

The Concept of *Ukemi* in the Early Stages of Judo Development: Part2

—Teaching Method:The Flow of "How to Fall"

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【Background】

Increase in injuries due to falls among the elderly
→ Preventive measures in judo by applying *ukemi*

【Objective】

Focusing on the significance and teaching methods of ukemi in the early days of judo, we aim to clarify the usefulness of ukemi in modern society where the aging population is increasing.



【Method】

- 1. Literature survey on the early days of Judo**
- 2. Interview with Technical Specialist, Kodokan Archives**

<Major literature used>

- 1: Ariya Honda(1898)Kodokan Articles“Beginner ‘s Guide”.
Kokushi. Zoushikai**
- 2: Jigoro Kano lecture Records of pupils(1898)Judo Kougi.
Kokushi**
- 3: Jigoro Kano(1915)Judo Hongi“Judo outline”. Judo
Association Headquarters**
- 4: Jigoro Kano.(1931)Judo Kyohon. Sanseido**



1. Master Kano's Approach to Ukemi

“*Ukemi* is a way to fall with ease, without injury, and without pain regardless of being thrown by falling on your own or by someone else. ”

Jigoro Kano. Judo Kyohon. Sanseido.1931, p.20.

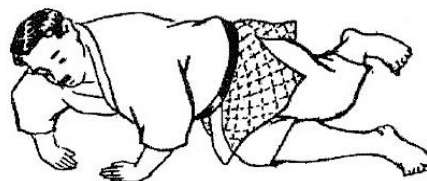


2. Teaching *Ukemi* in the Early Stages of Judo

There are cases where one may fall forward, backward, left, or right, or roll



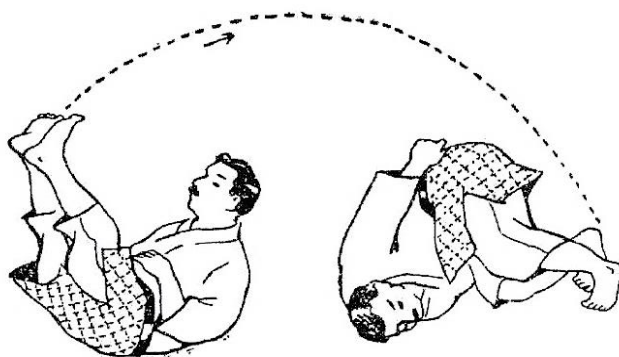
第一图



第二图



第三图



第四图



第五图



2. Teaching *Ukemi* in the Early Stages of Judo

1) When you are knocked forward

- How you thrust your hands is important
- That the fingertips of both hands should be angled inward at approximately 45 degrees, while the elbows are pointed outward.
 - Prevent wrist and elbow injuries
- One or both hands are positioned under your face.



1) When you are knocked forward

→ How you thrust your hands is important.



- Place both hands with the fingertips pointing inward and both elbows pointing outward.
- The fingers of both hands are at an angle of about 45 degrees.
(90 degrees to each other)
- One or both hands are positioned under your face.



2. Teaching *Ukemi* in the Early Stages of Judo

2) In the case of falling to the backward

- Not hitting their head, when to use elbows, how to strike the hand**

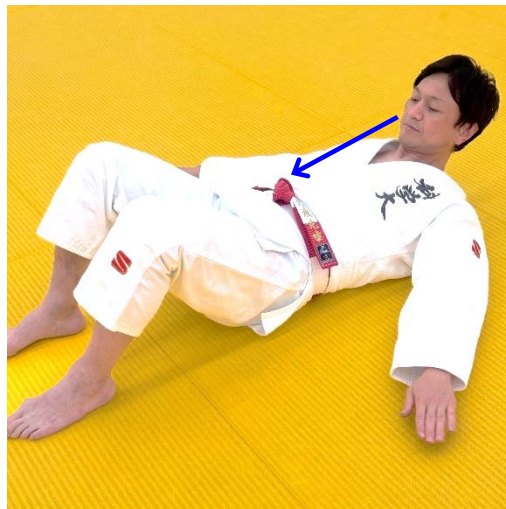
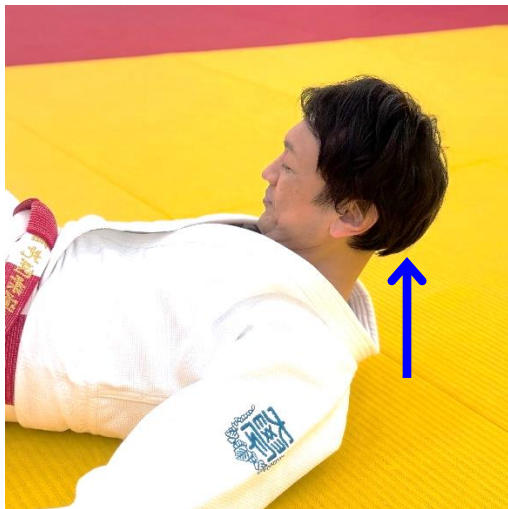
Falling with your neck and back bent so that your chin touches your chest, you hit the tatami with your hand just before your body touches it, with your palm and wrist first, and your elbow a little later.

- Prevents elbow and shoulder injuries.**

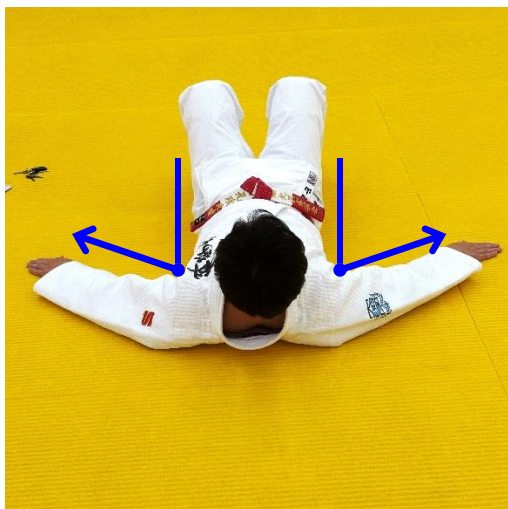


2) When you are knocked backward

→ Not hitting their head, when to use elbows, how to strike the hand



▪ Bend your neck and back so that your chin touches your chest.



▪ The angle between your arms and body is 30-40 degrees (Judo Hongi)
30-45 degrees (Judo Kyohon)



2. Teaching *Ukemi* in the Early Stages of Judo

2) When you are knocked backwards

- Not hitting their head, when to use elbows, how to strike the hand**

“For beginners, it is best to practice striking the tatami with both hands simultaneously As practice progresses, it is better to strike using only the left or right hand”

Jigoro Kano. “Judo Hongi” “Judo”. Judo Association Headquarters. 1915. Vol. 1, No. 6. p. 137



< Practice of falling behaind in the early days of judo >

【Long sitting】



【Standing】



【seiza】



2. Teaching *Ukemi* in the Early Stages of Judo

3) If you fall on your side

→ When hitting a normal tatami
(As in the case of a backward)

▪ hit the tatami with one's fallen hand



→ When you receive it by sticking out your hand
(Changes when falling forward)

▪ For the right side, twist the body to the right and thrust the hand with the fingertips pointing inward.



2. Teaching *Ukemi* in the Early Stages of Judo

4) In the case of rolling

→ Body handling and thrust your hands

- The hand thrusts out with the fingertips pointing slightly inward, the body rolls in a circle, and finally stands.**
- Devise ways to place your hands in “Kito-ryu” and “Tenjin Shinyo-ryu”.**



< Hand positions in Kito-Ryu and Tenjin Shinyo-Ryu >

“Kito-ryu”

Right hand when the right foot is in front



“Tenjin-sinyou-ryu”

Left hand when the right foot is in front



“Kito-ryu” and “Tenjin-Sinyou-ryu”

use one’s right hand and one’s left hand



•If you position your left hand in the Tenjin Shinyo-ryu position and your right hand in the Kito-ryu position, it will be easier to roll.

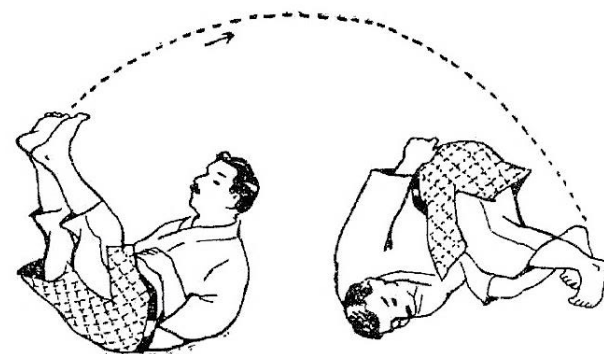


2. Teaching *Ukemi* in the Early Stages of Judo

4) In the case of rolling

Situations where you roll forward or backward

- When you are trying to avoid an attack by moving far away from the enemy
- When you are knocked down on your stomach, on your hands, and trying to avoid the attack by getting as far away from the enemy as possible.
- When the enemy attacks immediately.
- When it is necessary to face the enemy.



第四図

図 嘉納治五郎「柔道講義」
『柔道』柔道会本部. 第1卷
6号.1915.135p 引用

→ Aspects of Judo as a Martial Art and Budo



3. Current passive teaching

- There is a strong perception that there are only four types of forward-*Ukemi* (Mae-*Ukemi*), backward-*Ukemi* (Ushiro-*Ukemi*), side-*Ukemi* (Yoko-*Ukemi*), and forward roll-*Ukemi* (MaeMawari-*Ukemi*) .
- Each *Ukemi* has become more focused on a single form, and Master Kano idea of “falling and rolling through one’s own ingenuity” has become less common.



4. Summary

- Master Kano emphasized teaching *Ukemi* in a way that encouraged to devise their own methods of falling and rolling safely.
- By devising your own *Ukemi* techniques, you will be able to control your body to protect yourself in various situations, which will lead to injury prevention.
- *Ukemi* is not only for competitions or judo, but its original purpose is to serve as a technique for maintaining one's safety in everyday life, such as when losing balance, by devising ways to fall or roll.
- *Ukemi* could be considered useful as one of the fall prevention measures for the elderly.



References/Citations

- **Ariya Honda (1898). Kodokan Articles Beginner 's Guide.Kokushi. zoushikai**
- **Jigoro Kano lecture Records of pupils.(1898)Kodokan Judo Kougi. Kokushi**
- **Jigoro Kano(1915)Kodokan Judo Lecture. Judo Honji “Judo outline”. Judo Association Headquarters**
- **Jigoro Kano.(1931)Judo Kyouhon. Sanseido**
- **Siniti Oimatu,Toshiro Daigo etc(1983) .Japanese Budo “ Jiu-Jitsu”. Kodansha.**



Thank you for listening