

Metadata: <https://www.youtube.com/watch?v=IJYMCcxRYs>

In the case of judogitami you must be able to not just enter into the move but hold them and control them in the move for long periods of time. This video is largely bound up with exactly how to do this. How to keep people through 360 degrees of motion rolling and controlling over time until finally we get the arm extended and victory is yours. The idea is that whenever we go to break a human joint we must exert opposing forces in opposite directions at the same time upon the joint. Just as you would never tear a piece of paper with one hand but always rip it using two hands in opposing directions, so too when you go to break the elbow. These are not the only principles of the judogitami system but they are the important ones and the ones I want you focusing on. As you begin your study of judogitami and go forward into the future.