



Roy Inman OBE 8th Dan

40 Years of Judo Waza

2009 National Technical Congress

40 Years of Contest Judo

- Doing it, coaching it, or studying it
- Attended four Olympic Games
- 19 World Championships
- 36 European Championships
- International and National Training Camps (lost count)
- GB Programme
- Video analysis (countless hours)



Today's Waza Presentation

Personal interpretations as a result of:

- Fighting some of the players
- Trained with some of them
- Coached by some of them
- Studied and coached their waza for GB players to use



Today's Waza Presentation

- All players mentioned have on average 4 to 5 world class Tachi-waza just looking at 1 or 2 today (ne-waza another time)
- What I am presenting are some that made impression on me during my career.
- Presentation are my personal analysis of how the waza were done
- Many others of course have to be kept for another time



Dave Starbrook (Great Britain)

Tia-otoshi

- Olympic World European Medallist
- History in British Team with me I fought in 7 British open finals: won 2 but lost 5 to this Tia-otoshi
- Grip: traditional middle lapel, low sleeve
- 3-step entry with kosoto action
- 1-step entry (left) double lapel



Dave Starbrook (Great Britain)



Isao Okano (Japan)

Morote Seoi-nage to
Ko-uchi-gari and gake



- Olympic World Champion
- All Japan Champion (81kg average most of his opponents were 110kg +)
- History: lived and trained and was coached by him when in Japan (with his training group called Seiki-juku)

Isao Okano (Japan)

Morote Seoi-nage to Ko-uchi-gari and gake



- Appointed Japan national coach watched him do a randori line up with the whole Team got them all with this Seoi-nage and Ko-uchi. Twice each to make a coaching point.
- 1) Morote Seoi-nage to chest contact all way out into Ko-uchi-gake or gari (T ML LS)
- 2. Morote feint Uke stepping round avoidance
Ko-uchi-gari

ISAO OKANO Ko-uchi-gari



Jean Luc Rouge (France)

Harai-goshi



- World and European Champion
- History: fought him Paris Tournament and GB Team v France - first meeting threw me with this Harai-goshi; second meeting sussed it I thought and got a very iffy waza-ari with Yoko-wakari; he got up threw me with another Harai-goshi (total contest time 39sec including the bow)



Jean Luc Rouge (France)

Harai-goshi

- 1 Stance: off centre spin wrong way and back
- 2 footed jump to Harai-goshi body & leg position (HC LS)



Jean Luc Rouge (France)



Shota Khabarelli (Soviet Union)

The Khabarelli



- History : IJF named this throw after the player who did it (Japanese not to happy about that)
- Actually it's a combination involving three waza
- 1) Tsurigoshi grip
- 2) Uchi gake
- 3. Mae-hiza-ura-nage(Facing Knee Ura-nage)
- Can see why they got confused and called it The KHABARELLI



Shota Kahbarelli (Soviet Union)



Ingrid Bergman (Belgium)

Uchi-mata

- Olympic, World and European Champion
- History: trained with me and British Squad for some years on and of. Fought many British players only one ever beat her was Sharon Lee (made my day)
- 1.Uke step round pulled round naga kata style Stay in stance square on HC LS



Ingrid Bergman (Belgium)



Frank Wieneke (Germany)

Uchi-mata to Seoi-toshi



- Olympic Champion and European medallist
 - History Beat Neil Adams with this waza nobody ha really heard of him before especially Neil 20 sec to go for Olympic gold
1. Uchi-mata Right ML one hand create space
 2. Spin through to one-knee Seoi-otoshi



Frank Wieneke (Germany)



Karen Briggs (Great Britain)

Hiza-tai-otoshi

- 4 times World Champion, six times European Champion, six times Japanese Open Champion
- History: coached and prepared by me for all the above events.



1. Tie up Uke's lapel arm posture low
2. Swing leg behind to knee placement blocking leg across . From static bent posture & side ways skip

Karen Briggs (Great Britain)



Tashihiko Koga (Japan)

Kata Tsuru-komi-goshi

- Olympic and World Champion
- History: first saw this astounding waza when with the GB Team at 1989 World Championships. Nowadays copied by many with variations but this was the first I ever saw .
 1. Wrong arm wrong way turn in
 2. Single sleeve grip spin entry hip other hand arm lifting leg somersault



Tashihiko Koga (Japan)



Yasuhiro Yamashita (Japan)

O-uchi Ken Ken Uchi-mata



- Olympic and World Champion, nine times All Japan Champion (probably at his peak best judo man in the world)
- History: at Budokwai in London for a year - randori with him been on various courses etc.
- 1. T ML LS Ouchi hook in hop in circle no chest contact required arm over top back leg ouchi entry taller opponents inside grip to control space they think two-waza action



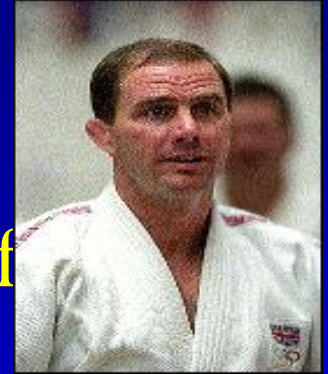
Yasuhiro Yamashita (Japan)



Neil Adams (Great Britain)

Ko-uchi-gari

- Olympic medallist World Champion 4 times European Champion
 - History: came to the Budokwai at the age of 16 when I was 28
 - Has huge range of waza (+ transitional newaza is superb) no matter how strong his opposition he could always put this one in
1. Side step circle Ko-uchi against strong arms



Neil Adams (Great Britain)



Shozo Fuji (Japan)

Morote Seoi-nage 1/2

- four times World Champion
 - History: fought Dave Starbrook in World Championships (I was in the other pool). Dave didn't get thrown often but Fuji threw him in 12 seconds with this Morote Seoi-otoshi to Seoi-nage
1. Classic 2 step to 1 foot forward slightly back leg swing to Seoi-otoshi drove up to Seoi-nage hips between legs



Shozo Fuji (Japan)

Fuji 1/2 Seoi-nage 1. Classic 2 step to seoi-otoshi
drove up to Seoi-nage hips deep between legs



Shozo Fuji (Japan)

Morote Tomoe-nage

- Broke is elbow joint had to change waza for next Worlds, switched to Morote Tomoe-nage (double foot somersault action)

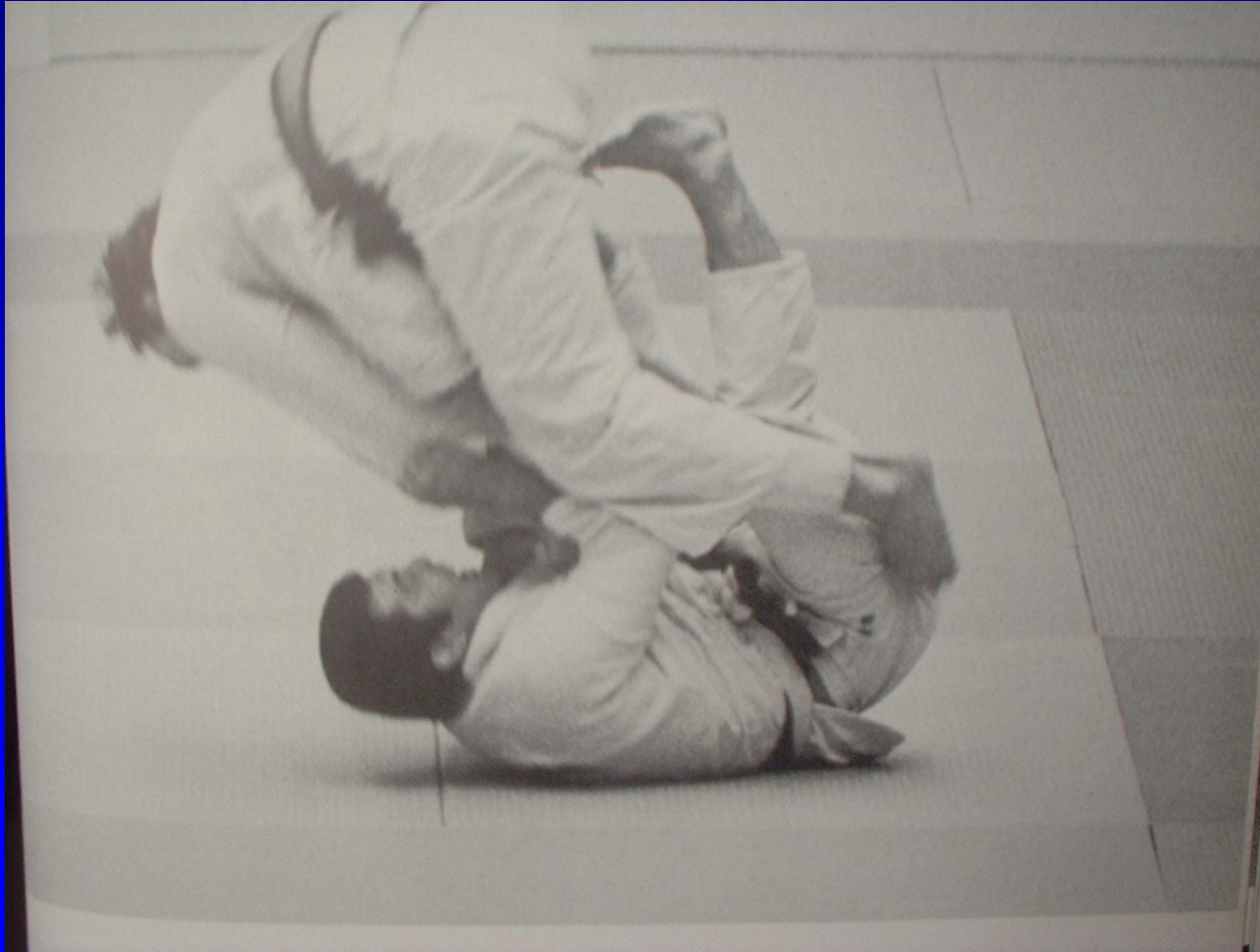
1. Foot placed first other one follows fast Uke reacts resists pulls back tends to give support allows Fuji hips swing deep



IMPRESSED TAUGHT IT TO THE GB TEAM



Shozo Fuji (Japan)



Karen Briggs (Great Britain)

Fuji-style Morote Tomoe-nage



Katsushi Kashiwazaki (Japan)

Yoko-tomoe-nage

- World Champion, seven times 65kg
Japanese Champion
 - History: lived in London and coached at Budokwai, coached at various GB National Squad sessions
1. Bent by Uke sideways skip Kouchi action
lifts uke leg swings attacking leg back
 2. Stamp foot down swing through other foot



Katsushi Kashiwazaki (Japan)



Katsushi Kashiwazaki (Japan)

Uchi-mata Sukashi



- Upright posture, legs apart square on (a trap)
- Control space ML 1s grip
- Weight on left leg (not shown)
- Turn hip in lift leg or close leg movement

Katsushi Kashiwazaki (Japan)



Uchi-mata Sukashi side step to Tai-otoshi



Angelo Parisi (GB and France)

Morote Eri-seoi-nage

- Olympic & European Champion
 - History: Green belt at Budokwai when I was 1st Dan
 - Trained together Budokwai and Japan for over five years. Fought him few times never lost (he was only 17)
1. Double lapel Morote Seoi-nage spin through either side sides + if missed lapel elbow outside



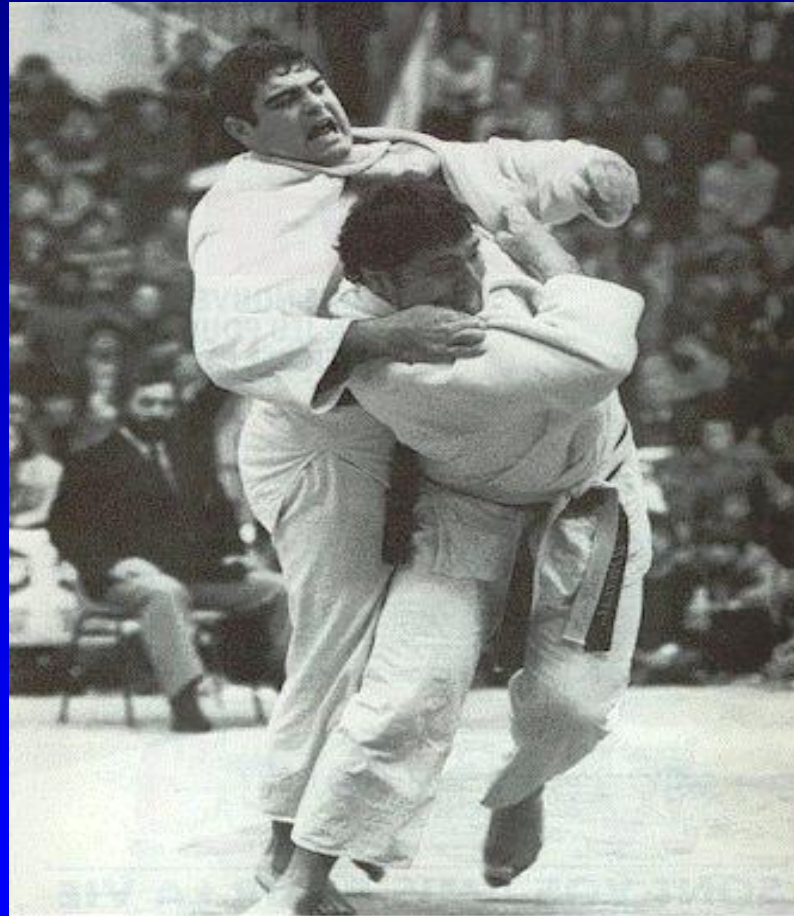
Angelo Parisi (GB and France)



Morote Eri-seoi-nage (right)



Angelo Parisi (GB and France)



Morote Eri-seoi-nage (left)



Angelo Parisi (GB and France)



Morote Tsuru-komi-goshi



Ulla Werbrouck (Belgium)

Tai-otoshi to Uchi-mata



- Olympic Champion, World and European Medallist
 - History: fought and beat every British player I put against her
 - I knew what she was going to do, when she was going to do it as did the players, she still did it they couldn't stop it
1. Tai-otoshi wrong leg 2 step followed by Uchi-mata on same leg HC LS



Ulla Werbrouck (Belgium)



Nobiyuko Sato (Japan)

Okuri-ashi baria

- World Champion, Head Coach Tokai University (Yamashita's coach)
 - History: lived in London and Coached at the Budokwai and various GB Squad session.
 - Probably best Ashi-waza coach I have ever seen
1. Step sideways uke tries to maintain stance sweep feet on Uke's skip



Nobiyuko Sato (Japan)



Densign White (Great Britain)

Sode-tsurigoshi

- World and European medallist, Olympian
 - History: coach on his first internationals, Attended various Camps, World s, Olympics over a 10 years period together . He did this waza at a World Championship and it stuck in my mind elbow outside (Loretta Cusack won the Europeans with it 2 years later)
1. Two-sleeve grip 1 push arm across other arm across wrap around stomach .
 2. Foot placement push through the legs



Densign White (Great Britain)

Sode-tsurigoshi



Han o San (Korea)

Ne Dan Kosoto gari (the twitch)

- Fought in World championships
 - History: became technical Director of German Judo Federation 20 YEARS
 - His speciality was ashi-waza - had a practice with him at a camp 1969. First saw it studied it adapted it and it became major part of my judo
1. Any forward throw that uses one leg to sweep with start a one step entry action Uke reacts to block with hips Tori leg changes throw direction (Couldn't find a picture of him doing it).



Han o San Waza



Inman and Wieneke in action



Hitoshi-Saito (Japan)

O-soto-gari

- Twice Olympic Champion , twice World Champion
 - All Japan champion.
 - History: made effort whenever at same event has him go to warm up room; big powerful man with amazing suppleness in his hips saw this in this waza many times
1. Hips go through before sweep head control come from middle lapel into face or under chin



Hitoshi-Saito (Japan)



O-soto-gari (hip through)



Hitoshi-Saito (Japan)



O-soto-otoshi (head control)



Shota Chochosvili (USSR)



Hiza-mae-ura-nage

- Olympic and European Medallist
 - History: beaten by Dave Starbrook in
 - pool came back beat Dave in Olympic final
 - Picture shows Throwing Uemura Japan to get to final
1. Step forward knee placement inside thigh hug action grip jacket at back both sides arch push hips up.

Shota Chochosvili (USSR)



Nomura (Japan)



Ippon Seoi-nage RR to Harai to Osoto-gari



Remember got to be supple to do Judo



Thank
You

