



## UKEMI IN JUDO IS A TECHNIQUE OF A SAFE FALL

Turkmanov Tokhir Zurfilaeovich

Senior Lecturer, Department of Physical  
Education and Sports, Tashkent State Agrarian University

### Abstract

The basics of falling in judo (ukemi) form the foundation of initial training and are aimed at mastering safe ways of falling. Mastering ukemi reduces injuries and ensures effective training in throwing techniques. This paper briefly discusses the main types of falls and the methodological principles for learning them.

**Keywords:** Judo, ukemi, falling techniques, safety, basic training, injuries.

### Introduction

Falls are one of the key components of the training process in judo. The ability to fall correctly and safely not only helps to avoid injuries but also serves as the foundation for successfully mastering throws and other technical elements. In judo, there is an entire “falling ABC” that includes various types of takedowns and methods for breaking the fall. In this article, we will discuss the basic principles and techniques of falling that every judoka should master.

Judo is a martial art that focuses on throws. When executing a throw, the athlete inevitably ends up on the tatami, and if the fall is not performed correctly, it can result in injury. Proper falling technique enables you to:

- Cushion the impact against the surface.
- Reduce the risk of injury to the neck, back, and limbs.
- Recover quickly after a fall and continue the match.
- Increase confidence and safety during training and competitions.

### Basic Principles of Falls in Judo

- Body relaxation. Tensed muscles increase the risk of injury. When falling, it is important to remain relaxed so that the body can naturally absorb the impact.
- Impact distribution: The impact should not be concentrated on a single point but distributed evenly across the body's surface.
- Use of arms and shoulders. Your arms and shoulders act as shock absorbers, helping to cushion the fall.





- Correct direction of movement. The fall should be directed in a way that minimizes the force of impact and avoids dangerous positions.

## **Types of falls (ukemi) in judo**

### **1. Mae-ukemi (forward fall)**

This is a forward fall in which the athlete lands on the shoulder and side of the back, using the arms to cushion the impact. The technique includes:

- Tilting the head forward to avoid hitting the back of the head.
- Straight arms that touch the tatami first.
- Smoothly rolling over the shoulder and side.

Mae-ukemi is often used in forward throws, such as when executing the seoi-nate technique.

### **2. Ushi-Ukemi (backward fall)**

Ushi-Ukemi is a backward fall in which the athlete falls onto their back, using their arms to cushion the impact. This technique is especially important during throws when the athlete loses balance backward. Key points:

- Chin tucked to the chest to avoid hitting the back of the head on the tatami.
- Arms are spread to the sides and slightly bent at the elbows; the palms make first contact with the surface.
- The impact is distributed smoothly across the back and shoulders, without sudden jolts.

Ushi-ukemi is often used in throws such as “osoto-gari” or “hara-i-goshi,” when the person falling is thrown backward.

### **3. Yoko-Ukemi (Side Fall)**

Yoko-Ukemi is a side fall in which the athlete falls onto the side of their body, using their arm and shoulder to break the fall. The technique includes:

- Turning the body to the side of the fall.
- The arm on the side of the fall is extended and touches the tatami first.
- The head is tilted to the side to avoid hitting the surface.

Yoko-ukemi helps to soften falls during side throws, such as yoko-otoshi or yoko-guruma.



#### 4. Дзё-укеми (падение с перекатом)

Дзё-укеми — это падение с перекатом, при котором спортсмен использует перекат через плечо или спину для смягчения удара. Эта техника помогает избежать резких ударов и быстро восстановиться после падения.

- Начинается с наклона тела и сгибания коленей.
- Перекат происходит через плечо и спину, руки помогают направлять движение.
- Голова прижата к груди, чтобы защитить затылок.

Дзё-укеми часто используется в тренировках для развития координации и уверенности при падениях.

#### Tips for Mastering Falls Effectively

- Regular practice. You should practice falls systematically, starting with slow, controlled movements.
- Work with a partner. Training with an experienced partner will help you better understand the dynamics of takedowns and throws.
- Use a soft surface. In the early stages, it is recommended to train on soft mats or tatami.

#### Common errors in fall training

When mastering falling techniques, many novice judokas make typical mistakes that can lead to injuries or a decrease in technique effectiveness:

- **The tension of the body.** Often, athletes instinctively strain when falling, which increases the risk of injury.
- **Leaning the head back.** This can lead to a head-on collision with a tatami and serious neck injuries.
- **Falling on the elbows or wrists.** Improper distribution of the blow can cause joint injuries.
- **Absence of rolling.** Falling "sideways" without rolling increases the force of the impact and the risk of injury.
- **Insufficient coordination of movements.** A lack of coordination between the hands, head, and body reduces the effectiveness of amortization.

Fear of falling is a natural reaction, especially for beginners. However, it is precisely overcoming this fear that is the key to successful learning. The following methods are useful for this:





- **Gradual increase in complexity.** Start with easy and slow drops, gradually move on to more dynamic and complex ones.
- **Positive reinforcement.** Encouragement and support from the coach and partners help to form a positive attitude towards the process.
- **Meditation and breathing techniques.** They help reduce anxiety and improve concentration during workouts.
- **Discussing experiences.** Talking about fears and difficulties with a coach or teammates helps to find individual solutions and increase motivation.

## CONCLUSION

Ukemi is not just "the ability to fall," it is a whole philosophy of safety and the foundation of judo. Novice judokas spend a lot of time practicing their falls, and this is justified. The correct execution of ukemi ensures the safety of classes, reduces the risk of injuries, and creates a foundation for further successful mastery of throwing techniques.

## REFERENCES

1. Zub I.V., Дейч I.V., Berekhenov A.J. Judo. Theoretical and practical training principles: study allowance. - SPb. : Naukoyemkiye texnologii, 2019. - 154 pp..
2. Elov A.N. Arslonov S. Theory and methodology of judo. Textbook. Tashkent, 2011, - C. 157
3. F.F. Japparov. Advanced sports and pedagogical qualification in judo at the Institute for Advanced Training of the Ministry of Internal Affairs, 2023, - C.167.
4. A. Sakripanti, F. Akhmedov. Judo. Study manual. - Samarkand: Publishing house of the Samarkand State Institute of Foreign Languages. 2021. - C. 214.

