

Five Rules to Know JUDO



Ippon

An ippon is the ultimate goal in judo and ends the match immediately. It is awarded for a perfect throw, a 20-second pin or a submission via choke or joint lock.

Waza-Ari

A near-perfect technique. Two waza-ari equal one ippon, ending the match. It encourages consistency in technique and allows for cumulative scoring.

Prohibited Actions (Shido-Penalties)

Certain actions are penalized with shido, eg. passive play, illegal grips, false attacks or stepping out of bounds. Three shido result in disqualification.

Safety Rules

Techniques that risk severe injuries are forbidden, such as strikes, punches, kicks, dangerous throws (targeting the neck or spine) and applying excessive force in submissions.

Golden Score

If the match ends in a tie after the regular time, a “Golden Score” period begins. The first competitor to score (ippon, Waza-ari, or the opponent receiving a shido) wins the match.