

IPPON



go for it 100%

1 GET MOVEMENT

Move your opponent. Use a set up waza. Use body movement. Use your grips. However you do it make your opponent move and make them move towards the direction you want to throw.

2 CHECK YOUR GRIP

Know which grips you should use for which techniques. **Build up gripping strategies to achieve the grip you need.** Become aware when you have got the grip you need to throw.

3 ACTION - REACTION

Create a reaction. Make your opponent believe you want to throw them in the opposite direction, then unexpectedly change direction. Surprise is key to scoring ippon.

4 CHECK YOUR FEET

Both power and stability starts from your feet. There is an optimum place for your feet or foot, where you are stable and can drive from. **Find the sweet spot.**

5 TIME IT!

Timing is everything. You'll know when you get the timing spot on, as your technique will flow and there is no resistance to your attack.

6 100% COMMITMENT

When you attack go for it 100%. You are much more likely to get countered if you attack lightly or only turn half way in. So, if you think it's on - commit totally.

7 DIRECTION

Align your power. **Which direction are you throwing towards?** Everything (toes upwards) should be driving in unison towards this direction.

8 DRIVE TO FINISH

Keep the driving force right through until the finish. Do not let gaps appear where your opponent can twist out.



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