Judo BC

Steps for Athletes to Fill Their Mandala Chart

The **Mandala Chart** is a Japanese planning tool that helps break down a big goal into clear focus areas and daily actions. It was famously used by baseball superstar Shohei Ohtani, who mapped his path to becoming a professional athlete with this method.

Instead of keeping a full booklet of notes, we wanted something simple, powerful, and always visible. That's why we use the Mandala Chart on a single page — a roadmap we can look at every day to stay focused, consistent, and aligned with our goals.

Body Care	Take Supplements	FSQ[2] 90kg	Improve instep	Core Strength	Maintain Body Axis	Create Angle of Delivery	"Hit" the Ball from Above	Wrist Strength
Flexibility	**Body**	RSQ[2] 130kg	Consistent Release Point	**Control**	Remove Insecurities	Don't Overpower	**Sharpness**	Lead with Lower Body
Stamina	Range of Motion	Meals[3] PM: 7 bowls AM: 3 bowls	Lower Body Strength	Don't Open Up Body	Control Mental State	Release the Ball in Front	Increase Spin Rate	Range of Motion
Set Clear Goals	Don't Let Plays Affect Emotions	Calm Mind, Burning Heart	**Body**	**Control**	**Sharpness**	Turn Along Body Axis	Lower Body Strength	Increase Body Weight
Thrive on Adversity	**Mental Toughness**	Don't Get Caught Up in the Flow	**Mental Toughness**	**Get drafted 1st overall[1] (8 teams)**	**Speed 100mph**	Core Strength	**Speed 100mph**	Shoulder Strength
Don't Make Waves	Dedication to Winning	Be Considerate to Teammates	**Personality**	**Karma**	**Pitch Variance**	Range of Motion	Practice Catching Liners	Pitch More
Emotions	Likability	Planning	Greetings	Pick Up Trash	Keep Room Clean	Increase Ball Count	Perfect the Forkball	Sharpness of Slider
Consideration	**Personality**	Thankfulness	Take Care of Equipment	**Karma**	Show Respect to Umpires	Slow, Dropping Curveball	**Pitch Variance**	Pitch for Finishing Batters
Politeness	Reliability	Persistence	Be Positive	Be Someone People Want to Support	Read Books	Use Fastball Form for All Pitches	Strike/Ball Control	"Deep" Image

Shoei Ohtani's Mandala Chart at age of 16 years old.

Step 1. Center Goal

- Write the **main goal** in the center:
  Example: 🥇 *Gold at Open Nationals (May 2026)*.
- This part is **shared by the whole team** — no changes needed

Step 2. Understand the 8 Focus Area

Example:

- Look at the middle boxes:
  - Technical Skills
  - Tactical Development
  - Physical Conditioning
  - Mental Preparation
  - Competition Experience
  - Lifestyle & Recovery
  - Coaching & Support
  - Personal Growth & Discipline
- These areas are **fixed pillars** — don't change them. They're the framework.
- Your technical could be 2 Focus Area, if you would like to be more specific (Technical Skills Ne Waza, Technical Skill Nage Waza, Technical Skill vs Righty, Technical Skills vs Lefty.

Step 3. Personalize the Outer Boxes

This is where the athlete makes it **their own roadmap**.

1. **Go one focus area at a time.**
   Example: *Technical Skills*.
2. **Look at the suggested sub-elements** (from the group chart).
   - E.g., "Specialty Throws."
3. **Replace or refine it with your own detail.**
   - Athlete A writes: *Uchi Mata + Osoto Gari*.
   - Athlete B writes: *Seoi Nage + Drop Seoi*.
4. Do this for all 8 focus areas:

   Example:

   - **Tactical Development** → which opponents to study? Which Plan A/B tactics?
   - **Physical Conditioning** → personal benchmarks (push-ups, beep test, agility targets).
   - **Mental Preparation** → techniques they'll commit to (visualization, journaling, meditation).
   - **Competition Experience** → specific tournaments they will enter before Nationals.

    - **Lifestyle & Recovery** → individual sleep goals, nutrition habits.
    - **Coaching & Support** → who they will rely on (S&C coach, teammates, mentors).
    - **Personal Growth & Discipline** → habits, leadership roles, balancing school/life.

Recommendations:

- **U14/U16 should fill 2 to 3 Outer boxes**
- **U18 should fill 4 to 6 Outer boxes**
- **U21 should fill 6 to 8 Outer boxes**

Step 4. Prioritize

- Print it, Laminate it, and stick it on you bedroom's wall
- Circle or highlight **2–3 key outer boxes per week** to focus on.
- Not everything needs to be worked on at once — it's about **progressive focus**.

Step 5. Track Progress

- Print or keep a copy in a binder.
- Each week, check off or write notes in the boxes:
    - ✅ = done/consistent
    - ⚠️ = needs work
    - ✏️ = notes/reflections

Step 6. Review & Update

- **Every month**, review your Mandala with your coach.
- Adjust outer boxes if priorities change (e.g., new competition added, injury recovery needed).
- By spring 2026, you should see consistent progress across **all areas**, leading into your (which should or could be Open Nationals.

Quick Example (Athlete Personalization)

- **Group box**: "Specialty Throws"
- **Athlete version**: "Seoi Nage (left) + Drop Seoi (right)"
- **Group box**: "Injury Prevention"
- **Athlete version**: "Knee stabilization band work 2x/week"

Example of Mandala Chart - Team BC

Local tournaments	Provincials	Intl Cups	Ne-waza transitions	Kuzushi	Ashi-waza precision	Feedback loops	Video review	S&C coach input
Refereeing styles	Competition Experience	High-level sparring		Technical Skills		Nutritionist support	Coaching & Support	Mental coach
Warm-up testing	Travel comps	Adapt to pressure				Training partners	Training camps	Coach communication
Mobility/ flexibility			Competition Experience	Technical Skills	Coaching & Support			Pre-match routine
Recovery protocols	Physical Conditioning		Physical Conditioning	Gold at Open Nationals (May 2026)	Mental Preparation		Mental Preparation	Confidence building
Agility drills			Personal Growth & Discipline	Tactical Development	Lifestyle & Recovery			Focus drills
Leadership	Mentor youth	Consistency				Sleep routine	Nutrition periodization	Hydration
Balance life	Personal Growth & Discipline	Accountability		Tactical Development		Physio/ massage	Lifestyle & Recovery	Active recovery
Dojo etiquette	Habit-building	Embrace adversity	Grip strategy	Vs left / right stance	Golden score prep	Balanced hobbies	Stretching	Injury management

My Goal for Season 2025-2026

