

Chap. XIII
pp. 189-190
(Pulling)

(c) In Judo 'War' the performer keeps contact with the object, as in the fundamental skills of pushing or pulling.

In this sport, if the resistance is light arm action alone will suffice. When the resistance is greater, the force can be increased by leaning away from it. Leg extension and the back extensors may be brought into play. In moving backward, the back extensors fix or set the trunk.

VIII

In these couple balancing stunts the top couples ^{are} in each case ^{maintaining} the more correct positions because ^{they} conform more closely to the principles which govern balancing. First, the area of support is broader in the top figures. There must always be a center of support and the top performer should be placed so as to keep the weight line near this center. All balancing must be performed