

# Winning in Judo

(Sudden Death - Golden Score)

Roy Inman OBE 8<sup>TH</sup> Dan

Olympic Judo Coach

Games of the XXII, XXIV & XXV Olympiads



Examples  
of sudden death Waza showing  
the speed, courage, skill and  
commitment needed for the  
Ippon score.



# Ippon Judo

## Golden Score Judo (Sudden Death)

### **Kumi-Kata**

- **Grip & Grapple = struggle close hand to hand**
- **Grip & Grovel = to crawl face down**
- **Grip & Go = (mat side coaching) go on the grip**
- **Why does it work?**



# Why Does It Work?

- **Element of surprise**
- **Uke often wants and needs to settle**
- **Have strong settled base (why?)**
- **For defence**
- **Before launching his waza**
- **Needs a grip before launch**



# Why Does It Work?

- **Needs a step pattern**
- **Needs a target**
- **Attack as Uke is about to and or before stabilization with feet & or grip**
- **Matside instructions**
  - **1. be first & fast**
  - **2. or on the grip**



# Kumi-Kata on the Grips

- **Two-hand snatch = both hands same time as entry step**
- **One-hand snatch = one hand already on**
- **Uke getting grip = coming forward**
- **Uke still has grip get first attack**



# Kumi-Kata on the Grips

## Mechanics

- **Have entry step pattern to body target hand contact position (grip)**
- **Decide direction of throw**
- **Requires training for courage & commitment**
- **Commit (not hope to score expect to score )**



# The Waza 1

1. **Morote –gari (double leg grab sweeping action )  
2H=two hands on together snatch)**
2. **Kata-hiza -te-ouchi-gake-ashi-dori (one knee  
Major inside Hook. Hand outside leg grab= 1H)**
3. **Daki-ko-soto-gake (hug minor outer hook 2H)**
4. **Kata-sode-ashi-tsuri-komi-goshi (single sleeve-leg-  
lifting drawing hip 1H=one hand on 2<sup>nd</sup> hand  
snatch)**



# The Waza 2

- 5. Uchi & Soto-kibisu-gaeshi (inner & outer heel-trip 1H)**
- 6. Morote- kata-sode-tai-otoshi (2 hand 1 sleeve hand throw –body –drop 1H)**
- 7. Morote-hiza–seoi-otoshi (2 hand shoulder drop & drive 2H)**
- 8. Uke-goshi (floating hip 2H against HC)**



# The Waza 3

- 9. Morote-hiza–seoi-otoshi 2 hand shoulder drop & drive 2H**
- 10. Uke-goshi –Floating Hip 2H against HC**
- 11. Hadaka-ippon-seoi-otoshi (Uke around neck grab to drop shoulder 2H)**
- 12. Kata-guruma otoshi Yoko (shoulder wheel drop (side )2H)**



# The Waza 4

- 13. Uchi-mata (3 step entry inner thigh 2H)**
- 14. Koshi-guruma (hip wheel 1&2H)**
- 15. Morote-eri-seoi-nage (2hand 1 Lapel shoulder throw 1H)**
- 16. Soto-ashi-dori-o-uchi-gari(outside leg grab inside leg sweep 2H)**



# The Waza 5

- 17. Yoko-Guruma (side wheel 2H)**
- 18. Okuri-ashi-barai (2H double foot sweep)**
- 19. Morote-hiza-kata-guruma (2H 2-knee shoulder wheel)**
- 20. Sode-osoto-otoshi (1H -1 sleeve outside body drop)**
- 21. Yoko-tomoe-nage (2H side circle)**



# Principles of Ren-zoku /Ren-raku-waza

## Every action gets a reaction

- **Ren-zoku-waza = same or similar direction**
- **Ren-raku-waza = different direction**

## Why?

1. to achieve **Kuzushi**
2. the body contact **Waza**
3. the body feint **Waza**



# R & R on the Grip Waza 1

1. Ippon-seoi-nage – Okuri-ashi-barai (2H)
2. Ippon-seoi-nage to Ko-uchi-gake (2H)
3. Kata-guruma to Yoko-otoshi (2H)
4. Ashi-guruma to Tani-otoshi (2H)
5. Ippon-seoi-nage to Sumi-gaeshi (2H)



# R & R on the Grip Waza 2

6. **Tai-otoshi to Uchi-mata (2H)**
7. **Ko-uchi-gake to Ko-uchi-gari (2H)**
8. **Ouchi-gari to Ko-uchi-gake (2H)**
9. **3XR Tsurigoshi-o-uchi to Uchi-mata (2H)**
10. **3X O-uchi-Ko-uchi-Uchi-mata (2H)**



# Ne-waza

## Transitional Sudden Death

### Unstoppable Waza by GB players

- **Rolling Juji-gatame (Neil Adams )**
- **San-gaku-jime (Kerrith Brown )**
- **San-gaku-gatame (Karen Briggs)**
- **Kata-te-ashi-jime (Nigel-Donahue)**
- **Juji-ashi-gatame to Juji-gatame (Neil Eckersley)**



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