

Tournament: \_\_\_\_\_

Judge: \_\_\_\_\_ Pair No: \_\_\_\_\_

Uke: \_\_\_\_\_ Tori: \_\_\_\_\_

## JUNIOR NAGE-NO-KATA

6 minutes:		Small mistakes		Medium mistake	Big / wrong technique	Forgotten Technique (score /2)	SCORE
		-1	-1	-3	-5	-10	/10
1	OPENING CEREMONY						
2	TE-WAZA	UKI OTOSHI					
3		SEOI NAGE					
4		KATA GURUMA					
5	KOSHI-WAZA	UKI GOSHI					
6		HARAI GOSHI					
7		TSURIKOMI GOSHI					
8	ASHI-WAZA	OKURI ASHI BARAI					
9		SASAE TSURIKOMI ASHI					
10		UCHIMATA					
11	CLOSING CEREMONY						
CHECK VALUES AND TOTAL /110							

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

Tournament: \_\_\_\_\_

Judge: \_\_\_\_\_ Pair No: \_\_\_\_\_

Uke: \_\_\_\_\_ Tori: \_\_\_\_\_

## NAGE-NO-KATA

		Small mistakes		Medium mistake	Big / wrong technique	Forgotten Technique (score /2)	SCORE
		-1	-1	-3	-5	-10	
8 minutes:							
1		OPENING CEREMONY					
2	TE-WAZA	UKI OTOSHI					
3		SEOI NAGE					
4		KATA GURUMA					
5	KOSHI-WAZA	UKI GOSHI					
6		HARAI GOSHI					
7		TSURIKOMI GOSHI					
8	ASHI-WAZA	OKURI ASHI BARAI					
9		SASAE TSURIKOMI ASHI					
10		UCHIMATA					
11	MA-SUTEMI-WAZA	TOMOE NAGE					
12		URA NAGE					
13		SUMI GAESHI					
14	YOKO-SUTEMI-WAZA	YOKOGAKE					
15		YOKO GURUMA					
16		UKI WAZA					
17		CLOSING CEREMONY					
CHECK VALUES AND TOTAL		/170					

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

Tournament: \_\_\_\_\_

Judge: \_\_\_\_\_ Pair No: \_\_\_\_\_

Uke: \_\_\_\_\_ Tori: \_\_\_\_\_

## KATAME-NO-KATA

		Small mistakes		Medium mistake	Big / wrong technique	Forgotten Technique (score /2)	SCORE
		-1	-1	-3	-5	-10	
11 minutes:							
1		OPENING CEREMONY					
2	OSAE-WAZA	KESA GATAME					
3		KATA GATAME					
4		KAMI SHIHO GATAME					
5		YOKO SHIHO GATAME					
6		KUZURE KAMI SHIHO GATAME					
7	SHIME-WAZA	KATA JUJI JIME					
8		HADAKA JIME					
9		OKURI ERI JIME					
10		KATA HA JIME					
11		GYAKU JUJI JIME					
12	KANSETSU-WAZA	UDE GARAMI					
13		UDEHISHIGI JUJI GATAME					
14		UDEHISHIGI UDE GATAME					
15		UDEHISHIGI HIZA GATAME					
16		ASHI GARAMI					
17		CLOSING CEREMONY					
CHECK VALUES AND TOTAL		/170					

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

Tournament: \_\_\_\_\_

Judge: \_\_\_\_\_ Pair No: \_\_\_\_\_

Tori: \_\_\_\_\_ Uke: \_\_\_\_\_

## JU-NO-KATA

		7 minutes:					SCORE
		Small mistakes	Medium mistake	Big / wrong technique	Forgotten Technique (score /2)	/10	
1		OPENING CEREMONY					
2	IKKYO	TSUKI DASHI					
3		KATA OSHI					
4		RYOTE DORI					
5		KATA MAWASHI					
6		AGO OSHI					
7	NIKYO	KIRI OROSHI					
8		RYOKATA OSHI					
9		NANAME UCHI					
10		KATATE DORI					
11		KATATE AGE					
12	SANKYO	OBI TORI					
13		MUNE OSHI					
14		TSUKI AGE					
15		UCHI OROSHI					
16		RYOGAN TSUKI					
17		CLOSING CEREMONY					
		CHECK VALUES AND TOTAL /170					

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

Tournament: \_\_\_\_\_

Judge: \_\_\_\_\_ Pair No: \_\_\_\_\_

Uke: \_\_\_\_\_ Tori: \_\_\_\_\_

## KIME-NO-KATA

11 minutes:

			Small mistakes		Medium mistake	Big / wrong technique	Forgotten Technique (score /2)	SCORE	
			-1	-1	-3	-5	-10		/10
1	OPENING CEREMONY								
2	IDORI	UNARMED	RYOTE DORI						
3			TSUKKAKE						
4			SURI AGE						
5			YOKO UCHI						
6			USHIRO DORI						
7			IDORI	ARMED	TSUKKOMI				
8	KIRI KOMI								
9	YOKO TSUKI								
10	TACHI-AI	UNARMED	RYOTE DORI						
11			SODE DORI						
12			TSUKKAKE						
13			TSUKI AGE						
14			SURI AGE						
15			YOKO UCHI						
16			KE AGE						
17		USHIRO DORI							
18		TACHI-AI	ARMED	TSUKKOMI					
19				KIRI KOMI					
20	NUKI GAKE								
21	KIRI OROSHI								
22	CLOSING CEREMONY								
CHECK VALUES AND TOTAL /220									

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

Tournament: \_\_\_\_\_

Judge: \_\_\_\_\_ Pair No: \_\_\_\_\_

Tori: \_\_\_\_\_ Uke: \_\_\_\_\_

## KODOKAN GOSHINJUTSU

8 minutes:		Small mistakes		Medium mistake	Big / wrong technique	Forgotten Technique (score /2)	SCORE /10
		-1	-1	-3	-5	-10	
1		T – U		OPENING CEREMONY			
2	UNARMED, CLOSE	T> <U	RYOTE DORI				
3		U> <T	HIDARI ERI DORI				
4		T> <U	MIGI ERI DORI				
5		<T <U	KATA UDE DORI				
6		U> T>	USHIRO ERI DORI				
7		<T <U	USHIRO JIME				
8		U> T>	KAKAE DORI				
9		UNARMED, FAR	T> <U	NANAME UCHI			
10	U> <T		AGO TSUKI				
11	T> <U		GANMEN TSUKI				
12	U> <T		MAE GERI				
13	T> <U		YOKO GERI				
14	KNIFE	T> <U	TSUKKAKE				
15		U> <T	CHOKU TSUKI				
16		T> <U	NANAME TSUKI				
17	STICK	T> <U	FURI AGE				
18		U> <T	FURI OROSHI				
19		T> <U	MOROTE TSUKI				
20	GUN	T> <U	SHOMEN TSUKE				
21		U> <T	KOSHI GAMAE				
22		U> T>	HAIMEN TSUKE				
23		T – U		CLOSING CEREMONY			
CHECK VALUES AND TOTAL		/230					

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