

THE DIFFERENCE BETWEEN A TAKEDOWN AND A THROW

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Introduction

There are many different aspects that make up Jujitsu. The three major ones, used in a competition situation, are *Atemi Waza* (Striking Techniques), *Ne Waza* (Grappling Techniques) and *Nage Waza* (Throwing Techniques).

Throwing techniques are one of the easiest ways on gaining large amount of points. Three to five points for a hand, hip or shoulder throw, if both feet are projected upward to a height above the rest of the body, and three points for a foot, leg or sacrifice throw (**WCJJO Sport Jujitsu Rules**). However, if Tori was in a position close enough and unable to throw Uke, they could execute a takedown. The number of points will not be large compared to a throw, but takedowns are effective techniques and are a lot harder to counter where an opponent can potentially score.

The purpose of this paper is to illustrate the differences between a takedown compared to a throw. This paper will define and breakdown a throw and a takedown and will compare the two techniques.

Define/Breakdown a takedown: Wristlock to the rear

In martial arts, a takedown is a technique that involves off-balancing an opponent and bringing them to the ground. In our style of Jujitsu, we are taught takedowns from a neutral standing position and progress to many defensive situations. These include basic wrist grabs from the front and advance to knife and gun defenses. Some form of takedown can be used in almost any defense situation. The takedown that we will examine is a Wristlock Takedown to the Rear.

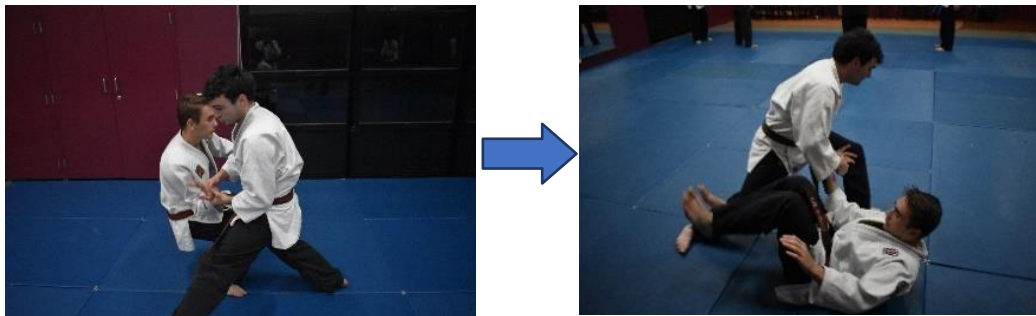
1. For this takedown Tori and Uke start from standing neutral facing each other. Tori then reaches out, with the left hand to grab Uke's right hand, rotating it up so that Uke's forearm is parallel to the ground with their wrist at 90 degrees and Tori clasping Uke's right hand. Both of Tori's thumbs should be in the middle of your partners hand, either side by side (pictured) or one thumb on top of the other.



2. Tori steps forwards on their left foot and starts to decrease the angle of Uke's wrist which then applies pain to the wrist (and off-balances Uke).



3. Tori then continues the forward movement with the left foot in front and continues into a lunge position, all the while applying pressure to the wrist. This results in pain compliance and continues to off balance Uke while you take them down to the ground. Resulting in Uke rear break falling with Tori maintaining control of the wrist.



Definition/Breakdown of a throw: O Goshi

A throw in martial arts is a technique that involves off-balancing an opponent and throwing them to the ground. Throws usually involve a lifting motion where the practitioner performing the throw disconnects with the opponent and ends with a balanced stance on their feet. There are generally 3 steps to execute a throw; break the balance (Kuzushi), positioning for the throw (Tsukuri), and executing the throw (Kake). A throw can be seen as a more aggressive looking technique as Tori is applying a lifting motion to Uke as they're being thrown and at least one of Uke's feet come off the ground in an upwards motion. There are 50+ throws in the Kyushin Ryu Curriculum, that vary from hip throws, shoulder throws, leg throws, hand throws and sacrifice throws. The strength that is utilized comes from a combined effort from the hip, leg and back, not from the upper body. Likewise, with a takedown, a throw can also be used in defensive situations and can be far more effective. The throw that will be broken down is O Goshi (Major Hip Throw).

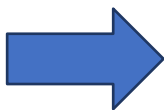
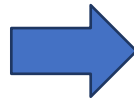
1. Tori and Uke first start this throw by taking the standing grip, left hand grabbing hold of Uke's right sleeve, above the elbow, and right hand grabbing hold of the lapel on Uke's left side.
2. Tori breaks Uke's balance by pulling them forward, towards the direction they will be thrown, so Uke is off-balanced.



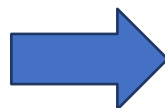
3. Tori then steps in bringing his right foot to the inside of Uke's left foot. As Tori does this, his right arm is placed behind Uke around the belt.



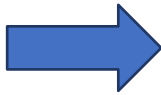
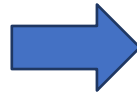
4. Tori then pivots on the right foot and places their left foot on the inside of Uke's right foot. Now both Tori and Uke should be facing the same direction. While Tori is stepping in, they are lowering their Center of Gravity below Tori's by bending their knees.



5. Once in position with hip extended out, Tori creates the initial momentum by lifting with the legs.

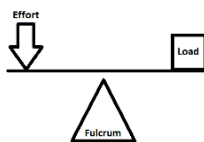


- Tori then turns their head and looks at the back wall which in turn rotates the shoulders and the hips follow which results in Uke being thrown over Tori's hip. Uke should land with their head closest to Tori's feet.



Comparing the two

On the surface, a throw has a lot more aggressive look to the technique compared to a takedown. This is due to the fact that a throw needs to generate a lot more force to actually throw your partner



compared to a takedown that has your partner standing and then “takes them to the ground”. The key differences that set these two techniques apart are in the biomechanics. Both techniques are executed by applying force to a lever then gives a mechanical advantage to Tori to then throw or takedown your partner.

Takedowns utilise the joints as Fulcrums, or pivot points, to take your partner to the ground using a mechanical advantage. Whereas Throws utilise the limbs as leverage points and the fulcrum is a part of Tori's body that Uke rotates around (in the case above, Hip is the fulcrum for the hip throw). The momentum of a throw is generated by the legs through lifting (90% of throws) or a backwards/forward movement (10% of throws). This force is transferred to your partner to lift them off the ground in the action of the throw.

The bone-muscle relationship in a takedown “system” is the joints as the fulcrum and the bones act as levers. In the wrist lock takedown example above, the wrist is the fulcrum and the hand is the lever. The effort is provided by muscle contractions at the muscle’ insertion point on a bone.



In the throw O Goshi, the effort of the lever system is breaking the balance initially, the fulcrum being Tori’s hip and the load being Uke’s body. Contrast this to a takedown which not only utilises a different fulcrum and lever system but also in a pushing and pulling motion applied to the joints resulting in pain compliance. In a wrist lock takedown to the rear, it’s a pushing motion as you are using Uke’s wrist as the lever and decreasing the angle of the wrist. By taking a step forward (pushing motion), this decreases the angle acutely with Uke going to the ground. Likewise, in a figure four takedown, Tori uses Uke’s elbow joint as leverage (fulcrum) when they lower their body weight to execute the takedown (Uke goes down in pain compliance due to the fulcrum being the joint in the elbow or shoulder lever system depending on the application). With O Soto Gari, you’re breaking Uke’s balance backwards onto one leg and Tori steps through and removes Uke’s leg in a reaping motion to perform the throw. Initial force of the throw is generated from the legs.

The religious takedown uses both a pushing and pulling motion and pain compliance to the wrist. Tori first decreases the angle of Uke’s wrist (applying force to the wrist) with Uke going to their knees with pain compliance. Tori then skips/steps backwards, pulling Uke’s arm, causing Uke to fall forward and on their stomach. Contrast this with Ippon Seoi Nage (shoulder throw), Tori uses Uke’s arm as a lever and Tori’s shoulder as a fulcrum to propel Uke’s feet above Tori’s head with the initial momentum being generated by the legs

Conclusion

In conclusion, a throw and a takedown result in your partner on the ground. However, the biomechanics are slightly different as outlined above. Yes, it could be said that a throw has a more aggressive look to it as there is the initial lifting motion applied to Uke and guiding them to the ground. Whereas a takedown applies force or pressure to the joints and takes Uke to the ground.

Acknowledgements

Sincere appreciation is extended to Sho Dan candidates, Andrew Hammer and James Bonnyman, and to Sensei Moti Ram for demonstrating their expertise.

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