

Metadata: https://www.youtube.com/watch?v=RewLP_rKLQ4

Next, I will show you how to gain judo strength. It is very basic thing and you can do couple of times a day, you know. It is good for like between moving uchikomi, you know. You know. Ok. Just like pull, you know. Pull and put chest to chest, you know. But he must... He must resist like this. And make what is, you know. And I pull. This, you know. He must resist. Ok. But don't resist like this. Then stop. Push. If resist like this, you cannot train, you know. It is not train. Very difficult to pull and you just do like this and it is not, you know. You will not gain anything, you know. So, ok. I will show you how to do that. Ok. Start. It is exercise for like gain judo strength. Just try couple of times a day. Push.