

THE COMPLETE BOOK OF JUDO THROWS



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Warm Ups:

Be sure to do warm ups
Before taking any falls.
Practice Falling to the side
To your back, and forward.





Do some body turns and lifts. Hold the partners arm, turn into them and lift.





Also do some squat lifts, where you hold your partner on your back and squat up and down.





I also like to do some leg sweep warm ups. Hold the partner by the gi and step up and into his leg for a sweep. It is not necessary to throw him to the ground.



You should also do stretches. Warm up for at least 10 minutes



SHOULDER THROW

Start by holding the partners gi and then step across your front leg and into your partners stance, Be sure that your feet land directly in front of the partners between his legs. Now thrust your hips into his hips and lift and throw him to the ground directly in front of your body.



HIP THROW



Hold the partners gi and turn your body directly into his. Lock your arm around his back just above the belt.





Now learn your body over and bend your legs, picking up your partner and throwing him over your hip to the ground.

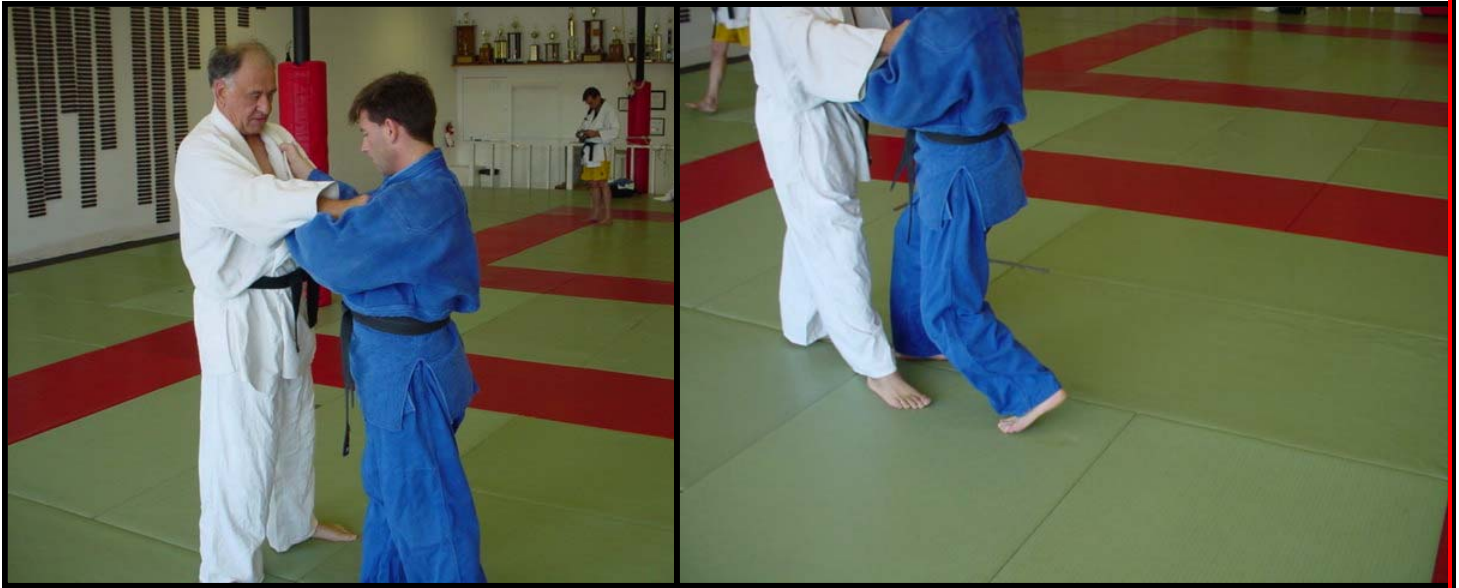


HIP THROW

More photos showing detail. Please notice the hand and foot positions. The hands secure the grip, and the feet cross over directly into the middle of his legs.



FORWARD LEG SWEEP



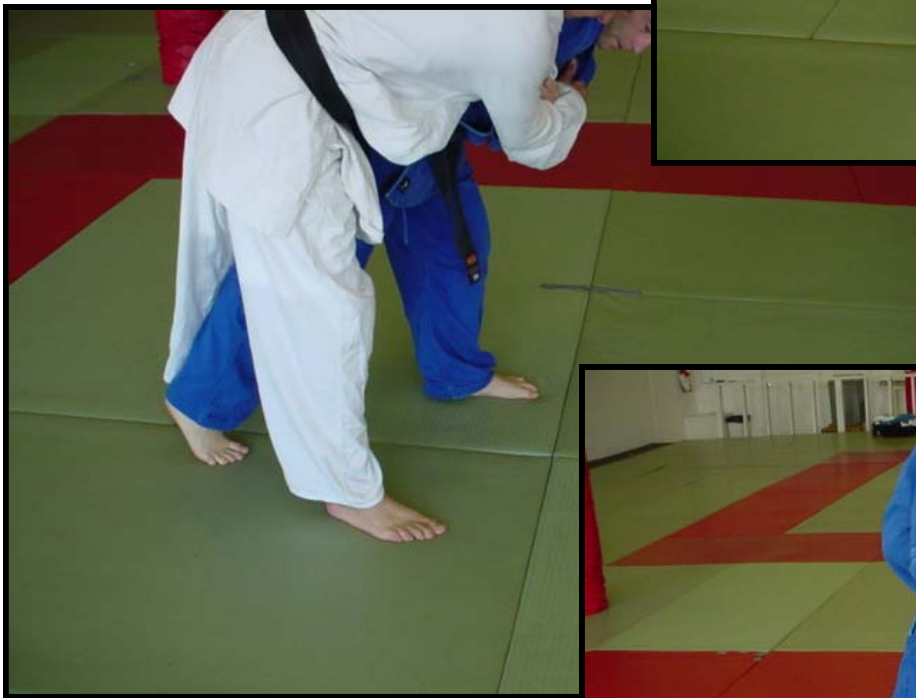
Hold your partners gi and step into him forcing him to move backwards, now take your right foot, just at the ankle and sweep his leg up and in front of your body, while pulling down with your arms to throw him to the ground.



Here are some details of the foot work for the leg sweep. Notice the throwers foot holds the ankle of the partner.



INNER LEG SWEEP



Here we step to the inside of the partner and hook our heel into his heel, lift and throw in across our body to the ground.

OUTER LEG SWEEP

If we step to the outside and lift, it is very easy to do a outer leg sweep. Keep the shoulder firmly planted into his for power.



THE SHOULDER THROW



Here we step into the partner and lock our arm under his armpit, turn the hips into him, lift and throw.



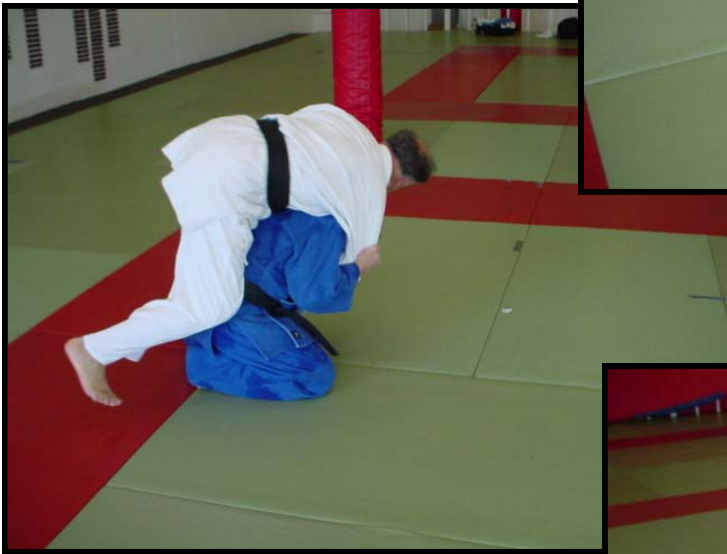
THE FIREMANS THROW



Here we hold the partner and step in while bending over and dropping our arm between his legs. We then kneel on the ground and lift the partner over our shoulders for a throw.



THE KNEE DROP THROW



Here we drop to our knees in front of our partner. Lock his arm and hold onto this arm at the bicep. Then leaning forward we throw him to the ground.

THE BACK LIFTING THROW



Here we drop to our back and pull the partner across our body, notice the hand lifting position, throw him across our body and then mount him.

JIU JITSU TAKE DOWN WITH THROWS

Backward Rolling Throw



Here we begin by tying up and I begin a throw, but my opponent resists, so I scissor my legs around his front leg and lock them to secure a back rolling throw.





Now I secure his leg by holding it as I make the throw and keeping pressure with my legs on both sides of his, pulling back to lock the knee.



REACH BACK THROW LEG LOCK



Here we begin to try to throw our partner, but he steps forward to resist. I quickly bend over and secure his left leg, grabbing it by the ankle.





Now I throw my partner backward and secure a lock on his leg by holding it as I fall into him. Then I lock the leg against my chest and keep the ankle by my neck. I twist forward and down to break the knee.



Double Leg Take Down to a Guard



Here you do a double leg take down, by quickly dropping to both of your Knees directly in front of your opponent and grabbing him around the Knees to throw him to the ground.





Now you quickly move to the side mount to secure your hold and then up to a mount.



Counters for Double Leg Take Down



As you opponent comes in your force your forearm against his neck and sprall





**Now you grab the inside
Of your partners GI and roll
Over to secure the choke.**



Another Double Leg Counter...The Cattle Catcher



Here I sprall as my opponent comes in and I secure my right arm under his left arm allowing me to turn him over quickly.





Now I reach over body
And secure his left arm
With a cross arm back, then
I roll him backwards towards
Me and pull the arm back into
My Body for submission.



Single Leg Take Down Submission



Here my opponent is trying a Single Leg Take down, I sprall and reach under his arm to grab it with both of my hands.





Now I lock the arm with by grabbing my wrist and step over and around him to secure the submission.



Leg Lock from an Attempted Arm Bar



Here you are beginning an arm bar when you opponent sticks his leg thru your arms to try to break the hold.





You lock the opponents leg back into your body and then wrap up around his knee to secure the submission



