
Mifune

Posted by Stephen - 2008/05/14 13:59

Mifune was one of Jigoro Kano's original students, Mifune was graded as a Judan (10th Dan), and head of the Kodokan in Japan, the home of Judo, in this video he demonstrates some pure judo, without using power but technique and shape to perform on larger opponents, please notice his footwork and hands

{youtube}CUne9Xg55og{/youtube}

This is an extremely old video and does show some techniques that are no longer allowed in competition, for example the leglocks and the armlocks which take the opponent to the floor.

Judo has been adapted to allow safe competition, there is a lot more to Judo the more you learn.

Enjoy

=====