you identify a Gremlin, tame it immediately. Example: A new student learning ukemi might incessantly slap at too wide an angle. Fix it before getting up, not succumbing to the "I'll get it next time" response and standing up without first doing it right.
- When you go to the dojo to train, you bring your Gremlins. They like to train, too. The more they are indulged, the stronger they get.

Instant Gremlin taming is a valuable addition to ones learning in judo and in all things. According to Jigoro Kano, doing this in judo will help to do so in life's daily pursuits.



"There were various reasons why I chose not to use the term 'jujutsu', which described what was ordinarily practiced, and instead employed the name 'judo'. The main reason was that 'do' (way) is the major focus on what the Kodokan teaches, whereas 'jutsu' (skill) is incidental. I also wanted to make it clear that judo was a means of embarking on the do." - Jigoro Kano

Gremlins II- coming in May, 2010.

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

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