

NAGE-NO-KATA (Forms of Throwing)

Contestant's Name: _____
[List Clubs]

TORI: _____

UKE: _____

SET	TECHNIQUE	POINTS	
		RIGHT	LEFT
Opening (0 to 10 pts.): 0 (Very Poor) to 10 pts. (Perfect)			
SET I. TE-WAZA	1. Uki-Otoshi		
	2. Seoi-Nage		
	3. Kata-Guruma		
SET II. KOSHI-WAZA	4. Uki-Goshi	(Left)	(Right)
	5. Harai-Goshi		
	6. Tsuru-Komi-Goshi		
SET III. ASHI-WAZA	7. Okuri-Ashi-Harai		
	8. Sasae-Tsuru-Komi-Ashi		
	9. Uchimata		
SET IV. MA-SUTEMI-WAZA	10. Tomoe-Nage		
	11. Ura-Nage		
	12. Sumi-Gaeshi		
SET V. YOKO-SUTEMI-WAZA	13. Yoko-Gake		
	14. Yoko-Guruma		
	15. Uki Waza		
Closing (0 to 10 pts.): 0 (Very Poor) to 10 pts. (Perfect)			
Overall Flow (0 to 10 pts.): 0 (Very Poor) to 10 pts. (Perfect)			
POINTS: Each Technique 0 (Very Poor) to 10 pts. (Perfect)	TOTAL POINTS		
	TOTAL POINTS		

JUDGE: _____

RECORDER: _____

SCORER: _____ HEAD SCOREKEEPER: _____

EVENT: _____

DATE : _____

KATAME-NO-KATA (Forms of Grappling)

Contestant's Name: _____
[List Clubs]

TORI: _____

UKE: _____

SET	TECHNIQUE	POINTS
Opening (0 to 10 pts.): 0 (Very Poor) to 10 pts. (Perfect)		
SET I. OSAE-KOMI-WAZA	1. Kuzure-Kesa-Gatame	
	2. Kata-Gatame	
	3. Kami-Shiho-Gatame	
	4. Yoko-Shiho-Gatame	
	5. Kuzure-Kami-Shiho-Gatame	
SET II. SHIME-WAZA	6. Kata-Juji-Jime	
	7. Hadaka-Jime	
	8. Okuri-Eri-Jime	
	9. Kataha-Jime	
	10. Gyaku-Juji-Jime	
SET III. KANSETSU-WAZA	11. Ude-Garami	
	12. Ude-Hishigi-Juji-Gatame	
	13. Ude-Hishigi-Ude-Gatame	
	14. Ude-Hishigi-Hiza-Gatame	
	15. Ashi-Garami	
Closing (0 to 10 pts.): 0 (Very Poor) to 10 pts. (Perfect)		
Overall Flow (0 to 10 pts.): 0 (Very Poor) to 10 pts. (Perfect)		
POINTS: Each Technique 0 (Very Poor) to 10 pts. (Perfect)	TOTAL POINTS	

JUDGE: _____

RECORDER: _____

SCORER: _____ HEAD SCOREKEEPER: _____

EVENT: _____

DATE: _____

JU-NO-KATA (Forms of Gentleness)

Contestant's Name: _____
[List Clubs]

TORI: _____

UKE: _____

SET	TECHNIQUE	POINTS
<i>Opening (0 to 10 pts.): 0 (Very Poor) to 10 pts. (Perfect)</i>		
SET I. Dai Ikkyo	1. Tsuki-Dashi (Hand Thrusting)	
	2. Kata-Oshi (Shoulder Push)	
	3. Ryote-Dori (Both Hands Seizure)	
	4. Kata-Mawashi (Shoulder Turn)	
	5. Ago-Oshi (Jaw Thrusting)	
SET II. Dai Nikyo	6. Kiri-Oroshi (Cutting Downward)	
	7. Ryokata-Oshi (Both Shoulder Push)	
	8. Naname-Uchi (Diagonal Strike)	
	9. Katate-Dori (Single Hand Seizure)	
	10. Katate-Age (Single Hand Raising)	
SET III. Dai Sankyō	11. Obi-Tori (Belt Seizure)	
	12. Mune-Oshi (Chest Push)	
	13. Tsuki-Age (Uppercut)	
	14. Uchi-Oroshi (Striking Downward)	
	15. Ryogan-Tsuki (Both Eyes Poke)	
<i>Closing (0 to 10 pts.): 0 (Very Poor) to 10 pts. (Perfect)</i>		
<i>Overall Flow (0 to 10 pts.): 0 (Very Poor) to 10 pts. (Perfect)</i>		
POINTS: Each Technique 0 (Very Poor) to 10 pts. (Perfect)	TOTAL POINTS	

JUDGE: _____

RECORDER: _____

SCORER: _____ HEAD SCOREKEEPER: _____

EVENT: _____

DATE: _____

Kodokan Goshin Jitsu (Forms of Modern Self Defense)

Contestant's Name:
[List Clubs]

TORI: _____

UKE: _____

SET	TECHNIQUE	POINTS
Opening/Weapons Handling (0 to 10 pts.): 0 (Very Poor) to 10 pts. (Perfect)		
SET I. Unarmed Close-in Attacks by holding	1. Ryote Dori (Both Wrist Seizure)	
	2. Hidari Eri Dori (Left Lapel Seizure)	
	3. Migi Eri Dori (Right Lapel Seizure)	
	4. Kata Ude Dori (Single Arm Seizure)	
	5. Ushiro Eri Dori (Rear Collar Seizure)	
	6. Ushiro Jime (Rear Choke)	
	7. Kakae Dori (Rear Body Seizure)	
SET II. Unarmed Attack at a Distance	8. Naname Uchi (Diagonal Blow)	
	9. Ago Tsuki (Uppercut)	
	10. Gammen Tsuki (Jab to Face)	
	11. Mae Geri (Front Kick)	
	12. Yoko Geri (Side Kick)	
SET III. Armed Attack - Knife	13. Tsukkake (Before Stomach Thrust)	
	14. Choku Zuki (Stomach Thrust)	
	15. Naname Zuki (Diagonal Thrust)	
SET IV. Armed Attack - Stick	16. Furiage (Swinging Upward)	
	17. Furiroshi (Swinging Downward)	
	18. Morote Zuke (Two hand Thrust)	
SET V. Armed Attack - Gun	19. Shomen Zuke (Shooting-Front)	
	20. Koshi Gamae (Shooting at Hip)	
	21. Haimen Zuke (Shooting-Behind)	
Closing/Weapons Handling (0 to 10 pts.): 0 (Very Poor) to 10 pts. (Perfect)		
Overall Flow (0 to 10 pts.): 0 (Very Poor) to 10 pts. (Perfect)		
POINTS: Each Technique 0 (Very Poor) to 10 pts. (Perfect)	TOTAL POINTS	

JUDGE: _____

RECORDER: _____

SCORER: _____ HEAD SCOREKEEPER: _____

EVENT: _____

DATE: _____

KIME-NO-KATA (Forms of Decision OR Forms of Ancient Self Defense)

Contestant's Name: _____
 [List Clubs]

TORI: _____

UKE: _____

SET	TECHNIQUE	POINTS
Opening/Weapons Handling (0 to 10 pts.): <i>0 (Very Poor) to 10 pts. (Perfect)</i>		
SET I. Idori Against unarmed attacks	1. Ryote Dori (Both Wrist Seizure)	
	2. Tsukkake (Stomach Punch)	
	3. Suri Age (Thrust at Forehead)	
	4. Yoko Uchi (Blow at Left Temple)	
	5. Ushiro Dori (Shoulder Seizure from Behind)	
SET II. Idori Against armed attacks	6. Tsukkomi (Dagger Thrust at Stomach)	
	7. Kiri Komi (Straight Cut Down at Head)	
	8. Yoko Tsuki (Side Thrust with a Dagger)	
SET III. Tachiai Against unarmed attacks	9. Ryote Dori (Both Wrists Seizure)	
	10. Sode Dori (Sleeve Seizure from Side)	
	11. Tsukakke (Straight Strike to Face)	
	12. Tsuki Age (Uppercut)	
	13. Suri Age (Thrust at Forehead)	
	14. Yoko Uchi (Blow at Left Temple)	
	15. Keage (Testicles Kick)	
	16. Ushiro Dori (Shoulder Seizure from Behind)	
SET IV. Tachiai Against armed attacks	17. Tsukkomi (Dagger Thrust at Stomach)	
	18. Kiri Komi (Straight Cut Down at Head)	
	19. Nuki Kake (Sword Unsheathing)	
	20. Kiri Oroshi (Straight Cut Down with a Sword)	
Closing/Weapons Handling (0 to 10 pts.): <i>0 (Very Poor) to 10 pts. (Perfect)</i>		
Overall Flow (0 to 10 pts.): <i>0 (Very Poor) to 10 pts. (Perfect)</i>		
POINTS: Each Technique 0 (Very Poor) to 10 pts. (Perfect)	TOTAL POINTS	

JUDGE: _____

RECORDER: _____

SCORER: _____ HEAD SCOREKEEPER: _____

EVENT: _____

DATE: _____

KOSHIKI-NO-KATA (Forms of Antique)

Contestant's Name: _____
[List Clubs]

TORI: _____

UKE: _____

SET	TECHNIQUE	POINTS
<i>Opening (0 to 10 pts.): 0 (Very Poor) to 10 pts. (Perfect)</i>		
SET I. Omote	1. Tai (Ready Posture)	
	2. Yume-no-uchi (Dreaming)	
	3. Ryokuhi (Strength Dodging)	
	4. Mizu-guruma (Water Wheel)	
	5. Mizu-nagare (Water Flow)	
	6. Hikiotoshi (Draw Drop)	
	7. Ko-daore (Log Fall)	
	8. Uchikudaki (Smashing)	
	9. Tani-otoshi (Valley Drop)	
	10. Kuruma-daore (Wheel Throw)	
	11. Shikoro-dori (Grabbing the Neckplates)	
	12. Shikoro-gaeashi (Twisting the Neckplates)	
	13. Yudachi (Shower)	
	14. Taki-otoshi (Waterfall Drop)	
SET II. Ura	15. Mi-kudaki (Body Smashing)	
	16. Kuruma-gaeshi (Wheel Throw)	
	17. Mizu-iri (Water Plunge)	
	18. Ryusetsu (Willow Snow)	
	19. Sakaotoshi (Headlong Fall)	
	20. Yukiore (Snowbreak)	
	21. Iwa-nami (Wave on the Rocks)	
<i>Closing (0 to 10 pts.): 0 (Very Poor) to 10 pts. (Perfect)</i>		
<i>Overall Flow (0 to 10 pts.): 0 (Very Poor) to 10 pts. (Perfect)</i>		
POINTS: Each Technique 0 (Very Poor) to 10 pts. (Perfect)	TOTAL POINTS	

JUDGE: _____

RECORDER: _____

SCORER: _____ HEAD SCOREKEEPER: _____

EVENT: _____

DATE: _____

ITSUTSU-NO-KATA (Forms of Five)

Contestant's Name: _____
 [List Clubs]

TORI: _____

UKE: _____

	TECHNIQUE	POINTS
Opening (0 to 10 pts.): <i>0 (Very Poor) to 10 pts. (Perfect)</i>		
	1. Tao Kidashi (knock down) [Also called Ippon Me (Form One)] THE PRINCIPLE OF CONCENTRATION OF ENERGY AND OF DIRECT ACTION	
	2. Hiki Otoshi (pulling drop) [Also called Nihon Me (Form Two)] THE PRINCIPLE OF REACTION AND OF NON-RESISTANCE	
	3. En No Wakare (separating a circle) [Also called Sanbon Me (Form Three)] CYCLIC PRINCIPLE OF THE CIRCLE, OR OF THE WHIRLWIND	
	4. Do To (topple over) [Also called Yonhon Me (Form Four)] PRINCIPLE OF ALTERNATION OF THE PENDULUM	
	5. Ten Chi No Wakare (separation of heaven and earth) [Also called Gohon Me (Form Five)] PRINCIPLE OF THE VOID, OR OF INERTIA	
Closing (0 to 10 pts.): <i>0 (Very Poor) to 10 pts. (Perfect)</i>		
Overall Flow (0 to 10 pts.): <i>0 (Very Poor) to 10 pts. (Perfect)</i>		
POINTS: Each Technique 0 (Very Poor) to 10 pts. (Perfect)	TOTAL POINTS	

JUDGE: _____

RECORDER: _____

SCORER: _____ HEAD SCOREKEEPER: _____

EVENT: _____ DATE: _____

RENRAKU-NO-KATA (Forms of Combinations)

Contestant's Name: _____
 [List Clubs]

TORI: _____

UKE: _____

SET	TECHNIQUE	POINTS
Opening (0 to 10 pts.): 0 (Very Poor) to 10 pts. (Perfect)		
SET I.	1. Uki-Otoshi, Tani Otoshi	
	2. Seoi-Nage, O Soto Gari	
	3. Kata-Guruma, Tani Otoshi	
SET II.	4. Uki-Goshi, O Guruma	
	5. Harai-Goshi, O Uchi Gari	
	6. Tsuru-Komi-Goshi, Ko Soto Gake	
SET III.	7. Okuri-Ashi-Harai, Tai Otoshi	
	8. Sasae-Tsuru-Komi-Ashi, O Uchi Gari	
	9. Uchimata, Tomoe Nage	
SET IV.	10. Tomoe-Nage, Uchi Mata	
	11. Ura-Nage, Yoko Guruma	
	12. Sumi-Gaeshi, O Soto Otoshi	
SET V.	13. Yoko-Gake, Yoko Wakare	
	14. Yoko-Guruma, Ko Uchi Makikomi	
	15. Uki Waza, Tani Otoshi	
Closing (0 to 10 pts.): 0 (Very Poor) to 10 pts. (Perfect)		
Overall Flow (0 to 10 pts.): 0 (Very Poor) to 10 pts. (Perfect)		
POINTS: Each Technique 0 (Very Poor) to 10 pts. (Perfect)	TOTAL POINTS	

JUDGE: _____

RECORDER: _____

SCORER: _____ HEAD SCOREKEEPER: _____

EVENT: _____ DATE: _____

GONosen-NO-KATA (Forms of Counters)

Contestant's Name: _____
 [List Clubs]

TORI: _____

UKE: _____

SET	TECHNIQUE	POINTS
Opening (0 to 10 pts.): 0 (Very Poor) to 10 pts. (Perfect)		
SET I. Leg Techniques and Counters	1. O Soto Gari, O Soto Gari	
	2. Hiza Guruma, Hiza Guruma	
	3. O Uchi Gari, Okuri Ashi Harai	
	4. De Ashi Harai, De Ashi Harai	
	5. Ko Soto Gari, Tai Otoshi	
	6. Ko Uchi Gari, Sasae Tsuru Komi Ashi	
SET II. Hip Techniques and Counters	7. Kubi Nage, Ushiro Goshi	
	8. Koshi Guruma, Uki Goshi	
	9. Hane Goshi, Sasae Tsuru Komi Ashi	
	10. Harai Goshi, Utsuri Goshi	
	11. Uchi Mata, Te Guruma	
	12. Seoi Nage, Sumi Gaeshi	
Closing (0 to 10 pts.): 0 (Very Poor) to 10 pts. (Perfect)		
Overall Flow (0 to 10 pts.): 0 (Very Poor) to 10 pts. (Perfect)		
POINTS: Each Technique 0 (Very Poor) to 10 pts. (Perfect)	TOTAL POINTS	

JUDGE: _____

RECORDER: _____

SCORER: _____ HEAD SCOREKEEPER: _____

EVENT: _____ DATE: _____

NAGE-URA-NO-KATA (Forms of Counters)

Contestant's Name: _____
 [List Clubs]

TORI: _____

UKE: _____

SET	TECHNIQUE	POINTS
<i>Opening (0 to 10 pts.): 0 (Very Poor) to 10 pts. (Perfect)</i>		
SET I. Te Waza	1. Uki Otoshi, Tai Otoshi	
	2. Seoi Nage, Yoko Guruma	
	3. Kata Guruma, Sumi Gaeshi	
	4. Tai Otoshi, Ko Tsuru Goshi	
	5. Obi Otoshi, O Guruma	
SET II. Ashi Waza	6. Okuri Ashi Harai, Tsubami Gaeshi	
	7. Ko Uchi Gari, Hiza Guruma	
	8. O Uchi Gari, Tomoe Nage	
	9. Sasae Tsuru Komi Ashi, Sumi Otoshi	
	10. Uchi Mata, Tai Otoshi	
SET III. Koshi Waza	11. Hane Goshi, Kari Gaeshi	
	12. Harai Goshi, Ushiro Goshi	
	13. Hane Goshi, Utsuri Goshi	
	14. Uki Goshi, Yoko Wakare	
	15. O Goshi, Seoi Nage	
<i>Closing (0 to 10 pts.): 0 (Very Poor) to 10 pts. (Perfect)</i>		
<i>Overall Flow (0 to 10 pts.): 0 (Very Poor) to 10 pts. (Perfect)</i>		
POINTS: Each Technique 0 (Very Poor) to 10 pts. (Perfect)	TOTAL POINTS	

JUDGE: _____

RECORDER: _____

SCORER: _____ HEAD SCOREKEEPER: _____

EVENT: _____ DATE: _____

Kata Score Sheet

For use by Kata Judges and Scorers during competition

0	1	1.5	2
2.5	3	3.5	4
4.5	5	5.5	6
6.5	7	7.5	8
8.5	9	9.5	10