

12 / 13 December 2009

## Focus on Movement, Mobility and Co-ordination



### Dynamic Posture

The focus is to ensure that the Judoka adopts a Neutral Stance with their knees slightly bent and their head up (dynamic posture)

### Tsugi-Ashi (Shuffle step - forwards/backwards/lateral)

Tsugi-ashi drills develop the Judoka's movement literature for preparation, space/distance, attack, defend, advance and retreat - all part of the setup to execute an attack or defend an attack. Remember the 'Rhythm' of the movement



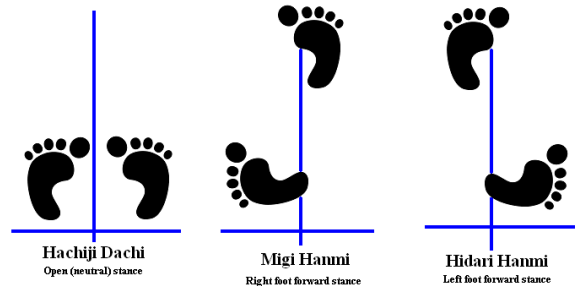
Note : it is important that the back foot moves first (this reduces the number of steps in any given movement)

Dynamic Posture and Tsugi-ashi drills require the Judoka to stand and move in the 3 basic stances :

Hachiji Dachi : Neutral Stance

Migi Hanmi : Right Stance

Hidari Hanmi : Left Stance



### 'Fallon' Turnover



2 Pull your opponent onto you and slide your legs under their body (ensure you trap the arm)

3 Place your feet inside of your opponents legs and bring your knees up towards your chest

1 To start the attack it is vitally important that you place your foot on the inside of your opponent's thigh and push your knee against their hip.

You take a grip of the belt and collar

4 Both hands must take hold of the belt before rolling your opponent to their back

5 Keep hold with both hands on the belt and finish with Mune-Gatame