

Session 2: Introduction to Judo and Learning Falls (Ukemi)

Objective:

Introduction to judo and mastering falling techniques for safety.
Ukemis or breakers falls

From Uke which means to receive and Mi which means the body.
Ukemi therefore literally means the reception of the body. These are in fact the techniques of breaking falls.

The technique of Ukemis sums up in itself all the educational value of modern Judo/Jujitsu as opposed to the old Jujitsu, where we did not worry about the risks of injury. The practice of judo and in particular randori, must be done in the greatest possible safety.

Judo has an important social role: the Tori Uke couple must work in harmony "mutual aid and prosperity". Having a good Uke is the key to progression and quality of practice. Being a good Uke involves the perception of Tori, the need to have the same technical objectives and the desire to progress together. The fundamental element to be a good Uke is to perfectly master the Ukemis in all their forms.

Learning Ukemis generally begins with the backward fall (Ushiro Ukemi) and must continue for as long as necessary to assimilate all the technical points.

Once this is well mastered, learning can continue with the side fall and then the forward fall (Mae Ukemi).

The fear of falling must disappear very quickly through improvement and mastery of Ukemis.

UKEMI WAZA

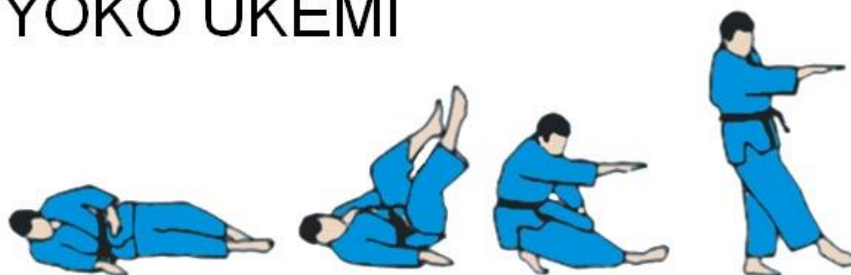
USHIRO UKEMI



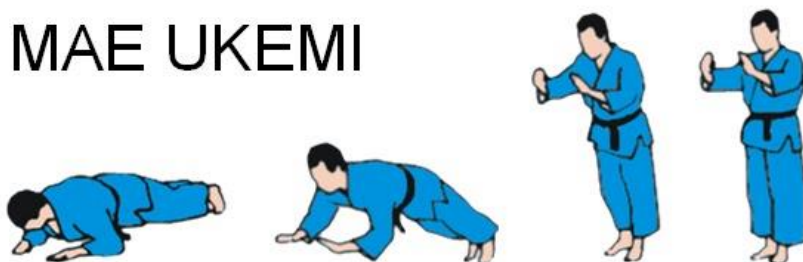
ZEMPO KAITEN UKEMI



YOKO UKEMI



MAE UKEMI



Mae Ukemi - Falling forward

Put one leg forward and place the corresponding hand palm on the ground, fingers inward, then place the second hand next to it, palm on the ground fingers outward. From this position, look under your armpit with the second hand in order to pull your head into your chest and present the trapezius muscles first.

You then have to push on the leg that is behind to shift your weight onto the front leg, lose your balance and roll onto your shoulder, forming a diagonal in your back (from the right shoulder to the left hip if the fall is on the right).

To avoid landing on your heels, your legs (toes on point) must remain straight and spread apart in scissors in order to fall on your side.

With a little speed and semi-bent legs, very stiff at the moment of impact, it is possible to get up.

By hitting the ground with the hand (firm palm on the tatami), the shock wave spreading throughout the body vibrates on contact with the hand and prevents injury.

Yoko Ukemi - The fall on the side

This fall happens when Tori sweeps one of Uke's feet as for De Ashi Barai for example or when he hooks as for Yoko Gake.

This fall is very simple, you have to let your leg slide to the side or in front and turn around in the direction of the fall, to look where you are going. You then have to go down on your hip and side then hit the ground with the hand corresponding to the outstretched leg.

Ushiro Ukemi - The fall backwards

This fall happens very frequently during a projection like Ushiro Goshi, Morote Gari or leg movements like O Ushi Gari for example. This fall is a little tricky to understand because letting yourself fall

backwards is disconcerting since you don't know where the ground is. In addition, you must not fall on your back because the shock would block breathing, the lungs being located there.

Also, you have to let yourself go on your buttocks without sitting down, and above all, something of capital importance, watch your belt knot so as not to hit the ground with your neck. Once done, you have to slide on your back and hit the ground with both hands flat.

To successfully perform a backward fall in training, without the constraint of projection, it is preferable to take a step forward to put yourself on your heels and let yourself fall.

In projection, the backward fall can sometimes be complicated for beginners, so it is advisable to be careful, especially on amplitude movements like Ushiro Goshi.

Details:

- Warm-up (10 min):
 - Running around the tatami (4-5 minutes).
 - Dynamic stretching (arms, legs, torso).
 - Mobility exercises (forward and backward rolls, jumps).
- Introduction to judo (5 min):
 - Explanation of judo principles (jita-kyoei – mutual benefit and welfare).
 - Basic rules (bowing, respect, etiquette).
- Learning falls (25 min):
 - Mae ukemi: Forward fall with a roll (10 min).
 - Ushiro ukemi: Backward fall (7 min).
 - Yoko ukemi: Side fall (8 min).
 - Balance games (maintaining balance while gently pushing a partner).
- Cool down (5 min):
 - Gentle stretches.