

KATA COMPETITIONS RULES

**IJF KATA COMMISSION
JANUARY 2009**

1. KATA

The Kata recognised for the competitions will be five:

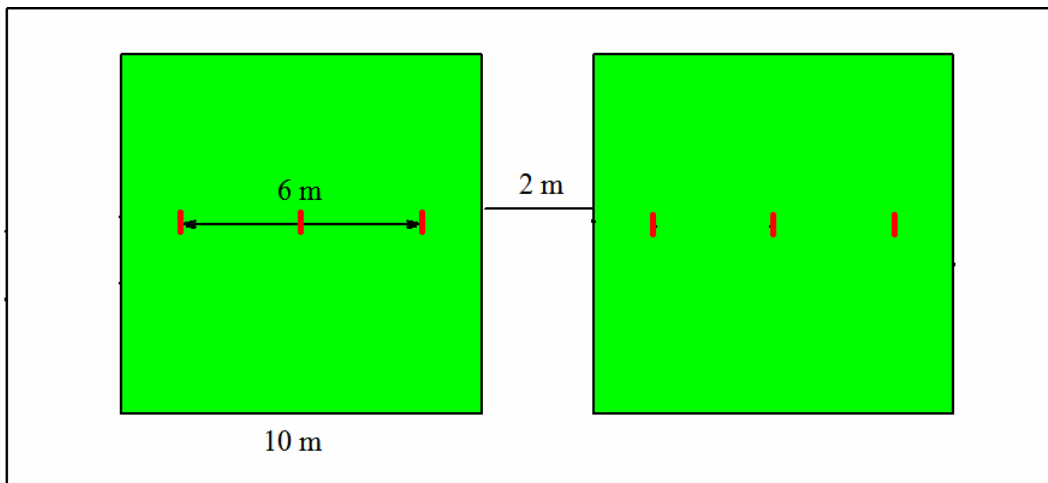
- Nage-no-kata;
- Kime-no-kata;
- Katame-no-kata;
- Kodokan goshin-jutsu;
- Ju-no-kata

The Judges will evaluate these Kata on the basis of the official Kodokan Kata standard according and with reference to the official Kodokan edition of video.

2. COMPETITION AREA

The Competition area has dimensions 10 x 10 metres and shall be covered by Tatamis or similar acceptable material, generally green in colour.

The Competition area must be fixed to a resilient floor. When more adjoining competition areas are used, a common safety area of 2 metres is necessary.



A strip of visible colour adhesive tape, approximately 10 cm. wide and 50 cm. long, shall be fixed on the centre of the competition area 6 m. apart, to indicate the starting position of Tori and Uke. The centre of the Competition area shall be indicated with a strip adhesive tape of the same colour.

3. SCORE PROJECTION

During the competition, the scores of the Championship should be projected on a screen generally behind the IJF Delegates Table in order to give to the competitors the possibility to know the scores after their demonstration.

4. PARTECIPANTS

Each federation may enter up to a maximum of 2 couples per Kata, totalling up to a maximum of 10 couples. The competitors can only participate in one Kata.

The competitors must be of the same nationality as the country which enters them.

Competitors who have double nationality can only represent 1 participating country.

When a competitor changes nationality, he must wait 3 years before he can represent the new country, unless the two countries concerned (the old country and the new country) agree to authorize his entry for the new nationality and this is accepted by the IJF (According to the Olympic charter Art. 42).

Participants are to be 18 years of age and over, ranking 1st Dan or over.

Couples can be composed of either 2 males, 2 females, or a male and a female.

5. UNIFORM

Strongly made in cotton or similar material, in good condition (without rent or tear):
the competitions will be held in white judogi.

The jacket shall be long enough to cover the thighs and shall at a minimum reach to the fists when the arms are fully extended downwards at the sides of the body. The body of the jacket shall be worn with the left side crossed over the right and shall be wide enough to have a minimum overlap of 20 cm. at the level of the bottom of the rib-cage.

The sleeves of the jacket must reach to the wrist joint at the maximum and 5 cm above the wrist joint at the minimum. A space of 10-15 cm. shall exist between the sleeve and the arm, along the entire length of the sleeve.

The trousers shall be long enough to cover the legs and shall at the maximum reach the ankle joint and at the minimum 5 cm. above the ankle joint. A space of 10-15 cm. shall exist between the trouser leg and the leg along the entire length of the trouser leg.

The belt is black, 4 to 5 cm wide and long enough to go twice around the waist and leave 20 to 30 cm protruding from each side of the knot when tied.

Female competitors shall wear under the jacket a plain white T-shirt, with short sleeves, rather strong, long enough to be worn inside the trousers.

IJF Kata Championship back number must be applied on the back of the jacket: no old back numbers are allowed.

Zori or mules are part of the uniform.

Acceptable markings:

- National emblem on left breast of jacket maximum size 100 cm²
- Manufacturer's trade mark on bottom-front of the jacket, on bottom front of the left leg of the trousers and on the belt. Maximum size 20 cm²
- Shoulder markings from collar, across shoulder down the arm on both sides of the jacket with the same advertising or national colours on both sides. Maximum length = 25 cm – Maximum width 5 cm.

6. HYGIENE

- a) The judogi shall be clean, dry and without unpleasant odour.
- b) The nails of the feet and hands shall be cut short.
- c) The personal hygiene of the athletes shall be of a high standard
- d) Long hair has to be bound with an elastic band.
- e) Spectacles, jewellery pieces are prohibited.
- f) Make up is not allowed.

7. JUDGES

Each Kata shall be evaluated by five judges under the supervision of the IJF Kata Commission.

The five judges will be positioned on the Shomen side and they will seat at about 1 m distance each other.

The position of the five judges will be the same for all the competition.

If one judge is temporary replaced, he will take place in the same original position when he re-enters the competition.

A Judge cannot be a competitor.

8. KATA EVALUATION SYSTEM

Each judge will award points on the official IJF scoring sheet. The Maximum points and the Minimum Points awarded for each technique (included open and close ceremony) are cancelled and the remaining three are totalled to get the final score.

Each technique is evaluated with the following method:

- Open and close ceremony and each technique are evaluated with a maximum positive score of 10 points.

The positive score is decreased by mistakes marking crosses on the scoring sheet:

- Small: value of the mistake = 1
maximum number of crosses = 2
- Medium: value of the mistake = 3
maximum number of crosses = 1
- Big or wrong technique : The score starts from 5 instead of 10
maximum number of crosses = 1
(Small and medium can be added if necessary).

Forgotten technique: the score of the technique is Zero and the total score of Kata is halved. If the forgotten technique is more than one, Zero score will be given to the technique but total score will be not halved again.

If halved total value is not a whole number, approximation in defect will be applied.

A global evaluation of the Kata will be given in the row : fluidity, course and rhythm with a positive score from 0 to 10. If there is a forgotten technique this score shall be Zero.

For Nage no Kata right and left techniques will be evaluated globally (only one score).

The resulting scores correspond to the following judgements:

| | |
|------|----------------|
| 1-2 | Poor |
| 3-4 | Nearly correct |
| 5-6 | Correct |
| 7-8 | Good |
| 9-10 | Excellent |

In case of equal score between pairs the following criteria will be applied:

- total value of big mistakes. Wins who makes less mistakes;
if still equal score, total value of medium mistakes will be considered. Wins the pair who makes less mistakes;
- if still equal score, total value of small mistakes will be considered. Wins the pair who makes less mistakes;
- if still equal score the score of fluidity will decide. Wins the pair who has a better score.

The top three pairs with the maximum points in every Kata, will compete in the finals. The pair with the maximum points will be awarded the gold medal and will be the International Champion for that Kata.

The couple with the second maximum points will be awarded the silver medal; and the third, the Bronze medal.

9. START AND END OF THE KATA

The judges shall always be in their position before the arrival of the couple in the competition area.

The couple enters the competition area at the opposite side of shomen in the centre, then they reach their corner.

The judge in the centre at shomen side gets up and, with tense arms and palms of the hands turned upward, invites the couple to enter the competition area. Each competitor reaches their position.

After the bow, at the end of the Kata, the couple leaves the competition area walking until they reach the same side they entered.

10. INJURY, ILLNESS OR ACCIDENT

When Tori or Uke is unable to continue because of injury, illness or accident during the execution of the Kata, the couple will be considered out of competition.

In case of Minor injury like bloody wound, broken nail or a problem with contact lenses, according to the decision of the judges, the Kata execution will be stopped and the athlete will be assisted by a Doctor out of the competition area.

The competition will continue and the couple will repeat entirely the Kata soon after the last called couple. In case a new Minor injury happens at the same athletes during the second execution of Kata, the couple will be considered out of competition.

In the case that Minor injury happens after a forgotten technique, the couple will be considered out of competition.

11. SITUATIONS NOT COVERED BY THE RULES

Where any situation arises which is not covered by the rules, it shall be dealt with a decision of IJF Kata Commission.

12. GENERAL ELEMENTS TO BE OBSERVED IN THE EXECUTION OF KATA.

NAGE NO KATA

| General elements to be observed | Kind of mistake |
|--|---|
| Tori decides the starting position | Medium |
| Engagement distance. Uke attacks, fundamental grip (Uki-otoshi, Kata-guruma, Tsurikomi-goshi, Sasae tsurikomi-ashi, Yoko-gake, Harai-goshi) | Medium |
| Tsugi-ashi steps (Uki-otoshi, Kata-guruma, Harai-goshi, Tsurikomi-goshi, Sasae-tsurikomi-ashi, Yoko-gake) | From small to medium |
| Tori and Uke in middle area, three steps distance (about 1.8 m), blow to the head by Uke (Seoi-Nage, Uki-goshi, Ura-Nage, Yoko-guruma) | From small to medium (medium if Uke's blow to the head is lateral) |
| Tori and Uke in middle area, engagement distance. Uke right/left fundamental grip, Tori follows. Tori and Uke step laterally (Okuri-ashi-barai) | From small to medium |
| Tori and Uke in middle area, engagement distance, step forward stand and hold in migi/hidari shizentai; Uke and Tori with fundamental grip (Uchi-mata, Tomoe-nage) | From small to medium (backward step medium mistake) |
| Tori and Uke one step distance, migi/hidari jigotai; grip (Sumi-gaeshi, Uki-waza) | From small to medium |
| Technique performance direction and fall (in Tomoe-nage and Sumi-gaeshi Uke moves forward with his right/left foot for the fall and stands up after it; in Yoko-guruma and Uki-waza he stands up after the fall; in Ura-nage he doesn't stand up, in Yoko-gake he falls with outstretched body and legs) | From small to medium |
| Effectiveness and realism | Medium |

| Technique | Elements to be observed | Kind of mistake |
|-----------------------|---|--|
| Greeting and clothing | Starting distance Greeting Judogi and belt | Medium Medium Medium |
| Uki-otoshi | Uke takes grip, Tori does not raise his arms while stepping backward in tsugi-ashi; during the third step Tori pulls down to throw. When Uke is thrown, he doesn't jump. Tori finishes the technique looking forward. Tori's knee position (slightly inside). | Small Medium Medium Small |
| Seoi-nage | Tori breaks Uke's balance forward and loads him onto his right/ left shoulder to throw him. Uke's defence: shizentai position. | Medium Medium |
| Kata-guruma | Tori changes his grip during second step. Tori's third step is longer. Uke defends by raising his upperbody. Tori moves into the lifting position (shifting his outside leg) without seizing Uke's trousers. | Small/Medium Medium Small |
| Uki-goshi | Tori steps in to meet the attack and throws Uke diagonally. | Small/Medium |
| Harai-goshi | Tori changes his grip during the second step. Tori positions himself for tsukuri/kuzushi. Uke's defence: shizentai position. Tori sweeps with an outstretched leg. | Medium Medium Medium Small-Medium |
| Tsurikomi-goshi | After third step Tori moves his right/left foot to break Uke's balance forward. Uke's defence: shizentai position raising his upper body. Tori immediately withdraws with left/right foot, pivots and passes very low with his hips pressed against Uke's thighs, right/left arm outstretched. | Small Medium Small/Medium |
| Okuri-ashi-harai | Tori has to change the rhythm and length of second and third step (quicker and bigger). Tori sweeps horizontally and throws Uke in the direction he is moving without lifting Uke's body. | Small/Medium Small/Medium |
| Sasae-tsurikomi-ashi | After second step, Tori has to move diagonally backward. Tori throws Uke on his third step. | Medium Medium |
| Uchi-mata | Tori turns Uke in wide circular movements (his arms pull horizontally). During the third rotation, Tori sweeps Uke's leg up. | Medium Medium |
| Tomoe-nage | Tori moves forward breaking Uke's balance backward. Uke resists at the third step pushing back and stepping forward (shizentai). Before throwing, Tori changes his grip, steps forward with his left/right foot inside Uke's feet, lowering his body and lifting upward to break Uke's balance. Uke's defence. | Small Small Medium Small |
| Ura-nage | Tori avoids Uke's blow during the second step, stepping forward very low, left-right/right-left foot, | Medium |

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| | <p>his left/right arm round Uke's waist and the palm of the other hand on his abdomen.</p> <p>Tori throws him over his left/right shoulder and finishes with both shoulders on the mat.</p> | Medium |
| Sumi-gaeshi | <p>Tori unbalances Uke lifting his right/ left arm while stepping backwards in the jigotai position.</p> <p>Uke: to keep his balance, he brings his right/left foot forward parallel in a defensive position (jigotai).</p> <p>Tori, (left/ right foot between Uke's feet) breaks Uke's balance forward again before throwing him.</p> | <p>Small/Medium</p> <p>Small/Medium</p> <p>Medium</p> |
| Yoko-gake | <p>Tori unbalances Uke tilting him over to his right/left front corner during the third step in order to throw him laterally.</p> <p>Tori steps backwards with his right/left foot and pushing Uke's ankle as he throws his body on his side with his left/right foot.</p> | <p>Medium</p> <p>Medium</p> |
| Yoko-guruma | <p>Tori attempts to performs Ura-nage.</p> <p>Uke defends by bending forward.</p> <p>Tori breaks Uke's balance diagonally sliding his leg deeply between Uke's legs.</p> <p>Tori lies down on his right/ left side in order to throw Uke laterally.</p> | <p>Medium</p> <p>Medium</p> <p>Medium</p> <p>Medium</p> |
| Uki-waza | <p>Tori breaks Uke's balance during his first step (jigotai position).</p> <p>Uke moves forward with his rear foot to keep his balance (jigotai).</p> <p>Tori breaks Uke's balance diagonally forward and lies backwards down on his side to throw him diagonally.</p> | <p>Medium</p> <p>Small</p> <p>Medium</p> |

KATAME NO KATA

| General elements to be observed | Kind of mistake |
|--|---|
| Uke decides the starting position | Medium |
| <p>Distance:</p> <p>1st set: Osae-komi-waza From kyoshi, before performing kesa-gatame, Uke assumes the prone position lying on the mat. Tori stands and changes his position to Uke's side, toma (= two steps and half distance, about 1.2 m) and sits in kyoshi, chikama (= half a step distance, about 30 cm); after the technique Tori moves out to chikama, kyoshi then Tori moves in again for Kata-gatame; after this technique he moves out to chikama, kyoshi then out to toma and sits in kyoshi.</p> <p>Before performing Kami-shio-gatame Tori stands and changes his position round to Uke's head, sitting in kyoshi at toma (= two steps and half distance), chikama in kyoshi; after the technique, chikama, kyoshi and then he moves out again to toma in kyoshi.</p> <p>Before Yoko-shio-gatame Tori stands and changes position to Uke's side again, toma, kyoshi, chikama; after the technique, kyoshi and moves out again to toma in kyoshi.</p> <p>Before performing Kuzure-kami-shio-gatame, Tori stands and changes his position again to Uke's head, he moves in from toma, kyoshi, chikama, kyoshi then steps slightly forward and then towards Uke's shoulder into position; after the technique he moves out one small step to chikama; kyoshi and moves out again to toma sitting in kyoshi at the end of first set. They both sit in kyoshi and adjust their judogi.</p> <p>2nd set: Shime-waza Before performing Kata-juji-jime Uke lies down and Tori stands and changes his position to Uke's side, kyoshi, he moves from toma to chikama in kyoshi. Tori moves into position sitting astride Uke and performs the strangle then Tori moves out of the position into chikama, kyoshi, then out to toma and sits in kyoshi. Uke sits up and Tori walks to his position behind Uke, toma.</p> <p>Before performing Hadaka-jime Tori in kyoshi moves from toma into chikama, kyoshi; after the technique he moves out again to chikama, kyoshi then moves in and performs the strangle Okuri-eri-jime. Out again to chikama, kyoshi, before moving back in for the last strangle from behind, Kata-ha-jime. Tori then moves out to chikama, kyoshi, then to toma sitting in kyoshi.</p> <p>Before performing Gyaku-juji-jime Uke lies down and Tori stands and changes his position back to Uke's side, toma, kyoshi, chikama, kyoshi. He moves in and sits again astride Uke and performs the strangle, Afterwards Tori moves out into chikama, kyoshi, then back to toma, kyoshi at the end of the second set. He then stands and walks back to his original position and sits in kyoshi. They both adjust their judogis.</p> <p>3rd set: Kansetsu-waza</p> | <p>Small/Medium (It is evaluated as Medium if the number of steps are correct and the distance is not, or if Tori does not come back to chikama at the end of every technique, or if Tori or Uke lift their knee while moving)</p> |

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| <p>Before performing Ude-garami Uke lies down and Tori stands and changes his position to the side of Uke, he moves in from toma, kyoshi into chikama, kyoshi and then performs the technique; afterwards back to chikama, kyoshi before moving in again and showing Ude-hishiji-juji-gatame, then chikama, kyoshi and then in again and shows Ude-hishigi-ude-gatame. Back out to chikama kyoshi, moving on out to toma and sits in kyoshi.</p> <p>Before performing Ude-hishiji-hiza-gatame, both Tori and Uke change their distance toma, kyoshi to chikama and sit in kyoshi; both do an adjust of ½ step. After the technique they both stand up.</p> <p>Before performing Ashi-garami Tori and Uke stand at grip distance, migi shizentai, Tori attempts Tomoe-nage but Uke steps forward to hold up Tori and tries to lift him up. Tori performs a leg lock.</p> <p>At the conclusion, Tori moves back two steps in toma and sits in kyoshi, Uke moves back one step and also sits in kyoshi. They adjust their judogis, stand up, take one step back to close the kata and bow.</p> | |
| Tori approaches half a step before performing a technique | Small |
| Effectiveness and realism | Medium |

| Technique | Elements to be observed | Kind of mistake |
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| Greeting and clothing | Starting distance. Displacements: at the beginning Uke one step forward; at the end Tori two steps backward and then Uke one step backward. Greeting. Judogi and belt. | Medium Medium Medium Medium |
| Osae-komi-waza | Way of performing each single technique: Kesa-gatame: arm grip, etc.. Kata-gatame: opposite arm grip, etc.. Kami-shiho-gatame: normal approach plus kneeling approach, hands, etc.. Yoko-shio-gatame: arm displacement, knee against Uke's armpit, belt grip (left-right hand), blocking with right knee, etc.. Kuzure-kami-shio-gatame: normal approach plus one step forward diagonally, arm grip, blocking with right knee, etc.. | Small/Medium |
| Osae-komi-waza | During each technique Uke must demonstrate three attempted escapes and Tori show the respecting reactions which should be connected and logical. | Medium |
| Shime-waza | Way of performing each single technique: | Small/Medium |

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| | <p>Kata-juji-jime: knee against Uke's armpit; Tori blocks and controls Uke's body with his legs.</p> <p>Hadaka-jime: both arms simultaneously, etc..</p> <p>Okuri-eri-jime: left-right-left hand, etc..</p> <p>Kata-ha-jime: knee against Uke's shoulder blade, hands, right leg, etc..</p> <p>Gyaku-juji-jime: knee against Uke's armpit, hands, right leg, etc.. Tori blocks and controls Uke's body with his legs.</p> | |
| Shime-waza | <p>During each technique Uke shall demonstrate one single attempt to escape and Tori shall continue the choke.</p> <p>Kata-juji-jime: Uke tries to escape by pushing both Tori's elbows with his both hands. /Tori continues with the strangle moving his head forward onto the mat.</p> <p>Hadaka-jime: Uke tries to escape by pulling down with both hands on Tori's upper arm./ Tori continues the strangle moving backward and controlling Uke with his right knee.</p> <p>Okuri-eri-jime: Uke tries to escape by pulling down with both hands on Tori's upper arm./ Tori continues the strangle moving backward and controlling Uke with his right knee.</p> <p>Kata-ha-jime: Uke tries to escape by taking his left wrist with his right hand and pulling downward./ Tori continues the strangle moving his right leg backward and on the side (Uke leans on the inside of Tori's right leg).</p> <p>Gyaku-juji-jime: Uke tries to escape by pushing with his left hand and pulling down with his right hand./ Tori continues the strangle and rolls down on to his side crossing his feet.</p> | Medium |
| Kansetsu-waza | <p>Way of performing each single technique:</p> <p>Ude-garami: Tori moves Uke's right arm and approaches, Uke attacks lifting his left arm.</p> <p>Ude-hishigi-juji-gatame: while Tori is approaching, Uke attacks taking Tori's left collar with his right hand; Tori blocks the arm against his chest, right foot under Uke's armpit, and steps round Uke's head with his left foot; he catches hold of Uke's arm with his thighs and tightens his knees, lies down and lifts his hips.</p> <p>Ude-hishiji-ude-gatame: While Tori is approaching (after displacing Uke's right arm) Uke attacks taking Tori's right collar with his left hand; Tori performs arm lock locking the hand and wrist with his head, right-left hand on the elbow, control of Uke's body with right knee.</p> <p>Ude-hishiji-hiza-gatame: Tori places his left hand on Uke's elbow, puts his right foot on Uke's groin, lies down on his right side, his left foot turned inside on</p> | Small/Medium |

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| | <p>Uke's right side while controlling Uke with the tip of his foot; Tori pushes with the inside of his left knee on his left hand and performs the armlock.</p> <p>Ashi-garami: Tori attempts to perform Tomoe-nage, Uke defends moving forward with his right foot and pulling/lifting. Tori pushes with his left leg over and round Uke's right knee and performs a leg lock with his left leg.</p> | |
| Kansetsu-waza | <p>For each technique Uke has to show one single essential defense and Tori must demonstrate the proper reaction.</p> <p>Ude-garami: Uke tries an escape lifting his back./ Tori continues his arm lock.</p> <p>Ude-hishigi-juji-gatame: Uke tries an escape lifting his back and pulling his arm while turning left. / Tori continues his arm lock.</p> <p>Ude-hishiji-ude-gatame: Uke tries an escape pulling his arm downward./ Tori continues his arm lock.</p> <p>Ude-hishiji-hiza-gatame: Uke tries an escape pushing his arm forward./ Tori continues his arm lock.</p> <p>Ashi-garami: Uke tries to turn left./ Tori continues with a leg lock.</p> | Medium |

KIME NO KATA

| General elements to be observed | Kind of mistake |
|---|-------------------------------------|
| Greetings and clothing. | Medium |
| Distance. | Medium |
| Judogi and belt | Medium |
| Way of correctly placing and collecting the weapons | Medium |
| Distance of the attack | Small-Medium |
| Idori: During attack action the feet are required to be up on the toes, except for Ryote-dori. | Medium |
| Tori displacement when performing an arm lock: right foot - left foot - right foot/ left foot - right foot – left foot. | Medium |
| Weapons use (each technique) | Medium |
| Direction when performing a technique | Medium |
| Tori looks straight to his front when performing an arm lock | Small |
| Kiai | From Medium (if absent) To Small |
| Speed and fluidity, effectiveness and realism | Medium |
| Submitting (beating twice) | Small |

| Technique | Elements to be observed | Kind of mistake |
|---|---|------------------------|
| Way of correctly placing and collecting the weapons | <p>Dagger inside, sword outside, cutting edge upwards pointing down diagonally, right side.</p> <p>During the bow at the beginning and at the end of Kata, Uke lays his weapons on the mat to his right (first the sword, then the dagger), parallel to his leg with the cutting edge towards him (dagger hilt in line with the sword guard). Uke then picks up his weapons (first the dagger, then the sword) and stands, turns around and walks about 1.8 m, sits and holds the weapons vertically in front of him, then lays the weapons on the mat.</p> <p>The dagger should be on the inside, both cutting edges towards him, both hilts towards shomen.</p> <p>At the end of the kata, Tori picks up the weapons (first the dagger, then the sword) and takes them on his right side.</p> | Medium |
| Idori Ryote-dori | <p>Distance: (one fist) hiza-zume.</p> <p>Uke: grips Tori's wrists without coming on his toes.</p> <p>Tori: (kiai) comes up on his toes and kicks Uke in solar plexus, then with right knee down on the mat and left knee raised, takes hold of Uke's left wrist and turns to left, pulling the left arm forward diagonally and trapping it under his right armpit. While pulling, pressure is applied to the elbow in the arm lock Waki-gatame.</p> <p>Uke should stay on his knees and pat Tori twice to indicate submitting.</p> | Small/Medium |

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| Tsukkake | <p>Distance: hiza-zume.</p> <p>Uke: comes up on toes and punches (reverse punch) with right fist at Tori's solar plexus (kiai).</p> <p>Tori: quickly comes up on toes, pivots 90 ° to his right, left knee down, right knee up, grabs Uke's right arm, pulls breaking his balance and does atemi, a reverse punch with his right fist between Uke's eyes (kiai).</p> <p>Tori: pulls Uke's arm to his right hip and holding the wrist against his thigh, reaches round Uke's neck, grabs the lapel while at the same time pushing out his stomach against Uke's elbow for the arm lock Hara-gatame. Then moving forward two steps diagonally he applies pressure to the elbow.</p> <p>Uke should stay on his knees and pat the mat twice to indicate submitting.</p> | Small/Medium |
| Suri-age | <p>Distance: hiza-zume.</p> <p>Uke: comes up on toes, thrusts the fingers of his right open hand at Tori's forehead (kiai).</p> <p>Tori: quickly comes up on toes, with his right hand he defends and then grabs Uke's wrist, his left hand is reversed under Uke's armpit, he kicks Uke in the solar plexus (kiai). Tori then pivots sideways 90 ° pulling Uke's face down onto the mat. He pushes Uke's arm forward (palm of his hand downward) steps forward twice on his knees (left/right) and places his left knee on the back of Uke's elbow to do an arm lock by pulling up his hand.</p> <p>Uke: pats the mat twice to indicate submission.</p> | Small/Medium |
| Yoko-uchi | <p>Distance: hiza-zume.</p> <p>Uke: comes up on his toes and strikes at Tori's left temple with his right fist (kiai).</p> <p>Tori: quickly comes up on his toes, avoids the blow by ducking under Uke's right arm, raising his right arm, he steps forward onto his right foot holding Uke as in Kata-gatame.</p> <p>Tori: presses against Uke's back with his left hand and pushes Uke backwards and over on to his back stepping forward onto his left foot. He presses Uke's right elbow towards his face (right knee on the mat, left knee up), strikes Uke in the solar plexus with his elbow (open hand) (kiai).</p> <p>Uke: after the technique, he sits in toma (about 1.2 m) facing Tori before standing and walking round on the right side of Tori to sit down one step to the rear of Tori.</p> | Small/Medium |
| Ushiro-dori | <p>Uke's distance: he pulls himself forward until his knees are about 20 cm behind Tori.</p> <p>Uke: comes up on his toes, steps forward on his right foot and puts his arms around Tori's upper arms (kiai).</p> <p>Tori: reacts by raising his arms from his sides outward to break the hold, he grabs Uke's left sleeve with his right hand and higher up with his left hand, coming up on his toes he slides his right leg backward in between Uke's legs, he rolls to his left as if performing a Makikomi.</p> <p>Tori: while controlling Uke, he punches him in the groin with left fist (kiai).</p> <p>Uke: comes up onto his knees and returns on his sitting position</p> | Small/Medium |

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| | behind Tori. He then stands and walks to the right around Tori and sits in toma (about 1.2 m) opposite Tori. | |
| Tsukkomi | <p>Uke collects the dagger (right hand on the top, left hand down) and places it cutting edge upwards inside his jacket, returns and sits in front of Tori at about 90 cm. and then moves in to about 45 cm.</p> <p>Uke: draws the dagger coming up on his toes, left foot forward and attempts to stab Tori in the stomach (kiai).</p> <p>Tori: comes up on his toes and pivots 90 ° to his right on his left knee, up on his right foot and deflects the lunge at Uke's elbow with left hand, punches Uke with reverse fist between the eyes (kiai), he grabs Uke's wrist, pulling his arm forward to break his balance and holds the wrist against his thigh. He reaches round Uke's neck, grabs the right lapel and applies a Hara-gatame arm lock, moving backward diagonally.</p> <p>Uke should stay on his knees and pat the mat twice to indicate submitting.</p> <p>Return to sitting position, Uke replaces the dagger back inside the jacket.</p> | Small/Medium |
| Kiri-komi | <p>Distance: about 45 cm.</p> <p>Uke: takes out dagger from inside jacket and transfers it to his belt on the left side. Coming up on his toes, right foot forward, he draws the dagger and attempts to slash the top of Tori's head (kiai).</p> <p>Tori: coming up on his toes, he catches Uke's wrist with both hands and avoids the cut, left knee down right knee up, and he pulls forward diagonally to break Uke's balance. He traps Uke's arm under his armpit and applies Waki-gatame.</p> <p>Uke: should stay on his knees and pat Tori twice to indicate submitting.</p> <p>Uke sits in Toma opposite Tori.</p> <p>Uke takes out the dagger from his belt and replaces it back inside the jacket.</p> | Small/Medium |
| Yoko-tsuki | <p>Uke stands up and walks over to Tori's right side and sits down next to him. Distance hiza-zume.</p> <p>Uke: draws the dagger, turns, coming up on his toes, he steps forward onto his left foot and attempts to stab Tori in his side, cutting edge upwards (kiai).</p> <p>Tori: quickly comes up on his toes, he pivots 180 ° right with his left knee down and right knee up and deflects the lunge at Uke's elbow breaking his balance forward and punching Uke between the eye's (kiai). He reaches round Uke's neck and grabs the right lapel and applies a Hara-gatame arm lock.</p> <p>Uke: should stay on his knees and pat twice on the mat to submit.</p> <p>Both return to position sitting next to each other.</p> <p>Uke replaces dagger back in his jacket, stands, walks back and sits down at about 1.2 m facing Tori.</p> <p>Uke replaces dagger down on the mat in it's original position sitting in seiza.</p> | Small/Medium |
| Tachiai | Uke's distance: 1 step (about 40 cm.). | Small/Medium |

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| Ryote-dori | <p>Uke: grips Tori's wrists advancing with his right foot (half step) (kiai).</p> <p>Tori: pulls his arms out and back, breaking Uke's balance forward, he kicks him in the groin (kiai) bringing his foot back down immediately.</p> <p>Tori: pulls Uke's left arm out diagonally and applies Waki-gatame in a standing position.</p> <p>Uke pats twice on Tori to submit.</p> | |
| Sode-dori | <p>Uke walks round Tori on his right side (while Tori steps slightly backwards) and stands behind him on his left. He grabs Tori's left sleeve, first with his left hand and then with his right hand, and forces Tori to walk forward right-left-right foot.</p> <p>On the third step Tori moves on his right to break Uke's balance in that direction. Tori kicks Uke on his right knee with his left foot (kiai), pivots 180 ° left, grabs Uke's right sleeve (inside the elbow) and left lapel and throws him with O-soto-gari.</p> | Small/Medium |
| Tsukkake | <p>Tori and Uke face each other at three steps distance (about 1.8 m.).</p> <p>Uke: takes a big step forward with his left foot, left guard, then lunges forward with his right foot and attempts to punch Tori in the face with his right reverse fist (uto) (kiai).</p> <p>Tori: pivoting on his left foot, turns 90 ° in tai-sabaki to avoid the blow, grips Uke's right forearm from the top and pulls him forward and down to unbalance him to his front. When Uke pulls back and straightens up, Tori steps behind him with his right foot then his left foot, puts his right arm around Uke's throat and pulls him backwards.</p> <p>He clasps his hands on Uke's left shoulder as in Hadaka-jime, steps backward with his left foot and applies the choke.</p> <p>Uke: defends by gripping Tori's forearm before submitting by banging the mat twice with his right foot.</p> | Small/Medium |
| Tsuki-age | <p>Tori and Uke stand facing each other about 1 step apart.</p> <p>Uke: steps forward with his right foot and attempts an uppercut to Tori's chin (kiai).</p> <p>Tori: leans backward to avoid the blow, takes Uke's wrist with two hands, pulls it upwards and diagonally to the front.</p> <p>Tori: traps the arm under his armpit and applies Waki-gatame, standing position.</p> <p>Uke: shouldn't bend too much. He pats Tori's leg to submit.</p> | Small/Medium |
| Suri-age | <p>Tori and Uke at about 1 step distance.</p> <p>Uke: steps forward with his right foot and attempts to strike Tori's forehead with the fingers of his right open hand (kiai).</p> <p>Tori: leans back and parries the blow at the elbow with his left forearm, at the same time he punches Uke in the stomach with his reversed right fist (kiai). Immediately he throws him with left Uki-goshi.</p> | Small/Medium |
| Yoko-uchi | <p>Tori and Uke stand facing each other at about 1 step distance.</p> <p>Uke: steps forward with right foot and attempts to strike Tori on his left temple with his right fist.</p> <p>Tori: stepping in with his left foot, he ducks under the fist and at the same time he grabs Uke's left lapel with his right hand. He</p> | Small/Medium |

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| | <p>then steps behind Uke with first his right foot then his left. He reaches round Uke's neck with his left hand and grabs his right lapel. Tori presses his forehead into the back of Uke's head and steps backwards with his left foot and lowers his hips, applying Okuri-eri-jime.</p> <p>Uke: defends himself by pulling down Tori's left arm close to the elbow, submits by banging the mat twice with his right foot.</p> | |
| Ke-age | <p>Distance: 1 step.</p> <p>Uke: steps forward a small step with his left foot and attempts to kick Tori in the groin (kiai).</p> <p>Tori: steps back turning 90 ° in Tai-sabaki to his right, with his left hand he catches Uke's ankle and then, with his right hand, he pulls Uke's foot to the left, twists his hips to the left and kicks Uke in the groin (kiai).</p> <p>Tori and Uke face each other at about 1.2 m distance.</p> | Small/Medium |
| Ushiro-dori | <p>Uke: moves round on Tori's right side and stands directly behind him at about 90 cm. distance. In the meantime Tori steps backward.</p> <p>Tori: advances three steps, left-right-left, Uke follows him but, during the third step, he changes and steps forward with his right foot grabbing Tori around his upper arms (kiai).</p> <p>Tori: immediately moves his elbows outwards and takes Uke's upper right sleeve in both hands. He then throws Uke with Seoi-nage.</p> <p>Tori: right knee down, left knee up, he strikes Uke between the eyes with Te-gatana (kiai).</p> <p>Tori returns to the original position, Uke at about 1.2 m.</p> | Small/Medium |
| Tsukkomi | <p>Uke collects the dagger (right hand on the top, left one down): cutting edge upwards placed inside his jacket. He returns to his position.</p> <p>Distance: about 90 cm.</p> <p>Uke: draws the dagger, steps forward with his left foot and attempts to stab Tori in the stomach.</p> <p>Tori: turns on his right and deflects Uke's right arm at the elbow and punches Uke with reverse fist between the eyes (kiai), he grabs Uke's wrist and pulls it forward to his hip. Holding the wrist against his thigh, he reaches round Uke's neck to grab his right lapel. He pulls diagonally backward applying the arm lock Hara-gatame.</p> <p>Uke: doesn't bend too much.</p> <p>Uke: submits by patting his own leg twice and replaces the dagger in his jacket.</p> | Small/Medium |
| Kiri-komi | <p>Uke (about 90 cm. apart): takes out the dagger from his jacket and puts it in his belt on the left side.</p> <p>Uke: steps forward with his right foot and attempts to slash the top of Tori's head (kiai).</p> <p>Tori: grips Uke's wrist with both hands and avoids the cut. He traps Uke's arm under his armpit and moves backwards diagonally applying Waki-gatame.</p> <p>Uke: shouldn't bend too much.</p> <p>Uke: submits by patting Tori twice and returns to about 1.2 m.</p> | Small/Medium |

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| | He replaces the dagger into the belt, then he places the dagger back inside the jacket. | |
| Nuki-kake | <p>Uke replaces the dagger back down on the mat and collects the sword (right hand on the top, left hand under), he puts it in the left side of his belt, cutting edge up and returns to his position.</p> <p>Tori and Uke stand facing each other at toma.</p> <p>Uke: steps forward with his right foot and attempts to draw his sword.</p> <p>Tori: steps forward with right foot close to Uke's right foot and blocks with his right hand on Uke's wrist, stopping him from drawing the sword.</p> <p>Tori: moves quickly forward with his right foot, then, bringing his left foot round behind Uke, he reaches round Uke's neck with his left hand, grabbing high on his right lapel. He steps back diagonally, breaking Uke's balance and applies Kata-hajime.</p> <p>Uke submits by banging his right foot twice on the mat.</p> | Small/Medium |
| Kiri-oroshi | <p>Distance: Uke in his starting position, Tori at about 2.7 meters.</p> <p>Uke: steps forward with his right foot and slowly draws his sword with the tip pointing at Tori's eyes (the Seigan position).</p> <p>Uke: takes one step forward in tsugi ashi.</p> <p>Tori: moves one step backwards with his right foot.</p> <p>Uke: raises his sword above his head in the Jodan position then stepping forward with right foot, he attempts to slash the top of Tori's head (kiai).</p> <p>Tori: turns forward quickly 90 ° in Tai-sabaki to his right, he grabs the top of Uke's right wrist, he pulls forward diagonally, pulling Uke's wrist to his right hip, he breaks Uke's balance to his front corner. Tori reaches round Uke's neck with his left hand and grabs his right lapel while pushing out his stomach to apply Hara-gatame. Tori steps diagonally right-left-right foot and applies pressure to the elbow. Uke: shouldn't bend too much.</p> <p>He submits by patting twice on Tori.</p> <p>Tori shizentai, Uke goes to his starting point.</p> <p>Uke brings the sword up to eye level and then returns the sword to its sheath (shizentai)</p> <p>While Uke replaces the sword back on the mat in preparation for the ceremonial end of the Kata, Tori goes back to his original position.</p> | Small/Medium |

JU NO KATA

| General elements to be observed | Kind of mistake |
|--|---------------------------------------|
| Distance: Tsuki-dashi: three steps Kata-oshi: Tori's left foot and Uke's right lined up and close Ryote-dori: half step Kata-mawashi: half step Ago-oshi: three steps Kiri-oroshi: two steps. Ryo-kata-oshi: arms length (Uke's palms touch Tori's shoulders) Naname-uchi: one step Katate-dori: Tori and Uke side by side Katate-age: three meters Obi-tori: one step Mune-oshi: half step Tsuki-age: one step Uchi-oroshi: two steps Ryogan-tsuki: one step | Medium |
| Changing pace | Small |
| Decision, effectiveness and realism | Medium |
| Surrender (beating once with free arm or moving one foot) | Small. Medium if Uke doesn't beat. |

| Technique | Elements to be observed | Kind of mistake |
|-----------------------|--|--------------------------------------|
| Greeting and clothing | Starting distance Greeting Judogi and belt | Medium Medium Medium |
| Tsuki-dashi | Uke's tsugi-ashi and gradual lift of the arm (belt, throat, eyes). Uke: attack in the middle of the eyes at the third step. Tori takes Uke's right wrist thumb down and left wrist thumb up. Tori and Uke's way of freeing (opening and closing of the legs when turning, hand grips with thumb up). Conclusion: breaking Uke's balance backwards (stretched arm). | Medium Medium Medium Medium |
| Kata-oshi | Uke charges his hand and pushes Tori's shoulder blade. Uke prepares the hand before the attack. Uke strikes at Tori's eyes moving forward and counterattack of Tori (hand grip) while moving backward. Conclusion: Tori breaks Uke's balance backwards with stretched arms. | Small Small Medium Medium |

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| Ryote-dori | Uke: grips both of Tori's wrists. Tori: breaks Uke's balance forward and does technique (Soto-makikomi). Loading of Tori and lifting Uke. | Small Medium Medium |
| Kata-mawashi | Uke: turns Tori's shoulders (right hand on right shoulder, left hand in front of the other shoulder). Tori: breaks Uke's balance forward and does technique (Ippon-seoi-nage, loading Uke onto his shoulders). Loading of Tori and lifting of Uke. | Small Medium Medium |
| Ago-oshi | Tori: three steps forward (turning to right side with third step). Uke in tsugi-ashi and gradual lift of the arm (belt, throat, chin). Tori's defense: grips Uke's hand and moves forward turning 180 °. Uke prepares the hand before the attack. Uke strikes at Tori's eyes moving forward and Tori counterattacks (hand grip) moving backward. Conclusion: Tori breaks Uke's balance backward blocking with bent arms. | Small/Medium Medium Medium Small Medium Medium |
| Kiri-oroshi | Uke: preparation of the attack (turning right hand and body at the same time). Uke: Tegatana attack stepping forward with his right foot. Tori: steps backward (right-left foot), grips Uke's wrist, does two tsugi-ashi steps. Uke: grabs Tori's elbow and turns Tori 180 ° in a big circle. Tori: pivots on left foot and grips Uke's hand (from the bottom). Tori: continues on behind Uke, breaking the balance backward. Conclusion: Tori breaks Uke's balance backwards with stretched arm. | Medium Medium Medium Medium Medium Medium |
| Ryo-kata-oshi | Uke: attacks Tori from behind by pushing shoulders down (with the palms of his hands). Tori's defence: sinking the body, left foot ½ step backward, right foot ½ step forward, turns, grips Uke's wrist, left foot ½ step backward (Uke ½ step forward), right foot ½ step forward. Tori: turns and moves forward, slowly raising the body, pulling Uke. Uke defends by pushing with left hand on Tori's back. Tori and Uke both are standing upright and in counterbalance. Tori: turns to left, placing his left arm across Uke's chest, pushing back. Conclusion: Tori breaks Uke's balance by pushing with left elbow and lifting and stretching Uke's right arm. | Medium Medium Medium Small Small/Medium Small/Medium Medium |
| Naname-uchi | Uke attempts a diagonal strike between the eyes with Tegatana. Tori avoids and grips Uke's wrist, then counter attacks | Small Medium |

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| | <p>with his right fingers. Uke grips Tori's wrist and pulls Tori forward and to the left. Tori frees the wrist. Uke places hand on Tori's elbow and forces Tori to turn. Tori rotates and lifts Uke in Ura-nage (upperbody leaning backward). Uke's legs together and lifts arms above head.</p> | <p>Medium Small/Medium Medium</p> |
| Katate-dori | <p>Uke: grips Tori's right wrist. Tori: steps forward and lifts with a stretched arm (Kansetsu-waza) moving diagonally forward. Uke moves forward in defence pushing Tori's elbow round. Tori rotates and lifts Uke (from Uki-goshi to O-goshi).</p> | <p>Small Medium Medium Medium</p> |
| Katate-age | <p>Raising their arms up Tori and Uke approach each other. Tori steps aside avoiding collision, holding Uke's left shoulder and right elbow; Uke reacts, Tori blocks Uke's elbows; Uke reacts again (Tori stands straight controlling Uke's reaction; actions and reactions are slow and Tori and Uke are very close to each other). Conclusion: Tori breaks Uke's balance backwards with stretched arms.</p> | <p>Medium Medium Medium</p> |
| Obi-tori | <p>Uke: steps in with left foot forward (crossed arms left hand top) and tries to grab Tori's belt. Tori: grips Uke's left wrist with his right hand and pulls, then Uke's elbow with his left hand and pushes upwards; he then pushes Uke's right shoulder, turning Uke around. Uke: rotating, grips Tori's elbow and pushes the left shoulder. Tori: turns again and pulls Uke close on to the hip to lift with Uki-goshi, then O-goshi.</p> | <p>Medium Medium Medium</p> |
| Mune-oshi | <p>Uke pushes his right palm against Tori's chest, Tori grips Uke's wrist and pushes his right hand against Uke's chest, Uke grips Tori's wrist and they rotate forwards Shomen changing grip as they go. Tori: blocking of right arm of Uke and changing of the grip on Uke's straight left arm (at the elbow), breaking the balance backwards. Conclusion: Tori steps in right foot, then left foot, lowers hips and breaks Uke's balance even more.</p> | <p>Medium Medium Medium</p> |
| Tsuki-age | <p>Uke: stepping back right foot, then forward again attempts uppercut. Tori: catches fist in right hand and grips Uke's elbow in left hand and steps forward with his left foot and turns Uke. Uke: pivots 180 ° on left foot. Tori: left hand pushes Uke's right arm straight up, hooking round Uke's shoulder in an Ude-garami, breaking Uke's balance backwards. Tori steps in left-right foot.</p> | <p>Medium Medium Medium Medium</p> |
| Uchi-oroshi | <p>Uke: lifting fist and arm in big circle, steps forward with right foot and attempts to strike the top of Tori's head. Tori: steps backward (right-left foot), grips Uke's wrist,</p> | <p>Medium Medium</p> |

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| | <p>two steps forward tsugi-ashi.</p> <p>Uke: grabs Tori's elbow and turns 180 ° in a big circle.</p> <p>Tori: pivots on left foot, left hand grips Uke's wrist (from the top) and steps behind Uke, breaking Uke's balance backwards.</p> <p>Conclusion: Tori breaks Uke's balance and applies Kansetsu-waza and Shime-waza at the same time.</p> | <p>Medium</p> <p>Medium</p> <p>Medium</p> |
| Ryogan-tsuki | <p>Uke: raises right hand and attacks Tori's eyes (fingers extended, ring and middle finger separated), stepping forward with right foot.</p> <p>Tori: avoids the thrust and grips Uke's wrist and pulls the arm.</p> <p>Uke: advances with left foot and grips at Tori's wrist and frees Tori's arm, pivoting round on the right foot.</p> <p>Tori: attacks Uke's eyes with left hand (fingers extended, ring and middle finger separated), stepping forward with left foot.</p> <p>Uke: avoids and grips Tori's wrist and pulls arm.</p> <p>Tori: steps forward with his right foot and grips Uke's wrist and frees the arm.</p> <p>Uke: tries to turn Tori, but Tori puts his arm round Uke's waist and lifts him from Uki-goshi to O-goshi.</p> | <p>Small</p> <p>Small/Medium</p> <p>Medium</p> <p>Medium</p> <p>Medium</p> <p>Small/Medium</p> <p>Medium</p> |

KODOKAN GOSHIN-JUTSU

| General elements to be observed | Kind of mistake |
|---|----------------------------------|
| Distance | Medium |
| Greetings | Medium |
| Judogi and belt | Medium |
| Way of correctly placing and collecting the weapons | Medium |
| Weapon use (each technique) | Medium |
| Direction of a technique | Medium |
| While executing an arm lock Tori looks to his front | Small |
| Kiai | From Small to medium (if absent) |
| Speed and fluidity, effectiveness and realism | Medium |
| Submitting beating twice | Small |

| Technique | Elements to be observed | Kind of Mistake |
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| Way of correctly placing the weapons on the mat at the beginning and collect them at the end of the Kata. | <p>Uke has the knife (cutting edge upward) and the stick in right hand, the pistol in the jacket, weapons tops downward.</p> <p>Uke, steps back with right foot, goes forward shomen, one and a half tatami (large); kneeling in Seiza he sets the knife down nearest to him (blade towards him and the point to the left), the stick and then the pistol (with the muzzle to the left).</p> <p>At the end of the Kata, Uke steps back with right foot, goes and collects the weapons: kneeling in Seiza, he takes the knife and the stick. The pistol is still in his jacket.</p> | Medium |
| Ryote-dori | <p>Uke and Tori go to the centre.</p> <p>Uke: steps forward with left foot, grips Tori's wrists, attacks with right knee (kiai).</p> <p>Tori: takes the grip off, then with atemi he strikes with Tegatana to Uke's temple (kiai), steps back, then steps diagonally with an applied Kote-hineri to Uke's wrist in a standing position, looking forward.</p> <p>To submit Uke pats on his left leg twice, he should not bend too much.</p> | Small/Medium |

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| Hidari-eri-dori | <p>Uke and Tori go to the centre.</p> <p>Uke: steps forward with his right foot, grips Tori's left collar in his right hand and tries to push him down.</p> <p>Tori: grasps his own lapel, Me-tsubushi atemi with open hand on Uke's face (kiai), Tori does a Kote-hineri controlling the wrist, pulling diagonally with left hand and pushing the elbow down with thumb and forefingers round, he brings Uke down on the mat with Te-gatame, with left knee on Uke's back and pushes his right arm towards his head.</p> <p>Uke is lying on his stomach and pats the mat twice.</p> | Small/Medium |
| Migi-eri-dori | <p>Uke and Tori go to the centre.</p> <p>Uke: grips Tori's right collar with his right hand, he steps backwards with his left foot, strongly pulling Tori.</p> <p>Tori: steps forwards with his right foot and strikes Uke's jaw with an uppercut (kiai).</p> <p>Tori: grips Uke's wrist in his left hand in a Kote-gaeshi and then holds it with his right hand, he steps back with his left foot and turns in 180° rotation until Uke falls forward.</p> | Small/Medium |
| Kata-ude-dori | <p>Starting position: Uke stands in shizentai at Tori's right back corner.</p> <p>Uke: left foot forward applies an arm lock to Tori's right arm from behind (wrist and elbow).</p> <p>Uke: pushes Tori and advances (left-right-left); Tori is forced also to advance.</p> <p>Tori: on third step, he half turns towards Uke and does a lateral kick to Uke's left knee with the side of his foot (kiai).</p> <p>Tori: puts his foot down and steps backward diagonally and does a Waki-gatame in a standing position, looking forward.</p> <p>To submit Uke pats on his left leg twice, Uke should not bend too much.</p> | Small/Medium |
| Ushiro-eri-dori | <p>Starting position: Uke approaches from behind.</p> <p>When Tori reaches the centre, Uke grabs the back of Tori's collar from behind and steps back with his left foot and tries to pull him down on his back.</p> <p>Tori: turns 180 °, turns to the left, raises his left hand to protect his face and punches Uke in the stomach (kiai).</p> <p>Tori: blocks Uke's hand with his left shoulder and neck and applies Ude-gatame arm lock breaking Uke's balance to the right and backwards (of Tori).</p> <p>To submit Uke pats on his left leg twice, Uke should not bend too much.</p> | Small/Medium |
| Ushiro-jime | <p>Starting position: Uke approaches from behind.</p> <p>When Tori reaches the centre, Uke attempts a standing Hadaka-jime.</p> | Small/Medium |

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| | <p>Tori: tucks in his chin defending himself with both hands pulling down Uke's right arm. He turns 180 ° controlling Uke's arm with his shoulder, changing grip, Tori pulls Uke to the ground and holds him there with a Te-gatame arm lock.</p> <p>Uke is lying on his stomach and pats twice on the mat.</p> | |
| Kakae-dori | <p>Starting position: Uke approaches from behind.</p> <p>When Tori reaches the centre Uke steps forward with his right foot and grips Tori with a bear hug from behind. As soon as he touches him Tori stomps on Uke's right instep with his right heel, then lowers his hips and forces his elbows out to release the hold.</p> <p>Tori turns 180 ° to his right and does an arm lock with left hand on Uke's wrist and with his right forearm with open hand over Uke's elbow. He steps forward with his left foot controlling Uke's wrist, turns to the right and throws Uke forward diagonally.</p> <p>Uke doesn't stand up.</p> <p>Tori takes shizentai.</p> | Small/Medium |
| Naname-uchi | <p>Tori and Uke go to the centre.</p> <p>Uke: attacks with his fist on Tori's temple (left-right foot, kiai).</p> <p>Tori: steps back with right foot, dodges and parries Uke's wrist with his left hand (little finger upward) and gives Uke a right uppercut (kiai).</p> <p>Tori: reversing his left hand, blocks Uke's elbow against his side, he places his right hand in Yahazu (V shape) onto Uke's throat and throws him with Osoto-otoshi.</p> | Small/Medium |
| Ago-tsuki | <p>Tori and Uke go to the centre.</p> <p>Uke: attacks Tori with an uppercut (right foot forward, kiai).</p> <p>Tori: steps back with his left foot and deflects the blow from below with his right hand, he grabs the wrist with his right hand and turns Uke's arm (elbow upward) towards his face, twisting the arm into an arm lock.</p> <p>Tori: steps forward with his left foot and throws Uke diagonally forward.</p> <p>Uke doesn't stand up.</p> | Small/Medium |
| Ganmen-tsuki | <p>Tori and Uke go to the centre.</p> <p>Uke: takes a left stance three steps distance (Tori stops).</p> <p>Uke: strikes at Tori's face with left fist (kiai).</p> <p>Tori: avoids the blow by stepping forward to his right, punching Uke in the ribs with his right fist (kiai).</p> <p>Tori: moves behind Uke (left foot parallel) and applies Hadaka-jime by stepping back with his left foot.</p> <p>Uke: defends, then surrenders, Tori releases him, moves left and lets him fall down to Uke's backward.</p> | Small/Medium |
| Mae-geri | <p>Tori and Uke go to the centre.</p> | Small/Medium |

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| | <p>Uke: attacks Tori with Mae-geri kicking at his groin with right foot (kiai).</p> <p>Tori: steps back with his right foot and turns right to avoid the attack, he grabs the ankle, with both hands turns Uke's foot anti clockwise so that he loses his balance, then pushes forward in tsugi-ashi and lifts until Uke falls down.</p> | |
| Yoko-geri | <p>Tori and Uke go to the centre.</p> <p>Uke: steps forward diagonally with his left foot and attempts to kick Tori in the side in Yoko-geri with his right foot (kiai).</p> <p>Tori: steps forward diagonally, left-right foot and parries the kick with his right forearm with extended fingers. He steps behind Uke placing his hands on Uke's shoulders, puts down his left knee and pulls him down into his back to the right of Tori.</p> | Small/Medium |
| Buki (against armed attack): ways of returning the weapons to Uke | <p>Knife: Tori gives it back with both hands, the cutting edge towards himself and the point to the right.</p> <p>Stick: Tori gives it back with both hands.</p> <p>Pistol: Tori gives it back with both hands, the butt towards Uke and the muzzle to the right.</p> | Small |
| Tsukkake | <p>Uke collects the dagger kneeling in kyoshi (right knee up): cutting edge upward inside the jacket.</p> <p>Tori and Uke go to the centre and they stop at half a step distance.</p> <p>Uke: tries to draw the knife stepping backward with his right foot.</p> <p>Tori: steps deeply with right-left foot to the left side of Uke, taking Uke's left elbow in right hand, pushing to the left, flicking his left hand in front of Uke's eyes Me-tsubushi.</p> <p>Tori: grips Uke's left wrist, changing his right hand (palm down), he drags Uke to the ground and does a Te-gatame arm lock.</p> <p>Uke lies down on his stomach and pats the mat twice.</p> | Small/Medium |
| Choku-tsuki | <p>Tori and Uke go to the centre.</p> <p>Uke: three steps distance, advances with his left foot while drawing knife (Tori stops).</p> <p>Uke: advances with right foot, attempts to stab Tori in the stomach (kiai).</p> <p>Tori: steps forward with his left foot to parry the thrust with his left hand on Uke's elbow, he does an uppercut (kiai), grabs the wrist with both hands and pulls forward diagonally applying Waki-gatame, standing position, looking forward.</p> <p>To submit Uke pats on his left leg twice and should not bend too much.</p> | Small/Medium |
| Naname-tsuki | <p>Tori and Uke go to the centre.</p> <p>Uke: three steps distance, advances with his left foot while pulling the knife and raises it to strike (Tori</p> | Small/Medium |

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| | <p>stops).</p> <p>Uke: steps forward with his right foot, attempts to stab Tori in the jugular vein (kiai).</p> <p>Tori: steps back with right foot, avoiding the thrust, and grabs Uke's wrist with his left hand (little finger up) he grabs Uke's wrist from underneath with his right hand in Kote-gaeshi, while stepping back quickly with his left foot and doing a 180 ° rotation.</p> <p>Tori: applies Te-gatame on Uke, controlling with his right knee on Uke's right side. Uke pats the mat twice with his left hand. Tori takes the knife away with his left hand.</p> | |
| Furi-age | <p>Uke replaces the knife back down on the mat and collects the stick sitting in Kyoshi (right knee up), holding the stick in his right hand, pointing down. Tori and Uke go to the centre and they stop at half step distance.</p> <p>Uke: takes one step backward with right foot, attempts an attack by raising the stick above his head.</p> <p>Tori steps forward with his left foot blocking Uke's right arm with his left forearm and pushes Uke's head back with the bottom of his right palm under Uke's chin to break his balance backwards (kiai).</p> <p>Tori: throws Uke with an O-soto-gari.</p> | Small/Medium |
| Furi-oroshi | <p>Tori and Uke go to the centre.</p> <p>Uke: three steps distance, advances with his left foot, raises the stick up on his right side with both hands (Tori stops).</p> <p>Uke: steps forward with his right foot attacking diagonally (yokomen) (kiai).</p> <p>Tori: steps back diagonally with his right foot in Tai-sabaki, then forward with his left foot and with atemi strikes Uke in the face with the back of his left fist (kiai).</p> <p>Tori grabs the stick with his right hand and then strikes again in atemi with his left tegatana between Uke's eyes (kiai), then pushes backwards hard so that he falls down, pulling the stick out of Uke's hands.</p> | Small/Medium |
| Morote-tsuki | <p>Tori and Uke go to the centre.</p> <p>Uke: at three steps distance stands in a left stance ready to hit Tori in the solar plexus with the top of the stick (Tori stops). Uke attacks advancing in tsugi-ashi.</p> <p>Tori: steps forward diagonally in Tai-sabaki with his right foot and deflects the stick with his right hand.</p> <p>Tori: takes the stick with his left hand then, grabbing the stick with his right hand between Uke's two hands, he moves forward diagonally forcing an arm lock on Uke's elbow. Putting pressure on the elbow, he then throws Uke, keeping the stick, and steps forward with his right foot; then he takes left stance.</p> <p>Uke doesn't stand up.</p> | Small/Medium |

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| Shomen-zuke | <p>Uke replaces the stick back down on the mat and collects the pistol sitting in Kyoshi (right knee up) and puts it inside his jacket.</p> <p>Tori and Uke go to the centre.</p> <p>Uke orders hands up “Te wo agero”!</p> <p>Tori raises his hands slowly. Uke presses the pistol into the stomach of Tori (right foot forward). When Uke looks down and feels for Tori’s wallet, Tori twists on his right and grabs the pistol with his left hand, thumb on top, and at the same time grabs Uke’s wrist pulling him forward and pushing the gun barrel down and in towards Uke’s armpit and disarms him (using just hip movement).</p> | Small/Medium |
| Koshi-gamae | <p>Tori and Uke go to the centre.</p> <p>Uke orders hands up “Te wo agero”! Uke holds the pistol at his side and points it at Tori’s abdomen (left foot forward). Tori raises his hands slowly and Uke steps in closer.</p> <p>When Uke looks down and feels for Tori wallet, Tori twists his body to his left, grabs the barrel of the pistol with his right hand so that it points away from him, grabs the bottom of the pistol with the left hand pulling the pistol to the right (using hips movement); the pressure on his wrist forces Uke to let go of the pistol. Tori then hits Uke in the face with the pistol stock (kiai).</p> | Small/Medium |
| Haimen-zuke | <p>Uke comes from behind Tori.</p> <p>Uke orders hands up “Te wo agero”! when Tori arrives in the centre. Tori raises his hands slowly. Uke hold the pistol against Tori’s back (right foot forward). When Tori feels Uke’s hand on his wallet, Tori rotates round quickly 180 °, blocking Uke’s forearm at the elbow against his body with his right arm so that the pistol points upward, he takes the pistol barrel with his left hand, controlling it and then rotating forward quickly and to his left side, he takes the pistol away from him and Uke is thrown down onto the mat.</p> <p>They go back to their starting position.</p> | Small/Medium |