

SEMINAR 2024



AGENDA

- 01 Scores Waza-ari vs Ippon
- 02 Scores vs No scores side landing
- 03 Scores vs No scores upper back landing
- 04 Scores vs No Scores continuation
- 05 Scores vs No Scores control
- 06 Scores vs No scores rollover actions
- 07 Scores vs No scores Kaeshi-waza
- 08 Scores Tachi-waza vs Ne-waza
- 09 Shido Grips breaking and avoiding
- 10 Shido Grips forbidden
- 11 Shido Grips unconventional
- 12 Shido Pulling down vs Defensive posture
- 13 Shido False attacks
- 14 Shido Kansetsu-waza starting in Tachi-waza
- 15 Shid Stretched leg in Ne-waza
- 16 Hansokumake Tori diving or using head
- 17 Hansokumake Uke head defence or bridge
- 18 Hansokumake Kansetsu-waza plus Throwing technique
- 19 Hansokumake Reaping standing leg
- 20 Hansokumake Kata-sankaku
- 21 Hansokumake Ushiro-sankaku
- 22 Other Hansokumake



Each group

- Short focus points if needed
- Some clear examples
- Some more difficult videos to differentiate



Personal notes

- Rules are made after each Olympic games
- Most of the time: there are no suggestions or remarks
- When rules are in place and used : then we realize what could be better

- The rules are clear
- Most of fighters.coaches.even referees we don't know all the rules/interpretations

- Rules have the goal : protect or sport from being out of the OG. To make it more attractive: we all share the same goal



1.SCORES

IPPON VS WAZARI



Needs to be a clear throw : 'kodokan technique'
We need continuation : no double landing
We need a landing impact



VIDEO



2.SCORES VS NO SCORES

SIDE LANDING





90° degrees

Elbow out is ok

No space in between



VIDEO



3.SCORES VS NO SCORES

UPPER BACK LANDING





Scapular region



VIDEO



4.SCORES VS NO SCORES

CONTINUATION



No break
No first impact



VIDEO



5.SCORES VS NO SCORES

CONTROL



If attack goes to the front and they fall backwards :
WHY?

Define the technique : more then 'te-waza'...



VIDEO



6.SCORES VS NO SCORES

ROLLOVER ACTIONS



We need te or ashi waza action

My advice: action needs to be started before the landing

Pushing on shoulder and roll over is not a technique



VIDEO



7.SCORES VS NO SCORES

KAESHI-WAZA



Kaeshi-waza=

Attack – counter attack : not a direct attack (where the first attack is over)

When in Kaeshi-waza: not using the impact of the first throw to make you attack



My advice: White attacks

- Is the first attack over ? NO : control until the end? YES : scoring White possible
- Is the first attack over? NO : NO control until the end? So there is a possible counterattack from BLUE we need to look at. Is blue using impact to make throw : no score for blue possible
- Is the first attack over? Yes then blue can score with using the mat



VIDEO



8.SCORES

TW VS NW



If the blue athlete has two elbows and two knees on the floor, the white athlete can do a technique but ONLY to transition into ne-waza.



VIDEO



9.SHIDO GRIPS

BREAKING AND AVOIDING



VIDEO



10.SHIDO GRIPS

FORBIDEN



Two groups

Group 1 : allowed in attack

- belt
- 1-side
- cross
- pocket
- 2 sleeves or lapel

Group 2 : always forbidden

- bear hug
- Fingers
- Inside sleeve-throuusers



VIDEO



11.SHIDO GRIPS

UNCONVENTIONAL



VIDEO



12.SHIDO

PULLING DOWN VS DEFENSIVE POSTURE



When you take lapel and neck : progression to throw
Elbow up is a good sign



VIDEO



13.SHIDO

FALSE ATTACKS



Most difficult : we need to understand why there is an attack

- Fast SN and back up : is ok for once
- Is there close contact
- Is there a reaction from uke
- Do we give it in the finale of the Olympic games
- My tip : can uke make a 'zempo kaiten' if needed ...



VIDEO



14.SHIDO

KANSETSU-WAZA STARTING IN TW



Difference with or without throw
After a real attack



VIDEO



15.SHIDO

STRETCHED LEG IN NW



VIDEO



16.HANSOKUMAKE

DIVING OR USING THE HEAD



Mixed action : no HM



VIDEO



17.HANSOKUMAKE

HEAD DEFENCE OR BRIDGE



Head defence : no impact : hansoku make

Bridge : looks like impact: Ippon

Attention : head and feet

Is there another part of the body together with the head : no HM

We need a picture : clear



VIDEO



18.HANSOKUMAKE

KANSETSU-WAZA PLUS THROWING TECHNIQUE



Wrist and on the elbow



VIDEO



19.HANSOKUMAKE

REAPING STANDING LEG



Uke, when behind tori, cannot reap tori's standing leg or legs from the inside.



VIDEO



20. HANSOKUMAKE

KATA-SANKAKU





Last one

Hansoku make



VIDEO



21.HANSOKUMAKE

USHIRO-SANKAKU





VIDEO



22.OTHER HANSOKUMAKE



explanation



VIDEO

