

# GRIPPING THROW

If you train judo at least once a week for a couple of months, your grip fighting will improve. This is an excellent technique to utilize against an opponent who hasn't spent as much time developing his grips. While he is focused on fighting and defending your superior grips, you'll be setting up your throw.

**1** My brother and I are in a low jiu-jitsu stance, searching for an opening.



**2** We both assume a sleeve and collar grip. Neither one of us has an advantage over the other. However, for this move we are going to pretend that my brother doesn't know any judo. Coming from jiu-jitsu, he is about to be overwhelmed by my judo grips.

**3** Still gripping my brother's collar with my right hand, I drive my right elbow to the ground. At the same time, I use my sleeve grip to drive his right arm down. I am forcing him into an even lower stance, hoping for a reaction so I can counter. If you desire to learn this move without a gi, then you should drive your opponent's head down by cupping the back of his neck with your right hand.



**4** My brother resists my attempt to pull him into a low stance by standing up, which is the reaction I was hoping for. I don't attempt to stop him from doing this.

**5** While my brother is focused on resisting and defending my grips, I step my left foot to the outside of his right leg, changing my angle. I let up on downward pressure, making him believe that I have abandoned whatever I was working on.



**6** By taking my step to the side, I have now set up my body for a clockwise rotation. As I start to turn, I again force my brother's right collar to the ground using my right grip, except this time I put downward pressure in the same clockwise direction that my body is turning. I apply additional downward pressure with my sleeve grip, but because I want his body to turn in a clockwise direction, I use little strength. Notice that I have dropped into a squat position to help drop my brother's body.

**7** Notice that my feet haven't changed their position on the ground from the last photo. I have rotated my body, but my feet stay in the same locations. My brother goes down not because I am tripping him, but rather because he can't keep up with the downward spiral my arms and hips have cast him in. As he starts to go down, I continue with my rotation and he loses his ability to stay on his feet. Notice that he has a lot of momentum here. You don't want to do this technique slow. It should be done with a quick jerking motion of your grips.



**8** I land right in the standard impact control position with my knee on my brother's stomach. My left hand is still controlling his sleeve, and my right hand is still controlling his collar. I do not change my grips.