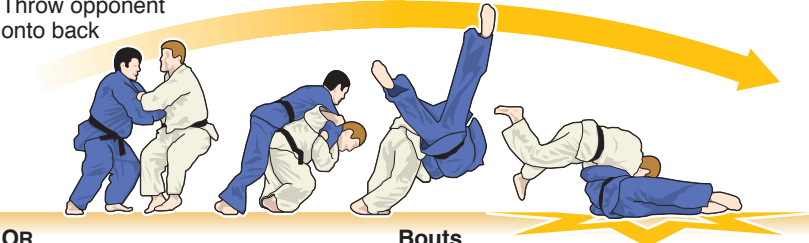


HOW TO ACHIEVE "IPPON" (outright win)

Throw opponent onto back



OR
Pin opponent to mat for 25 seconds

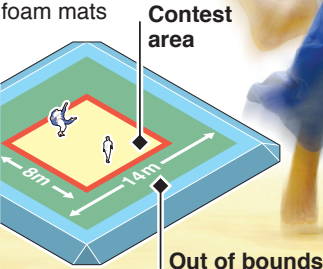


Bouts
Five minutes – unless ippon scored sooner

OR
Force submission using armlock or stranglehold



TATAMI
Vinyl-covered foam mats



Judoka (combatants) wear loose-fitting cotton uniforms called **judo**gi – pants, jacket and belt tied at waist