

Session 8: Transitions (Tachi-waza to Ne-waza)

Objective:

Learn how to transition from standing techniques to groundwork.

Definition:

Judo is thought of as a practice and a pedagogy of codified opposition

(ALBERTINI, 1983-84), that is to say an attack/defense dialectic in the couple. The

continuity of actions is expressed in part, in the notion of Standing-Ground Liaison

(LDS) understood as "the tactical sequence linking the couple between the moment when it

works standing and the moment when it opposes the ground

The Standing-Ground Liaison (LDS) is the rapid sequence between the standing technique and

the ground technique without break.

The importance of (LDS) in judo

The importance of (LDS) in judo is very recognized by all expert masters, a good

judoka is one who does not miss any opportunity to achieve his goal either in

standing position or in ground position and even at the intermediate moment,

This intermediate moment between standing judo (projection technique) and ground judo

(immobilization / dislocation / strangulation technique) is the main node of

(LDS)

The LDS is an obstacle in itself since the goal of the judoka is to use the opponent's

imbalance in order to throw him widely on his back with speed, force

and power, otherwise to control him on the ground by immobilization, key or strangulation. This

transition from the vertical position to the horizontal position of the couple becomes a

major difficulty of the practice, which has been largely demonstrated by observations

on fights of high-level champions.

The construction of the LDS

The construction of the LDS thus constitutes an essential teaching object as a condition of safety, efficiency and understanding of judo

The LDS as a teaching object

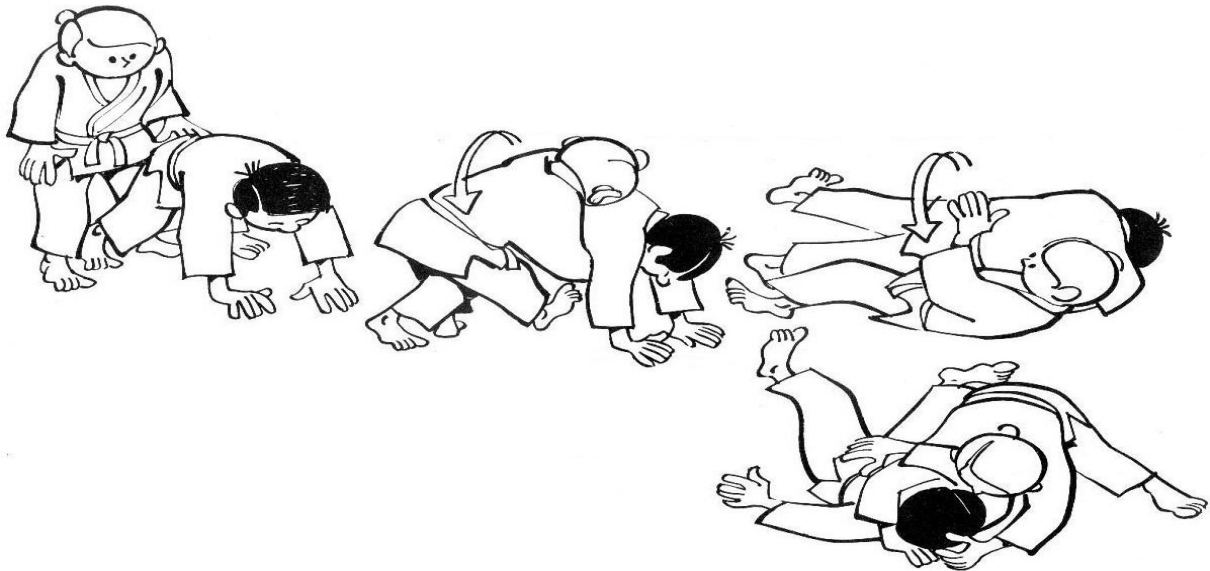
The LDS can then become a teaching object provided that these three principles are retained: safety, continuity and meaning.

Safety in the couple is essential for the beginner level. It is actualized in the knowledge of controlling the fall of one's opponent (sleeve hold and balance of tori during the projection).

Continuity is a source of efficiency. However, "standing combat can lead to favorable situations on the ground but that one must still know how to exploit

Work on the ground from the beginner level allows one to recognize these opportunities and the ways to use them.

The judoka gives meaning to his activity by linking standing work with combat on the ground. Judo is as much about scoring points standing as on the ground.



Details:

- Warm-up (10 min):
 - Running, rolls, falls, dynamic stretching.
- Review of standing techniques (10 min):
 - O-soto-gari, Tai-otoshi, Seoi-nage.
- Standing-to-ground transitions (25 min):
 - Practice transitions (throw followed by a hold-down or submission).
 - Partner drills with light resistance.
- Cool down (5 min):
 - Stretching.