



KATA COMPETITION

Criteria for the evaluation

INTERNATIONAL JUDO FEDERATION
KATA COMMISSION
JANUARY 2025

with Koshiki-no-kata and Itsutsu-no-kata.



GENERAL ELEMENTS

The evaluation of every technique of kata has to consider the principle and the opportunity of execution: the evaluation (including the opening and closing ceremony) has to be comprehensive.

At the invitation of the central judge, Tori and Uke advance through the safety zone along the competition area. They move towards the axis of the kata (not evaluated).

At the end of the Kata, after bowing to each other in front of the competition area, Tori and Uke turn their backs to the judges and walk outside the tatami where they entered and leave the Tatami (not evaluated).

The opening ceremony begins at the 8m or 10m line. The following are included in the opening ceremony: bowing to competition mat, stepping left / right foot, bowing to judges, and bowing to partner, and stepping left / right foot for the first technique.

The closing ceremony begins when Tori and Uke finish the last technique, and includes stepping behind the 6m line, bowing to partner, bowing to judges and exiting (starting with the right foot) to the safety zone at 8 m or 10 m, bowing to the competition mat.

Each technique ends when Tori releases the technique; errors which subsequently occur are included in the next technique.

For Katame-no-Kata, the technique ends when Tori assumes the kyoshi posture.

Each technique must be performed correctly and evaluated globally on the following criteria:

- Set up
- Break of balance / Control
- Throw / Conclusion
- Efficiency
- Realism
- Fluidity

In the Nage-no-Kata, right and left techniques will be evaluated comprehensively (only one score).

For Kime-no-Kata and Kodokan-Goshin-jutsu all weapons (sword, dagger, stick and pistol) are made of wood. No metallic part is allowed. For Kime-no-Kata the sword needs a "Tsuba" in a plastic material.

Stick length for Kodokan-Goshin-jutsu is about 3 feet or 92 cm but if commercial standard length is 100 cm it is also allowed. Diameter is about 20 to 25 mm.

Any behaviour contrary to the spirit of judo will result in disqualification.

If any items are incorrect or missing, penalize according to the types of errors listed below.

Definition of mistakes:
• Forgotten technique / Major mistake
This kind of mistake will score zero and in addition the total final score of the pair will be divided in half. If more than one technique is forgotten or has a major mistake, the score for that technique will also be zero but the total final score for the pair will not be divided in half again.
Situations
- Tori doesn't do the appropriate technique following Uke's attack.
- Tori and Uke start the kata on the wrong side (during the opening ceremony).
- Losing something that is not part of the equipment (all objects).
- Change the order of techniques: each technique whose sequence is modified is considered forgotten.
- Uke makes a mistake in the action and Tori doesn't move, Uke starts over.
- Uke makes the appropriate attack and Tori doesn't move and Uke starts again.
- Tori or Uke is clearly lost, for example; more than 5 seconds without action.
- Uke or Tori takes a step forward, comes back, hesitates and starts again.
- Tori and/or Uke are talking to each other or giving directions to the partner.
- Uke doesn't move, Tori grabs Uke and does the action.
- The technique is performed only once on either side (Nage-No-Kata).
• Big mistake
When the execution of the principle is incorrect (5 points are deducted and the maximum number of crosses is 1).
Situations
- Tori or Uke starts the action and modifies it before the end of their full action (hesitation).
- If Tori or Uke does the full action correctly but the other does not apply the correct principle of action, attack or technique.
- A poor execution of a technique that becomes a different technique (Seoi-nage : seoi-otoshi/ippon-seoi-nage; Okuri-ashi-harai : de-ashi-harai; Uki-goshi : O-goshi; Harai-goshi : ashi-guruma; Uchi-mata : Hane-goshi; Sasae-tsuru-komi-ashi : hiza-guruma; O-soto-gari : O-soto-guruma.
- Contact with partner during the attack causing an injury.
- The execution of the principle is incorrect or erroneous.
- Perform the technique twice on the same side or reverse the sides (Nage-no-Kata).
- Reverse starting position Tori - Uke, each technique.
- Losing control, belt or weapon (Kime-no-Kata and Kodokan-Goshin-jutsu) for each technique.
• Medium mistake
When one or more elements of the principle are not applied in the correct way (3 points are deducted and the maximum number of crosses is 1).
Situations
- Stepping forward or backward with the wrong foot.
- Contact with the partner during the attack without causing injury.
- Starting position (set or technique)
- Distance between Tori - Uke (other than due to morphology).
- Incorrect element of bowing.
- Lack of efficiency, realism or fluidity.
- Loss of protection or bandage.
- Judogi, belt, back number or t-shirt (women): during the opening and closing ceremonies.
- If Tori or Uke's hair covers the collar: during the opening and closing ceremonies. During kata: for each technique
- Tori or Uke during their presentation falls or moves outside the contest area.
• Small mistake
Imperfection in the application of the technique (1 point is deducted and the maximum number of crosses is 2).
• Correction value
For every technique an evaluation of 0,5 can be added (+) or subtracted (-).

NAGE-NO-KATA

General elements to be observed	Kind of mistake
Tori decides the starting position	Medium
Engagement distance. Uke starts to hold on Tori with right/left fundamental grip stepping forward with right/left foot, Tori reacts to grip and pull Uke forward to unbalance Uke stepping backward (Uki-otoshi, Kata-guruma, Harai-goshi, Tsurikomi-goshi, Sasae tsurikomi-ashi, Yoko-gake). Engagement distance: Uke starts to hold on Tori with right/left fundamental grip stepping forward with right/left foot, Tori reacts to grip, Tori and Uke in migi/hidari shizen-tai, and Tori pushes Uke backward to unbalance Uke stepping forward with Ayumi-ashi. (Tomoe-nage)	Medium
Tsugi-ashi steps (Uki-otoshi, Kata-guruma, Harai-goshi, Tsurikomi-goshi, Sasae-tsurikomi-ashi, Yoko-gake)	Small/Medium
Tori and Uke in middle area, three steps distance (about 1.8 m), blow to the top of Tori's head by Uke (Seoi-nage, Uki-goshi, Ura-nage, Yoko-guruma)	Small/Medium (Medium if Uke's blow to the head is lateral)
Tori and Uke in middle area, engagement distance. Uke starts to hold on Tori with right/ left fundamental grip, Tori reacts to grip and pushes Uke sideward to unbalance Uke. Tori and Uke step laterally (Okuri-ashi-harai)	Small/Medium
Tori and Uke in middle area, engagement distance, step forward to stand and Uke starts to hold on Tori in migi/hidari shizentai; Uke and Tori with fundamental grip (Uchi-mata)	Small/Medium (backward step medium mistake)
Tori and Uke on Uke's side at about 1 m from center, engagement distance, step forward to stand and Uke starts to hold on Tori in migi/hidari shizentai; Uke and Tori with fundamental grip (Tomoe-nage).	Small/Medium (backward step medium mistake)
Tori and Uke one step distance, migi/hidari jigotai; grip (Sumi-gaeshi, Uki-waza)	Small/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 in shizen-hon-tai after it; in Yoko-guruma and Uki-waza he stands up in shizen-hon-tai after the fall; in Ura-nage he doesn't stand up, in Yoko-gake he falls with outstretched body and legs)	Small/Medium

Technique	
Elements to observe	Kind of Mistake
Uki-otoshi	
Uke takes grip, Tori does not raise his arms while stepping backward in tsugi-ashi; during the third step in a wide stride, Tori pulls down to throw Uke	Small
When Uke is thrown, he doesn't jump	Medium
Tori finishes the technique looking forward	Medium
Tori's knee position (slightly inside)	Small
Seoi-nage	
Uke attacks with two steps forward (left-right/ right-left foot)	Medium
Tori breaks Uke's balance forward and loads him onto his right/ left shoulder to throw him	Medium
Uke's defence: both feet aligned, heels lifted up due to Kuzushi (left/ right palm on Tori's left/right hip)	Medium
Kata-guruma	
Tori changes his grip on the sleeve during second step. Tori's third step is bigger	Small/Medium
Uke defends by stiffening his body	Medium
Tori moves into the lifting position (shifting his outside leg) without seizing Uke's trouser	Small
Uki-goshi	
Uke attacks with two steps forward (left-right/ right-left foot)	Medium
Tori steps in to meet the attack and throws Uke diagonally (Uke no defence)	Small/Medium
Harai-goshi	
Tori changes his grip on lapel to Uke's left/right shoulder blade through left/right armpit during the second step	Medium
Tori positions himself for tsukuri/kuzushi on the third step	Medium
Uke's defence: both feet almost aligned, heels lifted up due to Kuzushi	Medium
Tori sweeps with an outstretched leg	Small/Medium
Tsurikomi-goshi	
On the third step Tori moves his right/left foot in front of Uke's right/left foot to pull Uke forward	Small
Uke's defence: both feet aligned leaning back his upper body without lifting heels.	Medium
Tori unbalances Uke forward immediately withdraws with left/right foot, pivots and passes very low with his hips pressed against Uke's thighs, heels up only when he is unbalanced by Tori.	Small/Medium
Okuri-ashi-harai	
Tori must change the rhythm on the second and the third step and applies the kuzushi.	Small/Medium
Tori sweeps horizontally and throws Uke in the direction he is moving without lifting Uke's body.	Small/Medium
Sasae-tsurikomi-ashi	
After second step, Tori has to move diagonally backward	Medium
Tori throws Uke on his third step pivoting on the right/ left foot (he must not step forward)	Medium

Uchi-mata	
Tori turns Uke in wide circular movement (his arms pull horizontally)	Medium
During the third rotation, Tori sweeps Uke's advancing leg up and outward.	Medium
Tomoe-nage	
Tori moves forward with Ayumi-ashi breaking Uke's balance backward	Small
Uke resists on the third step pushing back and stepping forward (both feet aligned)	Small
When Uke starts to push back Tori changes his grip, steps forward with his left/right foot inside Uke's feet, lowering his body and lifting forward and upward to break Uke's balance	Medium
Tori puts his right/left foot on Uke's stomach at the same time Uke aligns his feet (Uke's heels are up). Tori throws Uke over his head	Small
Ura-nage	
Uke attacks with two steps forward (left-right/ right-left foot)	Medium
Tori avoids Uke's blow during the second step, stepping forward very low, left-right/right-left foot (he must not jump with both feet at the same time), his left/right arm around Uke's waist to draw Uke in and the palm of the right/left hand on his lower abdomen.	Medium
Tori throws Uke over his left/right shoulder and finishes with both shoulders on the mat	Medium
Sumi-gaeshi	
Tori unbalances Uke lifting his right/ left arm while stepping backwards in the jigo tai position	Small/Medium
Uke: to keep his balance, he brings his right/left foot forward parallel in a defensive position (jigotai)	Small/Medium
Tori, (right/left foot between Uke's feet) breaks Uke's balance forward again before throwing him over the head.	Medium
Yoko-gake	
Tori unbalances Uke tilting him over to his right/left front corner during the third step (half step) in order to throw him laterally	Medium
Tori steps backwards slowly with his right/left foot; as soon as it is next to the other foot, he immediately pushes Uke's ankle with his left/ right foot, scooping up Uke's right/left sleeve with his left/right hand as he throws Uke's body beside him.	Medium
Yoko-guruma	
Uke attacks with two steps forward (left-right/ right-left foot)	Medium
Tori attempts to perform Ura-nage.	Medium
Uke defends by bending forward.	Medium
Tori breaks Uke's balance forward and slides his right/left leg deeply between Uke's legs.	Medium
Tori lies down on his left /right side in order to throw Uke diagonally.	Medium
Uki-waza	
Tori unbalances Uke lifting his right/left arm while stepping backwards in the jigotai position	Small/Medium
Uke to keep his balance, brings his right/left foot forward (jigotai).	Small/Medium
Tori breaks Uke's balance diagonally forward and lies down on his side in order to throw Uke diagonally.	Medium

KATAME-NO-KATA

General elements to be observed	Kind of mistake
Uke decides the starting position	Medium
<p>Movement: at the start Uke takes a step forward; at the end Tori takes two steps back and then Uke takes one step back.</p> <p>Bowing.</p>	Medium
<p>Distance and position:</p> <p>Osae-komi-waza</p> <p>From kyoshi, before performing Kesa-gatame, Uke lies on his back 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-shiho-gatame Tori stands and changes his position to move 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. Before Yoko-shiho-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-shiho-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 Uke's head and another small step to chikama; kyoshi and moves out again to toma sitting in kyoshi at the end of first set. Tori and Uke both sit in kyoshi and adjust their judogi.</p> <p>Shime-waza</p> <p>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 kyoshi.</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, Kataha-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>Small/Medium</p> <p>Tori or Uke lift their knee while moving (Shikko).</p> <p>(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).</p>

Kansetsu-waza	
<p>Before performing Ude-garami Uke lies down and Tori stands and changes his position to Uke's side, 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-hishigi-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-hishigi-hiza-gatame, both Tori and Uke sit in kyoshi at toma, Tori moves forward two steps to chikama and sits in kyoshi; both move slightly forward to grasp each other in a right grip. After the technique both Tori and Uke are in kyoshi and then 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 for defense and tries to pull up Tori. Tori performs a leg lock. After the technique both Tori and Uke are facing each other in kyoshi, chikama.</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
Tori in kyoshi takes a wrong position to Uke's body before starting a technique	Small / Medium
Tori in chikama breaks his position going half a step forward or backward	Small / Medium

Technique	
Elements to observe	Kind of Mistake
Osae-komi-waza	
<p>Way of performing each technique:</p> <p>Kesa-gatame: right arm grasp, control left shoulder under left armpit, etc.</p> <p>Kata-gatame: push uke's right elbow towards uke's right ear, etc..</p> <p>Kami-shiho-gatame: normal approach plus kneeling approach, hands, etc.</p> <p>Yoko-shiho-gatame: arm movement, knee against Uke's armpit, belt grip (left-right hand), blocking with right knee, etc..</p> <p>Kuzure-kami-shiho-gatame: normal approach plus one step forward diagonally, arm grip, placing Uke's right arm on Tori's right thigh, etc.</p>	Small/Medium
During each technique Uke must demonstrate three attempts to escape.	Big
For each attempt to escape, Tori shows the respecting reactions which should be connected and logical.	Medium
Shime-waza	
<p>Way of performing each technique:</p> <p>Kata-juji-jime: knees near Uke's armpits, hands, 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>Kataha-jime: hands, left palm and arm, he turns to his right and strangles moving his right leg backward and on the side.</p> <p>Gyaku-juji-jime: knees near Uke's armpits, hands, etc.. Tori blocks and controls Uke's body with his legs.</p>	Small/Medium
<p>During each technique Uke shall demonstrate one single attempt to escape and Tori shall continue the strangle or choke.</p> <p>Kata-juji-jime: Uke tries to escape by pushing Tori's both arms with both hands. Tori continues with the strangle moving his head forward towards the mat.</p> <p>Hadaka-jime: Uke tries to escape by pulling down with both hands on Tori's upper arm. Tori continues the choke moving backward and controlling Uke.</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 lightly supporting Uke's body with his right knee and controlling Uke.</p> <p>Kataha-jime: Uke tries to escape by taking his left wrist with his right hand and pulling downward. Tori continues the strangle.</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 technique:</p> <p>Ude-garami: Tori moves Uke's right arm and approaches, Uke attacks trying to grasp Tori's right collar with his left hand.</p> <p>Ude-hishigi-juji-gatame: while Tori is approaching, Uke attempts to reach up to grasp Tori's left collar with his right hand; Tori blocks the arm against his chest grabbing Uke's right wrist with his right hand first and then his left below, right foot under Uke's armpit, and steps around Uke's head with his left foot; he catches and holds Uke's arm with his thighs and tightens his knees, lies down and lifts his hips.</p> <p>Ude-hishigi-ude-gatame: While Tori is approaching (after moving Uke's right arm) Uke attempts to reach up to grasp Tori's right collar with his left hand; Tori performs an arm lock, locking Uke's left wrist with right side of his neck and his right shoulder, right-left hand on the elbow, control of Uke's body with right knee.</p>	Small/Medium

<p>Ude-hishigi-hiza-gatame: Tori places his left palm on Uke's right elbow and traps Uke's wrist under his left armpit, puts his right foot on Uke's groin area, lies down on his right side, his left foot turned inside on 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 arm lock.</p> <p>Ashi-garami: Tori attempts to perform Tomoe-nage, Uke defends moving forward with his right foot and pulling up Tori's body. Tori pushes the inside of Uke's left knee with his right foot and circles Uke's right knee with his left leg and performs a leg lock.</p>	
<p>During each technique Uke shall demonstrate one single attempt to escape and Tori shall continue the arm or leg lock.</p> <p>Ude-garami: Uke tries to escape by lifting his left shoulder and his back. Tori continues the arm lock.</p> <p>Ude-hishigi-juji-gatame: Uke tries to escape lifting his back and pulling his arm while turning left. Tori continues the arm lock.</p> <p>Ude-hishigi-ude-gatame: Uke tries to escape pulling his arm downward./ Tori continues the arm lock.</p> <p>Ude-hishigi-hiza-gatame: Uke tries to escape pushing his arm forward./ Tori continues the arm lock.</p> <p>Ashi-garami: Uke tries to escape turning left. Tori continues the leg lock.</p>	Medium

KIME-NO-KATA

General elements to be observed	Kind of mistake
Tori decides the starting position and Uke takes the right distance.	Medium
Way of correctly placing and collecting the weapons	Medium
Distance of the attack	Small/Medium
Idori: During attack, the feet are required to be up on the toes, except for Ryote-dori	Medium
Tori's displacement when performing an arm lock: right foot - left foot - right foot/ left foot – right foot – left foot	Medium
Weapons general use	Medium
Weapons use in each technique	Small/Medium
Direction when performing a technique	Medium
Tori looks straight to his front when performing an arm lock	Small
Kiai	Small (if unnecessary), Medium (if absent)
Submitting (tapping twice)	Small

Technique

Elements to observe	Kind of Mistake
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Way of correctly placing and collecting the weapons

<p>Dagger inside, sword outside, cutting edge upwards pointing down diagonally, right side.</p> <p>Before the bow between Tori and Uke (at the beginning and at the end of the 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 (on a 10x10m mat), sits and holds the weapons vertically in front of him, then lays the weapons on the mat, parallel to the tatami line.</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, Uke picks up the weapons (first the dagger, then the sword) and takes them on his right side.</p>	Small/Medium
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Idori

Ryote-dori

<p>Distance: about 90 cm first and Tori and Uke move forward to hiza-zume distance (two fists) sliding their knees.</p> <p>Uke: grabs Tori's wrists without coming on his toes (kiai).</p> <p>Tori: comes up on his toes, brings both knees together and kicks Uke in the solar plexus (kiai), then with right knee down on the mat and left knee raised, takes hold of Uke's left wrist and turns to his 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 Ude-hishigi- waki-gatame.</p>	Small/Medium
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<p>Uke should stay on his knees and tap Tori's leg twice to indicate submission.</p>	
<h2>Tsukkake</h2>	
<p>Distance: hiza-zume. Uke: comes up on toes and attempts to punch with reversed right fist at Tori's solar plexus (kiai). Tori: quickly comes up on his toes and pivots 90° to his right on his left knee, his right knee up, deflects the lunge with his left hand, pulls to break Uke's balance forward and does atemi with his reversed right fist between Uke's eyebrows (kiai). Tori: grabs Uke's right wrist, pulling it to his right hip and holds the wrist against his thigh, reaches around Uke's neck to grab the right collar with his left hand. He moves forward two steps diagonally and applies a Ude-hishigi-hara-gatame arm lock and controls Uke's neck. Uke should stay on his knees and tap the mat twice to indicate submission.</p>	<p>Small/Medium</p>
<h2>Suri-age</h2>	
<p>Distance: hiza-zume. Uke: comes up on toes, attempts to thrust with the palm of his right open hand, fingers extended and held together, at Tori's forehead (kiai). 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 to turn around twisting Uke's arm and forcing Uke 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 apply ude-hishigi-hiza-gatame by pulling up his hand. Uke: taps the mat twice to indicate submission.</p>	<p>Small/Medium</p>
<h2>Yoko-uchi</h2>	
<p>Distance: hiza-zume. Uke: comes up on his toes and attempts to strike Tori's left temple with his right fist (kiai). 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 controlling Uke as in Kata-gatame. Tori: presses against Uke's back with his left hand and pushes Uke backwards and over onto 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). Uke: after the technique, he sits in toma (about 1.2 m) facing Tori before standing and walking around on the right side of Tori to sit down one step to the rear of Tori</p>	<p>Small/Medium</p>
<h2>Ushiro-dori</h2>	
<p>Distance: one step behind Tori first and Uke moves forward to about 20 cm behind Tori sliding his knees. Uke: comes up on his toes, steps forward on his right foot and grapples around Tori's upper arms (kiai). Tori: reacts by raising his arms from his sides outward to break the hold coming up on his toes, he grabs Uke's left sleeve with his right hand and higher up with his left hand, he slides his right leg backward (toes up) in between Uke's legs, he rolls to his left as if performing a Makikomi. Tori: while controlling Uke as in Ushiro-kesa-gatame, he punches Uke in the groin with left fist (kiai). Uke: comes up onto his knees and returns on his sitting position behind Tori in a distance of one step. He then stands and walks to the right around Tori and sits in toma (about 1.2 m) facing Tori.</p>	<p>Small/Medium</p>

Tsukkomi

Uke collects the dagger (right hand on the top, left hand down) and places its cutting edge upwards inside his jacket, returns and sits in front of Tori. Distance at about 90 cm, first and Uke moves forward to about 45 cm to Tori sliding his knees.

Uke: draws the dagger coming up on his toes, left foot forward and attempts to stab Tori in the stomach (kiai).

Tori: quickly comes up on his toes and pivots 90° to his right on his left knee, his right knee up, deflects the lunge with his left hand, pulls to break Uke's balance forward and does atemi with his reversed right fist between Uke's eyebrows (kiai), he grabs Uke's right wrist, pulling it to his right hip and holds the wrist against his thigh. He reaches around Uke's neck to grab the right lapel with his left hand. He moves forward two steps diagonally and applies a Ude-hishigi-hara-gatame arm lock and controls Uke's neck. Uke should stay on his knees and tap the mat twice to indicate submission. Returning to sitting position, Uke replaces the dagger back inside the jacket.

Small/Medium

Kiri-komi

Distance: about 45 cm.

Uke: takes out the dagger from inside the jacket and transfers it to his belt on the left side as a short sword. Coming up on his toes, right foot forward, he draws the short sword and attempts to slash the top of Tori's forehead (kiai).

Tori: coming up on his toes, he catches Uke's wrist with both hands and avoids the cut, pivots on his left knee and raises his right knee up, and he pulls forward diagonally to break Uke's balance. He traps Uke's arm under his armpit and applies Ude-hishigi-waki-gatame.

Uke: should stay on his knees and tap Tori's leg twice to indicate submission.

Uke sits in toma about 1,2 m facing Tori.

Uke takes out the short sword from his belt and replaces it back inside the jacket as a dagger.

Small/Medium

Yoko-tsuki

Uke stands up and walks over to Tori's right side and sits down next to him, then Uke moves slightly forward sliding his knees.

Distance about 20 cm. on the side.

Uke: draws the dagger, turns, coming up on his toes, he steps forward onto his left foot and attempts to stab Tori's right side, cutting edge upwards (kiai).

Tori: quickly comes up on his toes and pivots 180° to his right on his left knee, his right knee up, deflects the lunge with his left hand, pulls to break Uke's balance forward and does atemi with his reversed right fist between Uke's eyebrows (kiai). He grabs Uke's right wrist, pulling it to his right hip and holds the wrist against his thigh, reaches around Uke's neck to grab the right lapel with his left hand. He moves forward two steps diagonally and applies a Ude-hishigi-hara-gatame arm lock and controls Uke's neck at the same time.

Uke: should stay on his knees and pat the mat twice to indicate submission. Both return to the sitting position next to each other.

While returning to a sitting position, Uke replaces the dagger back in his jacket, Uke stands, walks back and sits down in toma at about 1.2 m facing Tori.

Uke replaces the dagger down on the mat in its original position sitting in seiza.

Small/Medium

Tachiai

Ryote-dori

Uke's distance: 1 step (about 40 cm.).
Uke: grabs Tori's wrists advancing with his right foot (half step) (kiai).
Tori: pulls his arms out and back, breaking Uke's balance forward, he kicks Uke in the groin (kiai) bringing his foot back down immediately.
Tori: pulls Uke's left arm out diagonally and applies Ude-hishigi-waki-gatame in a standing position.
Uke should tap Tori's leg twice to indicate submission.
Tori and Uke return to starting position, Uke faces Tori at toma about 1.2 m distance.

Small/Medium

Sode-tori

Uke walks around 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.
On the third step Tori moves to his right to break Uke's balance in that direction. Tori kicks Uke on his right knee with his left foot, little toe side, (kiai), pivots 180° left, grabs Uke's right sleeve (inside the elbow) and left collar and throws Uke with O-soto-gari.

Small/Medium

Tsukkake

Tori and Uke stand facing each other at three steps distance (about 1.8 m.).
Uke: takes a step forward with his left foot, left guard feinting a blow, then lunges forward with his right foot and attempts to punch Tori in the face with his right reversed fist between Tori's eyebrows (uto) (kiai).
Tori: pivoting on his left foot, turns 90° to his right in tai-sabaki to avoid the blow, grabs Uke's right forearm near the wrist from the top and pulls him forward and down to unbalance Uke to his front. When Uke pulls back and straightens up, Tori steps behind Uke with his right foot then his left foot, puts his right arm around Uke's throat and pulls him backwards.
He clasps his hands on Uke's left shoulder as in Hadaka-jime, steps backward with his left foot and applies the choke.
Uke: defends by pulling down Tori's right upper arm and submits by tapping the mat twice with his right foot.

Small/Medium

Tsuki-age

Tori and Uke stand facing each other at about one step distance.
Uke: steps forward with his right foot and attempts an uppercut to Tori's chin (kiai).
Tori: leans backward to avoid the blow, takes Uke's wrist with both hands, pulls it upwards and diagonally to the front.
Tori: traps Uke's arm under his armpit and applies Ude-hishigi-waki-gatame in standing position.
Uke: shouldn't bend too much. He should tap Tori's leg twice to indicate submission.

Small/Medium

Suri-age

Tori and Uke stand facing each other at about one step distance.
Uke: steps forward with his right foot and attempts to strike Tori's forehead with the palm of his right open hand, fingers extended and held together (kiai).
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.

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 (kiai).</p> <p>Tori: stepping in with his left foot, he ducks under the fist and at the same time he puts his right hand on Uke's left chest to push Uke slightly backward. He grabs Uke's left collar with his right hand and steps behind Uke first with his right foot then his left. He reaches around Uke's neck with his left hand and grabs his right lapel. Tori presses his forehead onto 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 by pulling down Tori's left upper arm with both hands and submits by hitting the mat twice with his right foot.</p>	Small/Medium
Ke-age	
<p>Distance: one 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 with his right foot 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 his left, twists his hips to the left and kicks Uke in the groin (kiai).</p> <p>Tori and Uke face each other at toma (about 1.2 m) distance.</p>	Small/Medium
Ushiro-dori	
<p>Uke: moves around 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 Tori but, during the third step, he changes and steps forward with his right foot grappling around Tori's upper arms.</p> <p>Tori: immediately moves his elbows outwards and takes Uke's upper right sleeve with 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 toma (about 1.2 m).</p>	Small/Medium
Tsukkomi	
<p>Uke collects the dagger (right hand on the top, left hand under): 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's solar plexus (kiai).</p> <p>Tori: turns to his right quickly 90° in Tai-sabaki and deflects the lunge with his left hand, pulls to break Uke's balance forward and does atemi with his reversed right fist between the eyes (kiai), he grabs Uke's right wrist, pulls it to his right hip. Holding the wrist against his thigh, he reaches around Uke's neck to grab the right collar with his left hand. He moves forward two steps diagonally and applies a Ude-hishigi-hara-gatame arm lock and controls Uke's neck.</p> <p>Uke: doesn't bend too much.</p> <p>Uke: should tap Tori's leg twice to indicate submission 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 as a short sword.</p> <p>Uke: steps forward with his right foot and slashes straight on Tori's forehead (kiai).</p> <p>Tori: grabs Uke's wrist with both hands and avoids the cut. He traps Uke's arm under his armpit and moves backwards diagonally applying Ude-hishigi-waki-gatame.</p> <p>Uke: shouldn't bend too much.</p>	Small/Medium

<p>Uke: should tap Tori's leg twice to indicate submission and returns to toma (about 1.2 m). He replaces the short sword into the belt, then he places the dagger back inside the jacket as a dagger.</p>	
<h2 style="background-color: #4F81BD; color: white; padding: 5px;">Nuki-gake</h2>	
<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. Tori and Uke stand facing each other at toma. Uke: steps forward with his right foot and attempts to draw his sword. Tori: steps forward with his right foot close to Uke's right foot and blocks with his right hand on Uke's right wrist, in order to stop Uke to draw the sword. Tori: moves quickly forward with his right foot, then, bringing his left foot around behind Uke, he reaches around Uke's neck to grab the right collar with his left hand. He steps back diagonally, breaking Uke's balance and applies Kataha-jime. Uke submits by banging the mat twice with his right foot.</p>	<p>Small/Medium</p>
<h2 style="background-color: #4F81BD; color: white; padding: 5px;">Kiri-oroshi</h2>	
<p>Distance: Uke in his starting position, Tori at about 2.7 m distance. Uke: steps forward with his right foot and slowly draws his sword with the tip pointing at Tori's eyes (the Seigan position). Uke: takes one step forward in tsugi-ashi. Tori: moves one step backwards starting with his right foot. Uke: steps forward with his left foot 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). He should stand his sword over his head before he slashes. Tori: stepping forward with his left foot, turns to his right quickly 90° in Tai-sabaki and deflects the slash, he grabs Uke's right wrist with his right hand, he pulls it to his right hip and holds the wrist against his thigh. Tori reaches around Uke's neck to grab his right collar with his left hand. He moves forward two steps (right-left-right) diagonally and applies a Ude-hishigi-hara-gatame while grasping Uke's right collar deeply with his left hand to control Uke's neck. Uke: shouldn't bend too much. He should tap Tori's leg twice to indicate submission. Tori in shizen-hontai, Uke goes to his starting point keeping the sword downward/rightward, the edge inward. Uke brings the sword up to Tori's eye level and then returns the sword to its scabbard (shizen-hontai) While Uke replaces the sword back on the mat in preparation for the closing ceremony of the kata, Tori moves backward to his original position.</p>	<p>Small/Medium</p>

JU-NO-KATA

General elements to be observed	Kind of mistake
Distance: Tsuki-dashi: about 1,8 m Kata-oshi: Tori's left foot and Uke's right lined up and close Ryote-dori: about half step Kata-mawashi: about half step Ago-oshi: about three steps Kiri-oroshi: about two steps. Ryo-kata-oshi: arms length (Uke's palms touch Tori's shoulders) Naname-uchi: about one step Katate-dori: Tori and Uke side by side Katate-age: about 2,7 m Obi-tori: about one step Mune-oshi: about one step (slightly narrower) Tsuki-age: about one step Uchi-oroshi: about two steps Ryogan-tsuki: about one step (slightly wider)	Medium
Submitting (tapping once with free arm or moving back one foot)	Small. Medium if Uke doesn't tap.

Technique	
Elements to observe	Kind of Mistake
Dai-Ikkyo	
Tsuki-dashi	
Uke's tsugi-ashi and gradually and continuously lift of the arm (belt, throat) hitting Tori's uto on the third step.	Small/Medium
Uke: attacks between Tori's eyebrows on the third step. Tori takes Uke's right wrist thumb down and the left wrist thumb up.	Small/Medium
Tori and Uke way of freeing (opening and closing of the legs when turning, hand grips with thumb up).	Small/Medium
Conclusion: breaking Uke's balance backwards (Uke's right arm stretched).	Small/Medium
Kata-oshi	
Uke lifts his right hand and pushes on the back side of Tori's right shoulder.	Small/Medium
Tori bends down; Uke bends when Tori ducks and then pushes Tori's shoulder backwards with his right palm; Tori moves backwards gripping Uke's right four fingers with his right hand.	Small/Medium
Uke prepares his left hand before the attack.	Small/Medium
Uke strikes between Tori's eyebrows with his left fingertips moving forward with his left foot and Tori's counterattack by gripping first left hand fingers, then right, and extending both hands while moving backward.	Small/Medium
Conclusion: Tori breaks Uke's balance backwards with stretched arms.	Small/Medium
Ryote-dori	

Uke: grabs both of Tori's wrists.	Small/Medium
Tori: pulls his hands backwards and steps slightly backward with his left foot to break Uke's balance forward and does technique (Sotomakikomi).	Small/Medium
Loading of Tori and lifting of Uke with stretched legs.	Small/Medium
Kata-mawashi	
Uke: turns Tori's shoulders (right hand on the back of right shoulder, left hand in front of the left shoulder).	Small/Medium
Tori: breaks Uke's balance forward with his left hand and does technique (Ippon-seoi-nage, loading Uke onto his shoulders).	Small/Medium
Loading of Tori and lifting of Uke with stretched legs.	Small/Medium
Ago-oshi	
Tori: three steps forward (turning to right side with third step).	Small/Medium
Uke in tsugi-ashi and gradually and continuously lift of the arm (belt, throat) attempting to push the right side of Tori's chin with his right fingertips on the third step.	Small/Medium
Tori's defense: Tori turns his left foot, body and face to his left, grabs Uke's right hand with his right hand putting his right thumb on Uke's right palm, and moves forward with his right foot turning 180°.	Small/Medium
Uke prepares the hand before the attack.	Small/Medium
Uke strikes between Tori's eyebrows with his left fingertips moving forward with his left foot and Tori counterattacks (hand grip) moving backward with his left foot.	Small/Medium
Conclusion: Tori breaks Uke's balance backward blocking with bent arms.	Small/Medium

Dai-nikyo

Kiri-oroshi

Uke: preparation of the attack (stepping backward with his right foot turning to his right and facing his right palm forward at the same time).	Small/Medium
Uke: turns to face Tori, Te-gatana attack stepping forward with his right foot.	Small/Medium
Tori: steps backward (right-left foot), grabs Uke's right wrist, takes two tsugi-ashi steps forward to break Uke's balance to the right rear corner.	Small/Medium
Uke: pushes Tori's right elbow to release the grip on his right wrist and turns Tori 180° in a big circle.	Small/Medium
Tori: pivots on left foot and grabs Uke's left hand with his left hand (from the bottom) putting his left thumb on Uke's left palm.	Small/Medium
Tori: continues behind Uke, breaking the balance backward.	Small/Medium
Conclusion: Tori breaks Uke's balance backwards with the left arm stretched.	Small/Medium

Ryo-kata-oshi

Uke: attacks Tori from behind by pushing shoulders down (with the palms of his hands).	Small/Medium
Tori's defence: sinking the body, left foot half step backward, right foot half step leftward, turns, grabs Uke's right wrist with his left hand, left foot half step backward (Uke half step forward), right foot a half step leftward, grabs Uke's right wrist with his right hand.	Small/Medium
Tori: turns, changes his grip on Uke's right wrist, and moves forward, slowly raising the body, pulling Uke to his back.	Small/Medium
Uke defends by pushing with left hand on Tori's back.	Small/Medium
Tori: turns to his left, moves back right-left foot (Uke's heels come on the mat), placing his left upper arm across Uke's chest, he pushes back.	Small/Medium

Conclusion: Tori breaks Uke's balance by pushing with left upper arm and lifting and stretching Uke's right arm.	Small/Medium
Naname-uchi	
Uke attempts a diagonal strike between Tori's eyebrows with Te-gatana.	Small/Medium
Tori avoids and grabs Uke's wrist, then counterattacks with his right fingers (palm facing down).	Small/Medium
Uke grabs Tori's wrist, turns to his left, and pulls Tori forward. Tori frees the wrist grabbing and pushing Uke's left wrist with his left hand and stepping forward with his left foot.	Small/Medium
Uke places his hand on Tori's elbow and forces Tori to turn.	Small/Medium
Tori rotates and lifts Uke in Ura-nage (upper body leaning backward). Uke's legs together and stretched arms above head.	Small/Medium
Katate-dori	
Uke: grabs Tori's right wrist.	Small/Medium
Tori: lifts with a stretched arm (Kansetsu-waza) moving diagonally forward with his right foot.	Small/Medium
Uke moves forward in defence with his right foot pushing away Tori's right elbow with his right palm and releasing his left hand to pull Tori's left shoulder.	Small/Medium
Tori rotates and lifts Uke with Uki-goshi (to O-Goshi).	Small/Medium
Katate-age	
After raising their right arms and heels up, Tori and Uke approach each other.	Small/Medium
Tori steps aside with his right foot avoiding collision, holding Uke's left shoulder and right elbow; Uke reacts, Tori blocks Uke's left elbow; 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).	Small/Medium
Conclusion: Tori breaks Uke's balance backwards with the right arm stretched.	Small/Medium

Dai-sankyō

Obi-tori

Uke: steps in with left foot forward (crossed arms left hand on top, palms facing down) and tries to grab Tori's belt.	Small/Medium
Tori: grabs Uke's left wrist with his right hand (the back of hand facing downward) and pulls to his left, then Uke's left elbow with his left hand and pushes upwards; he then pulls Uke's right shoulder with his right hand, while attempting to turn around Uke's body to the right.	Small/Medium
Uke: rotating, pulls Tori's right elbow sideward and pulls Tori's left shoulder pushing Tori's elbow upward.	Small/Medium
Tori: turns again and pulls Uke close on the hip to lift with Uki-goshi, then O-goshi.	Small/Medium

Mune-oshi

Uke pushes his right palm against Tori's left chest, Tori leans backward with his chest and pushes Uke's right wrist up with his left hand in Yahazu (V shape) and pushes his right hand against Uke's left chest, Uke grabs Tori's right wrist and they rotate towards Shomen changing grip as they go.	Small/Medium
Tori: blocking Uke's right arm and changing the grip on Uke's straight stretched left arm (at the elbow), breaking Uke's balance backward to the right rear corner.	Small/Medium
Conclusion: Tori steps in right foot, then left foot, lowers hips and breaks Uke's balance even more.	Medium

Tsuki-age

Uke: stepping back right foot, then forward again attempts uppercut to Tori's chin.	Small/Medium
Tori: leans backward to avoid Uke's attack, catches fist in right hand, places his left palm to Uke's right elbow and steps forward with his left foot and turns Uke.	Small/Medium
Uke: pivots 360° on left foot.	Small/Medium
Tori: pulls Uke's right arm straight up grabbing Uke's right elbow with his left hand, hooking around Uke's shoulder in the form of Ude-garami, breaking Uke's balance backwards the right rear corner. Tori steps in left-right foot.	Small/Medium
Uchi-oroshi	
Uke: lifting right fist and arm in a big circle, steps forward with right foot and attempts to strike the top of Tori's head with the back of his right fist.	Small/Medium
Tori: steps backward (right-left foot), grabs Uke's right wrist with his right hand (from the top in a regular grip), takes two tsugi-ashi steps forward to break Uke's balance to the right rear corner.	Small/Medium
Uke reverses his left hand with the fingertips facing downward to put his palm on Tori's right elbow from the front side and pushes to turn around Tori's body widely to his left side.	Small/Medium
Tori: pivots on left foot, left hand grabs Uke's left wrist with his left hand (from the top) and steps behind Uke, breaking Uke's balance backwards.	Small/Medium
Conclusion: Tori breaks Uke's balance backward and applies Kansetsu-waza on Uke's left arm with his left hand and Shime-waza with his right wrist at the same time.	Small/Medium
Ryogan-tsuki	
Uke: raises his right hand and attacks Tori's eyes by thrusting (fingers extended, ring and middle finger separated), stepping forward with right foot.	Small/Medium
Tori: turns to his left, avoids the thrust, and grabs Uke's right wrist to pull the arm with his left hand.	Small/Medium
Uke: advances with his left foot and grabs Tori's left wrist with his left hand to release his right arm.	Small/Medium
Tori: pushes Uke's left elbow with his right palm in order to free his left arm.	Small/Medium
Uke: pivots around on the right foot.	Small/Medium
Tori: attacks Uke's eyes by thrusting with left hand (fingers extended, ring and middle finger separated), stepping forward with his left foot.	Small/Medium
Uke: turns to his right, avoids the thrust and grabs Tori's left wrist to pull the arm with his right hand.	Small/Medium
Tori: steps forward with his right foot and grabs Uke's right wrist with his right hand to release his left arm.	Small/Medium
Uke: pushes Tori's right elbow with his left palm in order to free his right arm, tries to turn Tori, but Tori puts his arm around Uke's waist and lifts him with Uki-goshi (to O-Goshi).	Small/Medium

KODOKAN-GOSHIN-JUTSU

General elements to be observed	Kind of mistake
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	Small (if unnecessary), Medium (if absent)
Submitting tapping twice	Small

Technique

Elements to observe

Kind of Mistake

Way of correctly placing the weapons on the mat at the beginning and collect them at the end of the Kata.

Uke has the dagger (cutting edge upward) and the staff in right hand, both of them pointing down backward with the dagger on the inside. The pistol is in the jacket.
Uke, steps back with right foot, steps forward toward shomen about 3m, stands with both heels together; kneeling in seiza he sets the staff down first and next the dagger nearest to him (blade towards him and the tip to the left), then the pistol (with the muzzle to the left, the grip to him) furthest. The right side edge line of pistol should be aligned with the bottom of the dagger hilt.
At the end of the kata, Uke steps back with right foot, steps forward toward shomen to collect the weapons: kneeling in seiza from standing posture with both heels together, he takes the dagger and the staff. The pistol is still in his jacket.

Small/Medium

Ryote-dori

Uke and Tori go to the centre.
Uke: steps forward with left foot, grabs Tori's wrists, attacks Tori's groin with his right knee (kiai).
Tori: steps to his left rear with his left foot, takes the grip off his right wrist, then with atemi he strikes with Te-gatana Uke's temple (kiai), steps back, then steps diagonally and applies Kote-hineri to Uke's wrist and applies control to Uke's right arm with his left arm in a standing position, looking forward.
To submit Uke taps on his left leg twice, he should not bend too much.

Small/Medium

Hidari-eri-dori

Uke and Tori go to the centre.
Uke: steps forward with his right foot, grasps Tori's left lapel with his right hand and tries to push Tori down on the back.
Tori: grasps and opens his own left lapel outward with his left hand stepping backward/leftward with his left foot, Me-tsubushi with the back of his right open hand on Uke's face (kiai), Tori applies Kote-hineri controlling Uke's right wrist, pulling Uke diagonally backward to his right with left hand and pushing the elbow down with thumb and four fingers in a V-Shape, he brings Uke down on the mat, controls with Ude-hishigi-te-

Small/Medium

gatame with left knee on Uke's back pushing his right arm towards his head.

Uke is lying on his stomach and taps the mat twice.

Migi-eri-dori

Uke and Tori go to the centre.

Uke: grasps Tori's right lapel with his right hand (four fingers inside), he steps backwards with his left foot, pulling strongly down Tori.

Tori: steps forwards with his right foot and strikes Uke's chin with an uppercut from his right fist (kiai).

Tori: grabs Uke's right wrist with his left hand in a Kote-gaeshi and then holds it with his right hand, he steps back with his left foot and turns his body to his left to throw Uke forward.

Small/Medium

Kata-ude-dori

Starting position: Uke stands in shizen-hontai at Tori's right back corner.

Uke: steps left foot forward and applies an arm lock to Tori's right elbow from behind.

Uke: pushes Tori and advances (left-right-left); Tori is also forced to advance.

Tori: on third step, he does a half turn towards Uke and applies a lateral kick on the inside of Uke's left knee with the side of his right foot (kiai).

Tori: puts his right foot down, advances his left foot and steps forward diagonally and applies Ude-hishigi-waki-gatame in a standing position, looking forward.

To submit Uke taps on his left leg twice, Uke should not bend too much.

Small/Medium

Ushiro-eri-dori

Starting position: Uke approaches from behind.

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.

Tori: turns around his body to his left with his left foot, raises his left hand to protect his face and punches Uke in the solar plexus with his right fist, back of fist facing upward (kiai).

Tori: controls Uke's wrist with his left shoulder and neck and applies Ude-hishigi-ude-gatame arm lock breaking Uke's balance to Tori's right rear corner.

To submit Uke taps on his left leg twice, Uke should not bend too much.

Small/Medium

Ushiro-jime

Starting position: Uke approaches from behind.

When Tori reaches the centre, Uke attempts a standing Hadaka-jime.

Tori: tucks in his chin defending himself with both hands pulling down Uke's right forearm. He twists his body to his left controlling Uke's right arm with his right shoulder, changing grip with his left hand and pressing on Uke's right elbow with his right hand, pointing the thumb toward him.

Tori pulls Uke to the ground and holds him there with a Ude-hishigi-te-gatame.

Uke is lying on his stomach and taps twice on the mat.

Small/Medium

Kakae-dori

Starting position: Uke approaches from behind.

When Tori reaches the centre Uke steps forward with his right foot and holds around Tori's waist over both arms from behind. As soon as he touches Tori, Tori stomps on Uke's right instep with his right heel (kiai), then lowers his hips and forces his elbows out to release the hold.

Tori grabs Uke's right wrist with his left hand, turns his body to his right stepping with his left foot and applies an arm lock with left hand on Uke's right wrist and putting his right forearm with open hand over Uke's elbow. He steps forward with his left foot controlling Uke's right elbow, turns to his right, steps forward diagonally with his right foot and throws Uke forward diagonally.

Small/Medium

<p>Uke doesn't stand up. Tori takes shizen-tai.</p>	
<h3>Naname-uchi</h3>	
<p>Tori and Uke go to the centre. Uke: attacks to strike with his right fist on Tori's left temple (left-right foot, kiai). Tori: steps back with his right foot, dodges and parries Uke's arm with his left hand (little finger upward) and gives Uke a right uppercut at his chin (kiai). Tori: reverses his left hand to hold Uke's right arm, while keeping Uke's right upper arm pushed inward, he places his right hand in Yahazu (V shape) onto Uke's throat and throws Uke with Osoto-otoshi.</p>	<p>Small/Medium</p>
<h3>Ago-tsuki</h3>	
<p>Tori and Uke go to the centre. Uke: attacks to strike on Tori's chin with an uppercut from his right fist (right foot forward, kiai). Tori: steps back slightly with his left foot and deflects the blow from below with his right hand, he grabs Uke's wrist with his right hand, turns and lifts Uke's arm (elbow upward) towards his face grabbing Uke's right elbow with his left hand, the thumb down, twisting Uke's right arm into an arm lock. Tori: steps forward deeply with his left foot pushing forward Uke's right elbow with his left hand and throws Uke diagonally forward to his left. Uke doesn't stand up.</p>	<p>Small/Medium</p>
<h3>Ganmen-tsuki</h3>	
<p>Tori and Uke go to the centre. Uke: takes a left stance and attacks to strike at Tori's face with his left fist, the back of hand upward, at the moment he reaches the appropriate distance (kiai). Tori: avoids the blow by stepping forward to his right, punching Uke in the left ribs with his right fist, the back of hand upward (kiai). Tori: moves behind Uke with his right-left foot in tsugi-ashi and applies Hadaka-jime by stepping back with his left foot and then right foot in tsugi-ashi. Uke: defends pulling down Tori's right forearm with both hands, then taps the mat twice with his foot to submit, Tori releases Uke, moves to his left and lets Uke fall down on his back.</p>	<p>Small/Medium</p>
<h3>Mae-geri</h3>	
<p>Tori and Uke go to the centre. Uke: attacks by kicking Tori with Mae-geri at his groin with the sole of his right foot (kiai). Tori: steps back with his right foot and turns right to avoid the attack, he grabs the ankle with his left hand, with his right hand grabs and turns around the ball of Uke's right foot anti clockwise so that Uke loses balance, then pushes forward in tsugi-ashi and throws Uke down on the back by scooping up and pushing Uke's right foot with both hands.</p>	<p>Small/Medium</p>
<h3>Yoko-geri</h3>	
<p>Tori and Uke go to the centre. Uke: steps forward diagonally with his left foot and attempts to kick Tori at the side in Yoko-geri with the outer edge of his right foot (kiai). Tori: steps forward diagonally, left-right foot and sweeps Uke's kick away with his right forearm with extended fingers held together. He steps behind Uke placing his hands on Uke's shoulders, puts down his left knee and pulls Uke down on the back to his right backward.</p>	<p>Small/Medium</p>

Buki (against armed attack): ways of returning the weapons to Uke

Dagger: Tori gives it back to Uke with both hands, the cutting edge towards himself and the point to his right.
Staff: Tori gives it back to Uke with both hands.
Pistol: Tori gives it back to Uke with both hands, the grip towards Uke and the muzzle to his right.

Small/Medium

Tsukkake

Uke collects the dagger kneeling (right knee up): cutting edge upward inside the jacket.
Tori and Uke go to the centre and they stop at half a step distance.
Uke: draws the dagger (blade sharp edge up) stepping backward with his right foot at the moment he reaches the appropriate distance.
Tori: steps with right-left foot to the left side of Uke, taking Uke's left elbow to push to his left with his right hand, applies Me-tsubushi on Uke's eyes with his left palm (kiai).
Tori: grabs Uke's left wrist with his left hand to twist and lift while pushing Uke's left elbow up with his right palm, the four fingers up, changing his right hand (palm down) on Uke's left elbow, he drags Uke to the ground and controls Uke's left elbow with Ude-hishigi-te-gatame.
Uke lies down on his stomach and taps the mat twice holding the dagger.

Small/Medium

Choku-tsuki

Tori and Uke go to the centre.
Uke: advances with his left foot at the moment he reaches the appropriate distance while drawing dagger (blade sharp edge up).
Uke: advances with right foot, attempts to stab Tori in the stomach (kiai).
Tori: steps forward with his left foot to parry the thrust and controls with his left hand on Uke's elbow, four fingers down, he applies an uppercut with his right fist to Uke's chin (kiai), grabs the right wrist with both hands and pulls Uke forward diagonally applying Ude-hishigi-waki-gatame, standing position, looking forward.
To submit Uke taps on his left leg twice and should not bend too much.

Small/Medium

Naname-tsuki

Tori and Uke go to the centre.
Uke: advances with his left foot at the moment he reaches the appropriate distance while pulling the dagger (blade sharp edge up) out of his jacket in a reverse grip and raises it to strike.
Uke: steps forward with his right foot, attempts to stab Tori in the left side of the neck (kiai).
Tori dodges the stab by stepping back with his right foot to turn his body to his right, grabs Uke's right wrist with his left hand from the above, immediately puts his right hand on it and throws Uke with Kote-gaeshi while stepping forward with his right foot and stepping backward with his left foot.
Tori: applies te-gatame on Uke's right arm, controlling with his right knee on Uke's right side. Uke taps the mat twice with his left hand. Tori takes the dagger away with his left hand without gripping the blade edge side.

Small/Medium

Furi-age

Uke replaces the dagger back down on the mat and collects the staff kneeling (right knee up), holding the staff in his right hand, pointing down. Tori and Uke go to the center.

Uke: takes one step backward with right foot at the moment he reaches the appropriate distance, attempts an attack by raising the staff above his head.

Tori steps forward deeply with his left foot blocking Uke's right arm with his left forearm and pushes Uke's chin up with the bottom of his right palm to break his balance backwards (kiai).

Tori: throws Uke with an O-soto-gari gripping Uke's left collar with his right hand and holding Uke's right arm under his left arm. Tori holds the collar to the ground.

Small/Medium

Furi-oroshi

Tori and Uke go to the centre.

Uke: advances with his left foot at the moment he reaches the appropriate distance, raises the staff up on his right side with both hands (Tori stops).

Uke: steps forward with his right foot attacking diagonally on Tori's left side of the head (left yokomen) (kiai).

Tori: steps back to avoid the staff with his right foot then steps forward with his left foot and with atemi strikes Uke in the face with the back of his left fist (kiai).

Tori grabs the staff with his right hand (palm facing down) striking again in atemi with his left Te-gatana between Uke's eyebrows (kiai), then pushes Uke down backwards so hard that he falls down, pulling the staff out of Uke's hands.

Small/Medium

Morote-tsuki

Tori and Uke go to the centre.

Uke: Must be ready to hit Tori in the solar plexus with the top of the staff at the moment he reaches the appropriate distance. Uke attacks advancing with his left foot (kiai).

Tori: steps forward with his right foot while turning to his left in Tai-sabaki and sweeps the staff to deflect with his right hand (four fingers upward).

Tori: grabs the staff at the front of Uke's left grip with his left hand (palm facing down) then, grabbing the staff with his right hand between Uke's two hands reaching under Uke's left arm (palm facing down) while stepping forward with his right foot in front of Uke's feet. He moves forward diagonally by tsugi-ashi with his right foot controlling with an arm lock on Uke's left elbow. Putting pressure on the left elbow, he then throws Uke, keeping the staff with his both hands; then he takes a left stance changing his left grip on the staff and pointing the end of staff towards Uke.

Uke doesn't stand up.

Small/Medium

Shomen-zuke

Uke replaces the staff back down on the mat and collects the pistol kneeling (right knee up) and puts it inside his jacket.

Tori and Uke go to the centre.

Uke orders hands up "Te wo agero!".

Tori raises his hands slowly. Uke presses the muzzle of the pistol into the abdomen of Tori (right foot a half step forward). When Uke looks down to search for the right side of Tori's hip with his left hand, Tori twists his hips on his right in order to dodge the muzzle and grabs the barrel of the pistol with his left hand, thumb on top, and at the same time grabs Uke's wrist with his right hand. He pulls Uke's right wrist forward while pushing the barrel of the pistol down to point the muzzle towards Uke's right armpit and takes the pistol away (using just hip movement).

Small/Medium

Koshi-gamae

Tori and Uke go to the centre.

Uke orders hands up "Te wo agero!". Uke holds the pistol at his right hip and points it at Tori's abdomen (left foot forward). Tori raises his hands slowly and Uke steps in closer.

When Uke looks down to search for the right side of Tori's hip with his left hand (left foot forward), Tori twists his hips to his left, grabs the barrel of the pistol with his right hand to point the muzzle of the pistol away from him, grabs the bottom of the pistol with his left hand pulling the pistol to his right side with both hands (using hips movement); bending Uke's right wrist outward forces Uke to let go the pistol. Tori then hits Uke in the face with the bottom of the pistol grip, holding the pistol with both hands (kiai).

Small/Medium

Haimen-zuke

Uke comes from behind Tori.

Uke orders hands up "Te wo agero!" when Tori arrives in the centre. Tori raises his hands slowly. Uke presses the muzzle of the pistol at the middle of Tori's back (right foot a half step forward). When Tori feels Uke's hand on the left side of his hip, he lowers his right shoulder and rotates quickly to face Uke stepping to his right with his left foot in order to dodge the muzzle of the pistol blocking and pulling Uke's right forearm at the elbow against his body with his right arm so that the pistol points upward and Uke's balance is broken to the right forward, he takes the barrel of the pistol with his left hand (thumb upward), controlling it and then rotating forward quickly to his left side, he throws Uke down onto the mat while taking the pistol away from him. They go back to their starting position.

Small/Medium

KOSHIKI-NO-KATA

Elements to observe	Kind of mistake
Tori on left side of Shomen Uke on the right side	Forgotten
Standing bow to each other with heels apart	Small
Kneeling bow	Medium
Tori facing Shomen, does 2 steps (shizen-hontai) then another wide step (shizen-hontai)	Medium
Kurai-dori posture	Small/medium
Dai-no-ji posture	Small/medium
Ukemi	Small/medium
Target of attack	Medium
Distance	Medium
Interaction	Medium

Technique

Elements to observe	Kind of mistake
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Omote

Tai

<p>Uke quietly moves forward, starting with his left foot first, does 6 steps and puts his right foot in front of Tori's left foot (with his right foot right before the Tori's left foot).</p> <p>Uke grips the back side of Tori's belt with his right hand and the front side with his left hand.</p> <p>Uke attempts to hit Tori's right kneecap with his left foot.</p> <p>Uke swings back his left foot and strongly pulls both hands and attempts to throw Tori with Koshi-nage.</p> <p>Tori inserts his left hand under Uke's right armpit to hold Uke's left hip and puts his right palm on Uke's left chest.</p> <p>Tori pushes Uke in tsugi-ashi toward his left rear corner, Uke retreats in ayumi-ashi.</p> <p>Tori breaks Uke's balance backward, puts his right knee down, when being thrown down Uke takes a breakfall.</p> <p>Tori turns his left foot to the left and take Kurai-dori posture.</p>	Small/medium
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Yume-no-uchi

<p>Tori moves to the spot, which is diagonally leftward and slightly behind where he started Tai. Uke returns to the spot where he started Tai.</p> <p>Uke does 6 steps to get closer to Tori (his right foot in front of Tori's left foot).</p> <p>Uke attempts to throw Tori and Tori attempts to control Uke as they did in Tai.</p> <p>Uke losing his balance backward, tries to restore his position by slightly retreating with his left foot.</p> <p>Tori changes the direction of his attack, moves his left hand to right side of Uke's back, his right hand on Uke's upper left arm and lift Uke's body forward. Uke takes a step forward with his left foot.</p> <p>Tori turns his body inside, retreats his left foot beside his right foot.</p> <p>Tori takes a few small steps backward.</p>	Small/medium
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<p>Uke is thrown diagonally over Tori's body while Tori spreads both arms and legs on the ground (Dai-no-ji).</p>	
<h2>Ryoku-hi</h2>	
<p>Uke and Tori meet in the center about 60 cm apart. Uke attempts to grip the front side of Tori's belt from above with both of his hands (right over left). Tori takes a step slightly backward with his right foot toward his right rear corner. Tori sweeps away Uke's right wrist from outside to inside with his left hand (with thumb facing upward) and grips Uke's wrist to pull it forward. Tori puts his right hand (with its back facing downward and thumb upward) over his left hand to grip the upper side of Uke's right elbow from outside and pulls Uke toward him to bring Uke to his right front corner. Tori drives forward Uke with tsugi-ashi. Tori moves toward the right front corner pushing Uke right elbow upward and controls Uke upper left arm with his left hand. Tori moves a few steps and lifts Uke's body. Uke stands on his toes. Tori puts both hands on Uke's shoulders and pulls him down taking a wide step backward with his left foot and puts his left knee on the ground.</p>	<p>Small/medium</p>
<h2>Mizu-guruma</h2>	
<p>Uke and Tori meet in the center about 60 cm apart. Uke attempts to grip the front side of Tori's belt from above with both of his hands (right over left). Tori takes a wide step backward with his right foot. Tori grips Uke's right wrist with his right hand and puts his left hand slightly above Uke's right elbow, while trying to pull down Uke diagonally rightward. Following Uke's reaction, Tori takes a wide step forward with his right foot toward the outside of Uke's right foot. Tori moves his left foot toward the lateral side of Uke and turning his body to his right. Tori presses the back of Uke's right hand onto Uke's forehead and uses his left hand to hold the backside of Uke's hips. Tori pushes Uke backward to break the balance. Uke losing his balance backward, tries to restore his position by slightly retreating with his left foot. Tori changes the direction of his attack, moves his left hand to right side of Uke's back, his right hand on Uke's upper left arm and lift Uke's body forward to break his balance. Uke takes a step forward with his left foot. Tori turns his body inside, retreats his left foot beside his right foot. Tori takes a few small steps backward. Uke is thrown diagonally over Tori's body while Tori spreads both arms and legs on the ground (Dai-no-ji).</p>	<p>Small/medium</p>
<h2>Mizu-nagare</h2>	
<p>Tori and Uke stand in shizen-hontai diagonally at about 5m. Tori is on the right of Shomen. They both take a few steps to get closer to each other. Uke puts his right hand on the right side of his back while gradually raising his left hand with its palm facing downward. Upon reaching the distance, Uke takes a wide step forward with his left foot and attempts to hook Tori's collar with four fingers of his left hand. Tori retreats slightly with his right foot in a moment. Uke being unable to hook Tori's collar, loses balance forward. Tori quickly retreats with his right and then, left foot by tsugi-ashi, grips Uke's left hand with his right hand, thumb on top, to pull it up forward</p>	<p>Small/medium</p>

and puts his left hand on the bottom side of Uke's upper arm to push it up.
 Tori then puts his left palm on the inside of Uke's upper arm and push it outward.
 Tori retreats with his right foot and puts his right knee on the tatami, pulls down Uke forward.

Hiki-otoshi

Tori and Uke face each other in shizen-hontai on the opposite sides of position in "Mizu-nagare" with a distance of about 5m. They both take a few steps to get closer to each other.
 Uke steps forward with his right foot and attempts to grab Tori's left waist with his right hand at belt level.
 Tori avoids Uke's attack while retreating with his left-right foot by tsugi-ashi.
 Uke being unable to grab on Tori's waist, loses balance forward.
 Tori grips Uke's right wrist from above with his left hand, puts his right hand on Uke's right upper arm with his thumb facing upward.
 Tori retreats again with his left foot and puts his left knee on tatami, pulling down Uke forward with both hands.

Small/medium

Ko-daore

Tori and Uke face each other in shizen-hontai on the opposite sides of position in "Hiki-otoshi" with a distance of about 5m. They both take a few steps to get closer to each other.
 Tori takes a few steps forward, gradually raises his right hand forward, while making Te-gatana (thumb facing upward and four fingers held together and stretched).
 Tori steps forward with his right foot and attempts to thrust with Te-gatana at Uke's uto (the middle of eyebrows).
 Uke turns his body to his right and turning away his face to avoid Tori's attack.
 Uke grips Tori's right wrist with four fingers of his right hand facing upward and pulls it forward.
 Uke steps in front of Tori's body with his left foot, inserts his left hand deeply into Tori's back and holds Tori's hips toward his left hip, attempts to throw Tori.
 Tori responds to Uke's attack by stretching his right arm and presses his forearm (with his small finger side) upon Uke's face to control Uke.
 Tori puts his right hip on the back side of Uke's left hip, puts his left hand on the front side of Uke's belt and moves diagonally backward and rightward with his right foot by tsugi-ashi.
 Tori breaks Uke's balance to the right rear corner, retreats his left foot to put his left knee close to his right heel and pushes down Uke backward with both of his hands.
 Tori turns his right foot to the right and takes Kurai-dori posture.

Small/medium

Uchi-Kudaki

Tori and Uke face each other in shizen-hontai on the opposite sides of position in "Ko-daore" with a distance of about 5m. They both take a few steps to get closer to each other.
 Tori takes a few steps forward, gradually raises his left hand forward, while making it Te-gatana (with thumb facing upward and four fingers held together and stretched).
 Tori steps forward with his left foot and attempts to thrust with Te-gatana at Uke's abdomen (suigetsu).
 Uke turns his body to his left to avoid Tori's attack.
 Uke grips Tori's wrist with four fingers of his left hand facing upward and pulls it forward.
 Uke steps in front of Tori's body with his right foot, inserts his right hand deeply into Tori's back and, while holding Tori's hip and attempts to throw Tori.

Small/medium

Tori stretches his left arm, turns around his wrist (with his small finger facing upward) to hold Uke's hips from the front side as he scoops it up and puts his right hand on the front side of Uke's belt.
 Tori moves his body diagonally backward and leftward with his left foot by *tsugi-ashi*.
 Tori pushes Uke to the left rear corner and breaks his balance.
 Tori retreats his right foot to put his right knee close to his left heel and pushes down Uke backward with both of his hands.
 Tori turns his left foot to the left and takes *Kurai-dori* posture.

Tani-otoshi

Tori: faces Shomen in *shizen-hontai* on the right side of the center about 50cm above the kata axis on Shomen side.
 Uke stands in *shizen-hontai* (his right foot on the same line as Tori's left foot) toward Tori's back about 3m.
 Uke moves to reach left behind Tori up to a distance of about 1 step.
 Uke puts his left foot beside Tori's left foot.
 Uke puts his right hand on the back side of Tori's right shoulder and his left hand on the front side of Tori's abdomen and attempts to push down Tori to forward.
 Tori responds to Uke's attack by bending his upper body deeply forward.
 Tori grabs Uke's right hand from its small finger side with his right hand.
 Uke steps forward with his right foot.
 Tori raises his right hand, moves his left hand to Uke's left hip and moves his left foot behind both of Uke's feet.
 Tori raises Uke's right hand diagonally upward at a stretch with his right hand to lift Uke's body.
 Tori moves his body a few steps diagonally backward and leftward with his left foot by *tsugi-ashi*.
 Tori breaks Uke's balance to the left rear corner, put his right knee close to his left heel.
 Tori turns his left foot to the left and takes *Kurai-dori* posture.

Small/medium

Kuruma-daore

Tori: faces Shomen in *shizen-hontai* on the right side of the center about 50cm behind the kata axis on Shomen side.
 Uke stands in *shizen-hontai* (his right foot on the same line as Tori's left foot) toward Tori's back about 3m.
 Uke raises his both hands and attempts to twist Tori's body with both hands (right hand on the back side of Tori's right shoulder and left hand on the front side of Tori's left shoulder).
 Tori pivots on his right foot, then steps into the right side of Uke's right foot with his left and then right feet.
 Tori puts both of his hands around Uke's armpits (thumbs up) to lift and break Uke's balance.
 Tori throws Uke over his body to take *dai-no-ji* posture. Uke jumps over Tori's body diagonally and stands up.

Small/medium

Shikoro-dori

Tori moves to the center and stands in *shizen-hontai*, on the left side of Shomen, Uke facing Tori at about 30cm.
 Uke turns his left palm inside and attempts to grip the front side of Tori's belt from above.
 Tori slightly retreats his hips to avoid Uke's attack.
 Tori sweeps and grips Uke's left wrist with his right hand (with thumb facing upward) and pulls it downward and leftward.
 Tori presses his left palm on the left side of Uke's jaw and pushes it up diagonally rightward.
 Uke pivots on his left foot, turns back with his right foot just beside his left foot and his balance broken backward.

Small/medium

<p>Tori moves his right hand to put on Uke's right shoulder from behind, also moves his left hand to put on Uke's left shoulder from the front. Tori takes a wide step backward with his left foot to put his left knee on tatami. Uke falls down behind by slightly retreating with his right foot, does a ukemi.</p>	
<h2 style="background-color: #4F81BD; color: white; padding: 2px;">Shikoro-gaeshi</h2>	
<p>Tori moves to the center and stands in <i>shizen-hontai</i>, on the right side of Shomen, Uke facing Tori at about 30cm. Uke turns his left palm inside to grip the front side of Tori's belt from above, taking a wide step backward with his right foot, turning his body to his right. Uke drags Tori's body toward his left hip. Tori takes a wide step with his right foot behind Uke. Tori puts his right hand on Uke's left temple and his left hand on the right side of Uke's jaw to pull forward and twists Uke's neck. Tori puts his right hand on Uke's right shoulder with his fingers facing forward, and his left hand onto Uke's left shoulder. Tori breaks Uke's balance backward. Tori lowers his hips and sweeps Uke's left leg from behind with the inner side of his right leg. Tori pulls down Uke on his back and sits with both of his legs stretched out. Uke does a ukemi and sits with both of his legs stretched out.</p>	<p>Small/medium</p>
<h2 style="background-color: #4F81BD; color: white; padding: 2px;">Yu-dachi</h2>	
<p>Tori moves to the center and stands in <i>shizen-hontai</i>, on the left side of Shomen, Uke facing Tori at about 60cm. Tori grabs both of Uke's collars with both hands, then puts both of those collars in his right hand to insert his index finger between the collars. Uke takes a step forward with his left foot and holds the bottom side of Tori's right elbow with his left hand. Tori retreats with his right foot. Uke takes a wide step forward with his right foot and attempts to grip the left side of Tori's hip with his right hand and attempts to throw Tori with Koshi-nage. Tori grabs Uke's right arm with his left hand, holds Uke's arm underneath his left armpit. Tori retreats with his left foot to put his left knee on tatami and pulls down Uke forward with both of his hands.</p>	<p>Small/medium</p>
<h2 style="background-color: #4F81BD; color: white; padding: 2px;">Taki-otoshi</h2>	
<p>Tori moves to the center and stands in <i>shizen-hontai</i>, on the right side of Shomen, Uke facing Tori at about 60cm. Tori grabs both of Uke's collars with both hands, then puts both of those collars in his right hand to inserts his index finger between the collars. Uke takes a step forward with his left foot and holds the bottom side of Tori's right elbow with his left hand. Tori retreats with his right foot. Uke takes a wide step forward with his right foot and attempts to grip the back side of Tori's belt over Tori's left shoulder with his right hand and attempts to throw Tori with Koshi-nage. Tori turns his body leftward and holds Uke's hip with his left hand. Tori pushes Uke a few steps backward and leftward to break his balance. Uke losing his balance backward, tries to restore his position by slightly retreating with his left foot. Tori changes the direction of his attack, moves his left hand to right side of Uke's back, his right hand index finger between Uke's collars and lift Uke's body forward. Uke takes a step forward with his left foot.</p>	<p>Small/medium</p>

<p>Tori turns his body inside, retreats his left foot beside his right foot. Tori takes a few small steps backward. Uke is thrown diagonally over Tori's body while Tori spreads both arms and legs on the ground (Dai-no-ji).</p>	
<h2 style="background-color: #4F81BD; color: white; padding: 2px;">Ura</h2>	
<h3 style="background-color: #4F81BD; color: white; padding: 2px;">Mi-Kudaki</h3>	
<p>Tori stands one step behind where he started Yume-no-uchi, in shizen-hontai toward Shomen. Uke stands on the same spot where he started Yume-no-uchi in shizen-hontai facing Tori. Uke moves forward, starting with his left foot first, does 6 steps and puts his right foot in front of Tori's left foot (with his right foot right before the Tori's left foot). Uke grips the back side of Tori's belt with his right hand and the front side with his left hand. Uke attempts to hit Tori's right kneecap with his left foot. Uke swings back his left foot and strongly pulls both hands. Tori grips over Uke's left wrist with his right hand to release Uke's left hand. Tori turns around his left hand (with small finger side facing upward), inserting his left arm under Uke's left armpit, pushing Uke's body backward and upward, Tori takes a few small steps with his left foot by tsugi-ashi leftward and backward. Uke losing his balance backward, tries to restore his position by slightly retreating with his left foot. Uke takes a step forward with his left foot. Tori changes the direction of his attack, moves his right foot into the outside of Uke's right foot and renders his body on his back underneath Uke's legs. Uke is thrown diagonally over Tori's body and stands up.</p>	<p>Small/medium</p>
<h3 style="background-color: #4F81BD; color: white; padding: 2px;">Kuruma-gaeshi</h3>	
<p>Tori and Uke stand on the diagonal line, Tori on the left side of Shomen, facing each other and quickly get closer. Uke thrusts both of Tori's shoulders with both hands. Tori puts both of his hands on the bottom side of Uke's upper arms, thumbs outward. Tori steps forward to the outside of Uke's right foot with his left then right foot and renders his body on his back. Uke is thrown diagonally over Tori's body and stands up.</p>	<p>Small/medium</p>
<h3 style="background-color: #4F81BD; color: white; padding: 2px;">Mizu-iri</h3>	
<p>Tori and Uke stand on the diagonal line, Tori stands on the left side of Shomen facing each other and quickly get closer. Uke steps forward with his right foot and thrusts the left side of Tori's shoulder with his right hand. Tori turns his left palm outward to grip Uke's right wrist from its inward and his right palm upward (with thumb facing inside) underneath Uke's right armpit. Tori steps into the outside of Uke's right foot with his left and then right foot and renders his body on his back. Uke is thrown diagonally over Tori's body and stands up.</p>	<p>Small/medium</p>
<h3 style="background-color: #4F81BD; color: white; padding: 2px;">Ryu-setsu</h3>	
<p>Tori and Uke stand on the diagonal line, Tori stands on the right side of Shomen facing each other. Uke takes a few step forward and Tori takes a few quick steps forward to get closer to each other. Tori steps forward with his right foot and raises his right hand with its back facing upward (while lowering his fingertips), toward Uke's face (eyes).</p>	<p>Small/medium</p>

<p>Uke leans back slightly with his head. Tori grips Uke's left side of collar with his right hand and inserts his left hand under Uke's right armpit. Tori steps into the outside of Uke's right foot with his left and then right foot and renders his body on his back. Uke is thrown diagonally over Tori's body and stands up.</p>	
<h2 style="background-color: #4F81BD; color: white; padding: 2px;">Saka-otoshi</h2>	
<p>Tori and Uke stand on the diagonal line, Tori stands on the left side of Shomen facing each other. Uke takes a few steps forward and Tori takes a few quick steps forward to get closer to each other. Uke steps forward with his left foot and thrusts into Tori's abdomen (suigetsu) sharply with his left hand as Te-gatana (with thumb facing upward and four fingers held together and stretched). Tori takes a step backward with his right foot and assumes left stance. Tori grips over Uke's wrist of thrusting hand from above with his right hand and puts his left palm (with thumb facing upward) inside of Uke's left upper arm. Tori keeps his standing position and pulls down Uke. Uke turns over laterally forward.</p>	<p>Small/medium</p>
<h2 style="background-color: #4F81BD; color: white; padding: 2px;">Yuki-ore</h2>	
<p>Tori takes a few steps toward Uke and when Uke stands up, Tori turns his back toward Uke and walks forward. Uke follows Tori from behind. Uke steps outside of Tori's right foot with his right foot, attempts to hold Tori's body with his arms over both of Tori's arms. Tori opens both arms and holds Uke's right arm from above (with his right hand on Uke's upper arm and his left hand on Uke's forearm). Tori lowers his body by putting his right knee on the tatami to throw Uke over his back. Uke turns over forward.</p>	<p>Small/medium</p>
<h2 style="background-color: #4F81BD; color: white; padding: 2px;">Iwa-nami</h2>	
<p>Uke stands up quickly to face Tori. Tori takes a step or two toward Uke. Tori raises both of his hands with their backs facing upward toward Uke's face to apply a blinding-strike into Uke's eyes. Uke leans back slightly with his head. Uke brings back his head, then Tori grips both of Uke's side collars with both hands. Tori lifts Uke's body to break his balance. Tori steps into the outside of Uke's right foot with his left and then right feet, renders his body on his back. Uke is thrown diagonally over Tori's body while Tori spreads both arms and legs on the ground (Dai-no-ji).</p>	<p>Small/medium</p>

ITSUTSU-NO-KATA

Elements to observe	Kind of mistake
At bowing, Tori is on the right of the judges and Uke on the left.	Forgotten / Major mistake
Movement: Following the opening of the kata after bowing, Uke advances in ayumi-ashi to the center starting with his left foot to take shizen-hontai.	Medium
Tori walks towards Uke slowly in ayumi-ashi starting with his left foot and slowly lifting his right forearm the palm of his right hand forward.	Medium
Tori stands slightly to the right of Uke, his right small toe beside Uke's right small toe and right shoulder almost touching Uke's shoulder.	Small/Medium
Tori puts the palm of his right hand, fingers extended on the center of Uke's chest.	Small/Medium

Technique

Elements to observe	Kind of mistake
Ippon-me	
Tori pushes Uke backwards with his right hand, alternating the thrust of the little finger and the thumb. Starting with the little finger.	Small/Medium
Uke steps back taking small steps starting with the left foot.	Small/Medium
Tori steps forward with his right foot then left while pushing Uke's chest with his right hand.	Medium
Tori steps forward with his right foot and forcefully pushes Uke to make him lose his balance and fall.	Small/Medium
Uke falls on his back, keeping his feet on the ground and arching his back (feet on the floor about shoulder width apart)..	Medium

Nihon-me

Following Ippon-me, Tori steps back with his right foot and positions himself in shizen-hontai.	Small/Medium
Uke gets up by putting his right knee on the ground and the left knee raised.	Medium
Uke stands up, right hand as te-gatana at the hip, fingers pointing at Tori, thumb facing upward.	Small/Medium
Uke attacks the center of Tori's abdomen with his right hand, taking a big step with his right foot.	Medium
Tori steps back with his left foot and pivots to his left, grabs Uke's right wrist with his left hand and the inside of Uke's elbow with his right hand (thumb facing upward).	Small/Medium
Tori with both hands pulls Uke down by dropping his left knee to the ground.	Medium
Uke does a lateral breakfall going forward.	Medium

Sanbon-me

Tori and Uke with their left knee on the ground, stretch out their arms like a phoenix, lean slightly forward to stand up (palms facing forward and fingers naturally extended).	Medium
Tori and Uke turn counterclockwise, to get closer to each other.	Big
Tori and Uke face each other in the middle, Shomen is to Tori's left side.	Medium
Tori and Uke cross their arms, left arms on top.	Medium
Tori and Uke raise their right arms and push their left arms down.	Medium
Tori and Uke turn counterclockwise with gradual acceleration.	Medium
Tori slides to the ground while lying on his back (as he is positioned at the front right corner). Tori slides both feet outside of Uke's right foot to throw Uke over him to the front right side towards the Shomen).	Medium
Uke does a Ukemi over Tori's body diagonally and stands in shizen-hontai.	Medium

Yonhon-me

Tori stands in shizen-hontai facing Uke at 7m.	Small/Medium
Tori steps back with his left foot and lowers his center of gravity by positioning his arms from the front to his left and back side.	Medium
Tori swings back both of his arms forward.	Small/Medium
Tori moves towards Uke in ayumi-ashi while gradually speeding up.	Small/Medium
Tori exceeds Uke's position by about a meter and raising his arms (palms facing forward) stands on his toes, heels raised from tatami.	Small/Medium
Tori (after taking a deep breath) stretches his arms out to the sides (palms facing down) placing his heels on the ground.	Medium
Tori steps back (2-3 steps) starting with his right foot and places his right elbow on Uke's chest to break his balance.	Medium
Uke retreats slowly gradually accelerating.	Small/Medium
Uke's being unable to sustain his balance, Tori puts his left knee on the ground and pushes Uke on his back (Ukemi).	Medium
Uke following the imbalance takes a few steps before falling backwards.	Small/Medium

Gohon-me

Tori on the left of Shomen and Uke on the right are about 8m away.	Small/Medium
Tori and Uke stand in shizen-hontai, then step forward with their right foot in jigo-tai, their arms outstretched.	Medium
Tori and Uke pivot on their left foot to face each other.	Small/Medium
After taking a deep breath, Tori and Uke, starting with the right foot, run towards each other gradually accelerating.	Medium
Prior to the collision, Tori slides to the ground on his left side perpendicular to Shomen (by sliding the left foot, then the right to the outside of Uke's right foot) with both hands on his lower abdomen.	Medium
Uke does a ukemi over Tori's body towards the left side of Shomen and stands on the tatami.	Medium



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