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## So you are away from the Dojo

Posted by Stephen - 2008/08/31 16:33

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That should surely mean that you need a bit of extra homework, what do you think?

I think it would be a good idea to ask you a question?

A simple one for some...

When you move what is the first part of your body that actually moves

for example, if you are standing still, and you want to step forward, what part of your body moves first?

TRY IT,

stand upright and take a step forward, then tell me which part of your body moves first.

I look forward to your answer.

If you are wondering what on earth this has to do with Judo, once I have some answers I will explain or I may ask one of esteemed Rokudans to fill us in.

Happy experimenting!!

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## Re:So you are away from the Dojo

Posted by Ash - 2008/09/26 21:08

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Well a bit late to answer this question but no one else did so here it goes...

I took a step forward and I can definitely say it wasn't my leg that moved first, but I'm not fully sure what moved first. I did notice the first thing I did was shift my weight to the leg I wasn't lifting and in order to do this I would suspect that I shifted my hip a bit sideways, however I'm very, very, very unsure about this, so someone else please answer!

Oh and one more thing, I think this is relevant to Judo in the sense that you need be able to control the opponents weight when you're throwing, so knowing what moves first to shift the weight would be useful to know.

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## Re:So you are away from the Dojo

Posted by Stephen - 2008/09/29 08:55

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Never too late to answer, Chris, you are very close to the answer,

you are correct, it isn't the shoulders, or the legs, they move after you use other parts of your body,

The Japanese explain it as your Hara.

Your stomach muscles are the first part of your body which tighten or loosen when you move forward, and yes if you could see that happening it would be great, you can tell where your opponent is moving from the grip. Your opponent's shoulders will give away a lot of their intentions, and you will be able to determine a suitable counter or strategy to defend,

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