Hi, I'm here for the private judo lesson?

Yes! I'm so excited that you're here. I already got my kimono on as you can see. Couldn't wait to try it for the first time :)

So, we have this whole place to ourselves. Mum and dad are on a trip. I bought this thick mat which i hope is ok?

Oh that will do just fine.

Just my luck, it's gotta be a fat girl again...

You can change into your judo clothes in the bathroom to the left.

Ok, thanks, be right back

Ok, ready? We should start with the traditional greeting. Can you sit down at your end of the mat and bow like me?



And now we bow like this.

Tall and fat. Meaty Mountain.

First I need to show you the basic hold or kumikata. Look how i take your suit near your neck and at your arm.


You know ehm... if you do this to ehm... lose weight, I should tell you that obviously you should also do some endurance training like running or something.
Lose weight?

Haha, I get that a lot. You think I'm fat, right

Well eh, no... I mean... if you don't think so then ehm...

Well no, I let you be the judge

Please, I didn't want to offend you. I just didn't want you to have a wrong idea about what this sport would or would not accomplish for you.


Tell me, does this look fat to you?

Does this arm look fat to you?

Wow, I was... very mistaken, I'm sorry. You obviously have an amazing physique!

t's ok Mr Judo teacher, you're forgiven, don't worry. You have no x-ray glasses to see through those baggy clothes. But well, now you know. In any case, fat or not, we're not in the same weight class I think.

Haha, no guess not. I'm actually in the lightest class, minus 60 kg. I am assuming you'd be in the heaviest female class for women, which is 78+ kg.

Correct, my weight is actually about 110 kg now.

Ok, I'm ready for some action. You finally gonna show me some moves, o master?

Eh, yes, we start with uki goshi, but could you put your vest back on? it will be easier like that?

Well you know, I was kinda sweating in it, and it's not really big enough. And this way you won't forget I'm not fat, haha.

Ok, uki goshi is the basic hip throw, where i put my one arm across your back and move my hip under yours, and lean forward... but...

Well, I AM standing on my toes. But I can't reach high enough with my hip to throw you over, see?

Oh, I see, your hip doesn't come high enough, indeed. Well...

I could bring you up a bit would that work?

Haha, sorry, I'm just playing with you. I think it's kinda cute you being so small. Look at your feet dangling in the air.

Ehm yes, but can you put me down now? I'd like to go to the next move.

Ok, we'll do the basic leg throw, o soto gari. That should be less problematic.

Ok, but since these pants are a bit too small too and so that you could better see what you're up against when you want to leg throw me, let me take off my pants too.

So with o soto gari, I get you off balance and then swipe your leg from under you and...

Ehm, am I supposed to fall down... just instruct me, I'm not sure what to do...

You're not supposed to do anything... i mean, yes, you're supposed to fall down but I can't... grrrrrr... can't get you off balance;


Actually i can just reverse this move, right? Swipe the leg, let me see. Like this?

You know, Mr. Miyagi, I think this lesson isn't going according to plan. Let's sit on the couch for a moment;

Ok... That was a pretty nice first o soto gari, by the way

You know, I'm starting to get curious: a bodybuilder vs a judoka. Who would win, generally?

Well, supposing that muscle is an indicator for strength (which isn't always the case), strength is of couse always an advantage, but in a submission match, it will be no match for technical skills. So a skilled judoka will beat a bodybuilder who is has no martial arts or grappling skills anytime.

Ok, I see. Generally huh. Could you sit a little closer? I don't have my contacts in;

What about our case, you and me? Female, 25 years old. I'm a pretty hardcore bodybuilder. Training since 7 years. 2.05 meters high, weight 110 kg. No martial arts experience, but I like to watch wrestling on TV. Your turn.

Male, 42. Black belt in judo, started 15 years ago. I'm 1.67m and 59 kg.

Wow, you're just a little over half my weight. That's an extreme size difference. And i'm pretty sure I am stronger than you. In this case, muscle is an indicator for strength, I can tell you. But you'd still say the judoka in the room would win?

Yes, I have little doubt. You are probably stronger, but the muscle makes you slower and you have no skill. So you might win in weightlifting perhaps, but not in a submission match.

Sooooo, then what are we waiting for? Wanna prove your point?

Eh, I guess... yes...

Great! Here's a man who's not afraid of me! Great find!

Ok, best out of three submissions. You win: you get paid for the lesson, in spite of being too short to teach me any judo. I win, and I will tell New York about it.

Eh, ok. Submissions in judo are holds of 30 seconds, or when the opponent taps out.

C'mon, get up boy. What are you waiting for? Chicken?

You ready for me?


Take me on!


Okaaayyy... you asked for this

Oh my, you're fast, i'm going down....

Yes you are. With an o uchi gari.

Moving on to a hold. Hon gesa getame. You got thirty seconds to get out; 1, 2, 3, 4, 5

Ooh my.Mmmmmh, arrrrrghh

27,28,

Ok, enough dolling around. 1, 2,

And 3!

You didn't really think I was putting up an effort so far did you? And I'm not even now.

But it's too much fun playing with you. You had your judo demonstration, now it's time for a little bodybuilding demonstration. Lemme bench you.

28, 29, 30. Actually you're way to light to be a good benching weight.

But anyway, since you couldn't get away, i consider this the first submission.

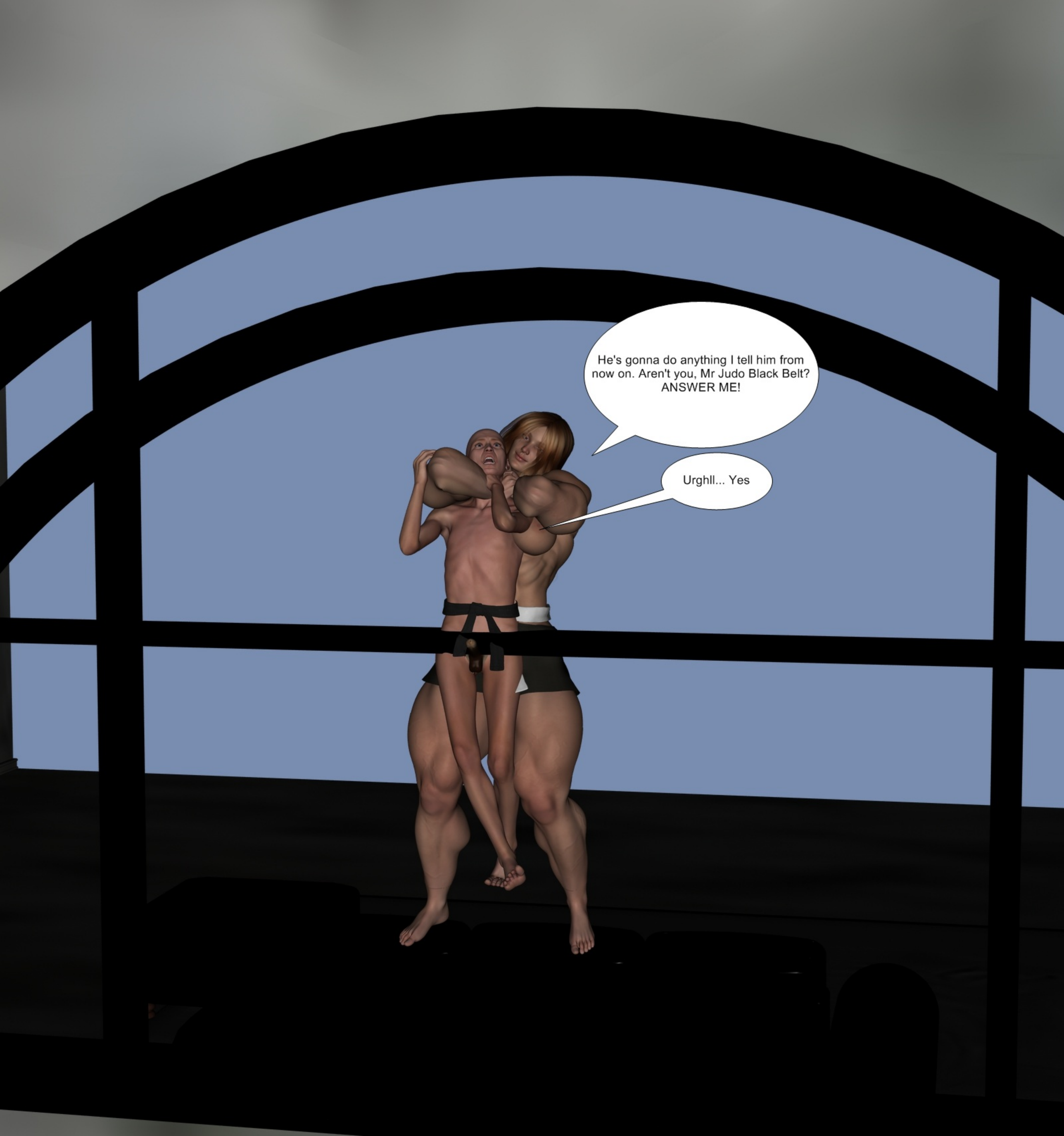

C'mon baby, get up. Or this is your second submission. Please not that I'm not demonstrating any "technical skills". This is just a girl sitting on you and you not being able to do antyhing.

Third submission. With just one foot, pushing at 10% of my power. What do you say? Hurts?

STOP! I give!

My muscles won from your "technical skills", puny one. You're no match for a big female bodybuilder like me. Oh, i love my muscles so much, I want to kiss them all the time.


New York, see my new slave!


He's gonna do anything I tell him from now on. Aren't you, Mr Judo Black Belt? ANSWER ME!
Urghll... Yes


Say that you will serve these muscles who beat you. Forever.
Yes, yes I... will... please... can't breathe... Will serve... please