

## Fundamental Judo Technical Skills – A Basic Guide

### Step 1: Kumi kata – gripping



A standard right handed grip is where tori holds ukes right lapel mid-way above belt level with their right hand, thumb uppermost, while the left hand holds the sleeve below ukes elbow. From the standard grip a judoka can adopt a variety of grips, bearing in mind that penalties are given for non standard grips, where the technique is not executed immediately e.g. holding the trouser leg, belt or same side of the jacket with both hands.

### Step 2: Kuzushi – breaking the opponents balance



Prior to any attack, tori begins with kuzushi. Tori moves around the mat pushing and pulling uke until there is a state of unbalance. Tori must capitalise on this unbalance and know which direction to attack in. This is most effective by using an opponent's resistance to a push or pull and throwing in the direction of that resistance.

### Step 3: Feint – provoke a reaction from uke



This combination requires tori to make an action which sets up uke for a certain throw while actually moving into another. The feint must be convincing, otherwise the essential element of surprise will be lost. Another way a feint can be used is for tori just to push or pull forwards, backwards or to the side. Uke's reaction is normally to resist in the opposite direction to which they are being pushed or pulled, often coming off balance in the process. Tori then switches to a second technique, normally in the direction of uke's movement.

### Step 4: Tsukuri – making contact



The art of combining body, arm and leg movements into the correct position for whichever attacking technique has been decided upon. Move your body into a throwing position, still keeping uke off balance. The circular movement on your feet which brings you into a good position is called Tai-sabaki.

### Step 5: Kake – the throwing action



The completion or execution of the technique. Taking your opponent past the point of no return. When learning a technique, the tendency is for the execution to become faster and faster, not necessarily more skilful.

### Step 6: Renzoku-waza – combination



Standing techniques used in a combination or moving from standing into groundwork, it is a simple combination of two different groups of techniques. The second technique is a continuation of the first carried out in a same or similar direction.

### Step 7: Kaeshi-waza – counter attack



Uke can keep the action flowing to their own advantage, as well as conserving energy. The counter attack needs to be a technique that moves along the same line of force as that of the original attack. There are two instances when tori is most vulnerable. The first is the split second they being to turn in on uke. The second is when tori has completed the turn in but failed to complete the technique and begins to turn out again.

### Step 8: Skilful practice

The traditional way of progressing in judo is to train in three activities. The first is skill training; the second is randori, free practice in a relatively realistic situation (to competition); thirdly is shiai (competition).