
Kesa gatame - a good example or not

Posted by Stephen - 2008/06/06 12:37

<http://shintojudo.co.uk/images/fbfiles/images/DSCF0260.JPG>

Here is a picture of a well known Judoka on this forum, in osaekomi waza, have a look and tell me if its a good example of kesa gatame or not, and why

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Re:Kesa gatame - a good example or not

Posted by Dr Leadbeater - 2008/06/06 12:41

Please note that the "Well known Judoka" is Tori and NOT Uke !!

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Re:Kesa gatame - a good example or not

Posted by Stephen - 2008/06/06 12:47

Dr Leadbeater wrote:

Please note that the "Well known Judoka" is Tori and NOT Uke !!

:laugh: :laugh: :laugh: :laugh:

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Re:Kesa gatame - a good example or not

Posted by Dr Leadbeater - 2008/06/06 12:50

Well, whats wrong with just making certain !!

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Re:Kesa gatame - a good example or not

Posted by Stephen - 2008/06/06 12:53

Dr Leadbeater wrote:

Well, whats wrong with just making certain !!

after some criticism you may wish you were Uke

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Re:Kesa gatame - a good example or not

Posted by Ptnippon - 2008/06/06 16:48

It is so hard to tell how effective a pin is by a picture or video. Uke would be the best judge. Weight application is the key to osaekomi waza and that is almost impossible to determine by a picture.

I like to use the analogy that the tatami is one piece of wood, uke another, and tori is the fastener. Tori can apply weight like nail (straight down) or like a wood screw (properly torqued at an about 45 degree pitch). It's the multiplier effect when you can increase your effective hold down weight by about 20 to 30 %. This is the key to effective pins and something that Yamashita was so good at. I know, I have been pinned by his yoko shiho gatame.

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Re:Kesa gatame - a good example or not

Posted by Dr Leadbeater - 2008/06/07 10:49

PTNippon Sensei,

This was an Open Match and Peter (Uke) claims it felt that I (Tori) was about 60 - 70 Kgs heavier than him when I (as you put it) screwed him into the Tatami.

The actual weight difference was about 7 - 12 Kilosin MY favour.

Does this make a difference to your reply ??

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