
JUDO

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Judo is a Japanese martial art and also a widespread combat sport. It means „a gentle way.“ The main idea is to be able to choose whether a successful defense will result in an injury of the opponent or only controlling him/her. Judo principles are based on jiu-jitsu schools which taught the self-defense of an unarmed person. Self-defense at that time dealt with real-life combat situations that arose during the hand-to-hand combat. If one of the combatants lost their weapon during the fight, a life-and-death situation emerged. Successful execution of techniques then used to result in the attacker's death or destructive injuries (limb fractures etc.).

Seoi nage

Ippon seoi nage is one of the basic throws in judo and is translated as a shoulder throw. It is classified as a hand technique (te-waza). It is the most commonly used technique among judo practitioners.

O-goshi

O-goshi is one of the basic throwing techniques and is translated as a major hip throw. Since a hip is used for the throw, it is classified as a hip technique (koshi-waza). Thanks to the good fall control, this technique is safe and suitable as a basis for all the other hip throw techniques.

Kesa-gatame

Kesa-gatame is a side control hold of the opponent on the ground. The weight of one's body and the work with the center of gravity are used in order to secure the hold. Kesa-gatame is one of the basic holding techniques and is classified as an immobilization technique.

Kata-gatame

Kata-gatame is one of the basic and most popular holds and is classified as the immobilization technique. It is used, for example, after an unsuccessful application of kesa-gatame. If done correctly, the opponent is choked, which might result in the end of the match.

Ude-garami

Ude-garami is an armlock which targets the opponent's elbow joint and shoulder by twisting the arm. The technique is called Americana in MMA.

Ude hishigi juji gatame

Ude hishigi juji gatame is the most used and also the most successful armlock which can be applied in all standard combat situations on the ground. It is an armlock technique targeting elbow joint and is widely used in MMA under the name armbar.

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