



UNITED STATES JUDO ASSOCIATION

Basics on Gripping

One in a series of articles for the USJA Grass Roots Coaching Newsletter

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I. Right Sided Players

Right vs. Right (Sequence #1)

1. Right foot forward with your left shoulder back (As a Left handed boxer would stand).
2. Always reach with the your left hand first (you must get left hand on opponent's gi FIRST!).
3. Right arm bent (elbow down) and protect your neck.
4. When opponent reaches with right hand, grab their wrist with your right hand before they touch your gi.
5. Two on one(place both hands on his right arm), secure their sleeve with left hand
6. If opponent has your right sleeve, break their grip by making a clockwise circle with your thumb.
7. Grab their lapel or neck with your right hand.

Right vs. Right (Sequence #2) – If your opponent takes your sleeve and is dominating the grip:

1. Left foot forward (right shoulder back).
2. Reach with left hand first (you must get your left hand on opponent first).
3. Keep right arm bent (elbow down) and protect your neck.
4. When opponent reaches with their right hand, grab their wrist with your right hand before they touch your gi.
5. Two on one (place both hands on her right arm), secure the sleeve with your left hand.
6. If your opponent has your right sleeve, break their grip by making a clockwise circle with your thumb.
7. Grab her lapel or neck with your right hand.

Key Points:

Forget what your opponent is doing with their left hand; focus on their right arm only.

Keep your left arm straight, and always push against your opponent's shoulder to slow down their right hand (Do not push into your opponent: use the arm as a post).

As your opponent reaches, turn your chin and shoulder away from your opponent.

Never lunge to get a grip.

Make a circle with thumb clockwise and bring it to your chest to break their grip.

Right vs. Right (Sequence #3) – If you cannot stop your opponent from getting your neck or cannot get your left hand on the gi:

1. Right foot forward and your left shoulder back) As a Left handed boxer would stand
2. Cross grip their lapel with your right hand to get a grip.
3. Feed right lapel with your right hand to your left hand.
4. Grip as described in sequence #1 above

If opponent reaches before you can get her lapel, stop her right hand from grabbing by raising your left hand to catch your opponent's right arm.

Key Points:

Be sure to push (post/hold) on your opponent's shoulder with the cross grip.

II. Left-sided players

Left vs. Right Gripping:

1. Basic Concepts
 - a. Inside control – set lapel hand, and then reach for the sleeve.
 - b. If power gripping, pull opponent in (not keeping them at an arm's distance).
 - c. Note: Keep your head on the outside of their body.
2. Advanced gripping
 - a. Cross grip the lapel then get the sleeve.
 - b. Sleeve cross grip series

Note: Never push when gripping.

Posture must be set before grabbing with two hands.

You must change your gripping sequence all the time during a match.

Additional:

It is important to show grip fighting and what it should look like in practice or training. Always pair right handed players with right handed players, and left handed players with left handed players.

We also train gripping via line-ups, so that the stamina in hands is improved and gripping becomes automatic.