

PRINCIPLES OF UKEMI (oo-kay-mee): THE TECHNIQUE OF BREAKFALL

by Frank Young, 4th dan Judo

1. Maximum body contact.
2. Chin tucked into chest, eyes on belt knot.
3. Elbows and knees slightly bent, never fully extended.
4. Leading thigh is parallel to arm, 45-degree angle from body.
5. Support or assisting leg comes down on ball of foot near hip.
6. Arm slap absorbs shock, 45-degree angle from body, instant before leg hits mat.
7. Arm slap is spring-like, whipping action, like cracking a whip. Power comes from hips, not shoulders. Slap also rebounds from the mat or landing surface.

8. Relax and breathe out quickly or use Kiai, or power-shout.