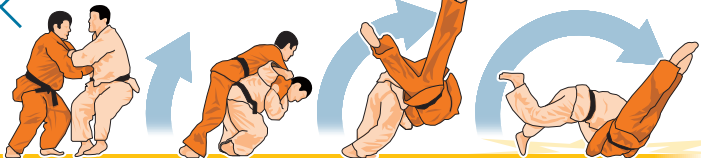




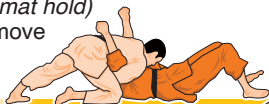
## TO ACHIEVE IPPON (outright win)

**Perfect throw:** Demonstrates force, speed and control

Opponent lands on their back



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

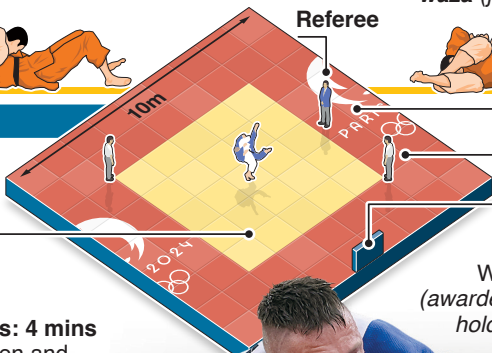


**Forced submission:** Using **shime-waza** (choke/strangle) or **kansetsu-waza** (joint lock) move



## TATAMI

Square foam mat (absorbs impacts)



Safety area

Judges (x2)

Scoreboard

Ippon = 1pt

Waza-ar = 0.5 pt

(awarded for throws or holds that fall short of Ippon)

## Contest area



**Bouts:** 4 mins for men and women

**Judoka** (judo performer): Wears loose-fitting cotton **judogi**, jacket and trousers made from blue or white cotton

**Lukas Krpalek** (CZE), winner of men's 100kg Judo category at Tokyo 2020 Olympics

