



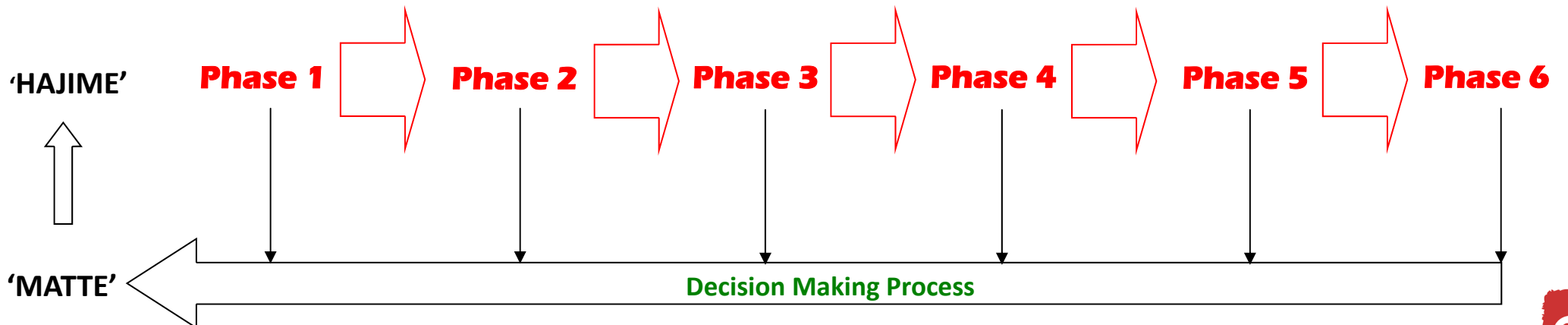
Structure and Preparation of Contest Phases

'Hajime - Matte' Model

Building the Fight

Phase	Key Components
Phase 1	Mobility Dynamic Posture and Stance, Distance, Tsugi-Ashi, Tai-Sabaki, Ashi-Sabakai, Tandoku-Renshu (Coordination)
Phase 2	Kumi-kata Lead Grip / Main Grip , Structure, 'First On' Getting Your Grip, Hiki-Te, Tsuru-Te, Tsugi-Ashi, Ashi-Sabakai
Phase 3	Preparation Action / Reaction, Direction, Timing / Distance, Ashi-Waza Combinations, Feint Attacks, Kuzushi, Hiki-Dachi
Phase 4	Nagewaza Tai-Sabaki, Speed of Entry, Transfer of Power, Control, Belief, Execution, Commitment to Finish Attack
Phase 5	Transition Mobility / Agility, 'Catch', Positioning, Continuous Control, Dominate, 'Open Up' Opponent
Phase 6	Newaza Mobility, Control, Connection, Belief
Decision Making	Tactics, Strategy / Plan, TCUP, Body Language Adaptability : Reading the Scoreboard, Penalty For/Against, Score For/Against, Defending a Lead, Chasing a Lead, Time Wasting, Time Remaining in the Contest

Hajime - Matte Model





Building the Fight

PHASE 1 : MOBILITY

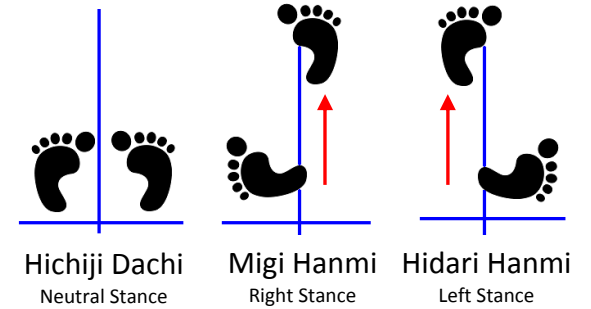
- Stance
- Posture
- Movement
- Distance
- 'Read' Your Opponent



Left v Left



Right v Left



Right v Right



Fundamental Judo Skills : **Dynamic Posture >> Tsugi-Ashi >> Ashi-Sabakai**

PHASE 2 : Kumikata

- Distance & Mobility
- Posture
- Structure
- Direct
- 'WIN' the Grip Fight

Sleeve - Lapel Grip
Sleeve - Collar Grip
Lapel - Collar Grip
Inside Lapel Grip
Over the Top Grip
Cross Grip



Traditional Sleeve - Lapel



Inside Lapel



Same Side Over the Top

PHASE 3 : Preparation

- Kumikata
- Action / Re-action
- Timing / Distance
- Feint Attack
- Combinations
- Breaking Balance



Action - Reaction & Change of Direction

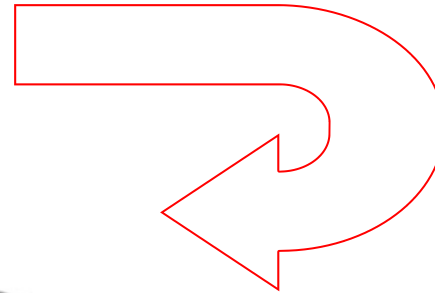


Kuzushi



PHASE 4 : Nagewaza

- Speed of Entry
- Transfer of Power
- Execution
- Finish



PHASE 5 : Transition

- Positioning
- Catch
- Mobility
- Agility
- Continuous



PHASE 6 : Newaza

- Mobility
- Control
- Connection



Kansetsu-waza



Sangaku



Shime-waza

Osaekomi-waza