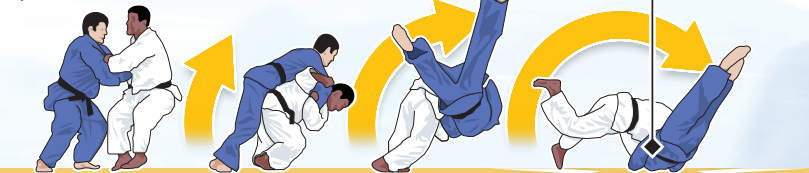


**Methods for achieving *Ippon* (outright win)**  
**Perfect throw:** Demonstrating strength, speed and control



Opponent lands on back

**Pin:** Opponent incapacitated for 20 seconds using recognised *osaekomi-waza* (mat hold)

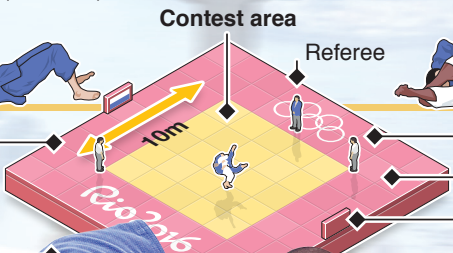


**Forced submission:** Through *shime-waza* (choke/strangle) or *kansetsu-waza* (joint lock)



**Tatami:**  
Vinyl-covered foam mat absorbs impacts

**Judoka:**  
Combatants wear loose-fitting cotton *judogi*, jacket and trousers of thick cloth



London Olympics men's heavyweight judo gold medallist **Teddy Riner** (FRA)



**Bouts:**  
5 minutes (men),  
4 minutes (women)