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## Homework - seiryoku zenyo

Posted by Stephen - 2008/06/21 17:22

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I want you to put in your own words and maybe give examples of seiryoku zenyo

Thank you

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## Re:Homework - seiryoku zenyo

Posted by Ash - 2008/06/25 13:02

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Well as I've gathered from sources on google, seiryoku zenyo seems to be the concept of exerting maximum force in a technique, but using very little effort. Seiryoku zenyo is also often translated to "maximum efficiency with very little effort." I can't think of direct examples, but I'm guessing seiryoku zenyo is the idea of throwing someone or using another technique effectively, but without exhausting a large amount of power to do so.

Though I might be wrong, correct me if I am.

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## Re:Homework - seiryoku zenyo

Posted by Ash - 2008/07/02 09:33

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Okay a week late but I think I've found an example of seiryoku zenyo. The simplest example I can think of is taking your opponent off balance before using a throw. This doesn't mean forcing the opponent to do this with strength, but rather allowing them to step into it on their own and then take advantage of how they've stepped. When using a titoshi I have too open out and lift the opponent slightly and take a very small step back. This puts the opponent on their toes. This is where seiryoku zenyo is used as now that the opponent is off balance it takes practically no effort to throw them over.

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## Re:Homework - seiryoku zenyo

Posted by Stephen - 2008/07/18 08:53

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{youtube}LH7cD94p8Sk{/youtube}

There are some really good examples of minimum effort with maximum efficiency on this video, and some nice Judo to boot

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