

Tournament: _____

Judge: _____ Pair No: _____

Uke: _____ Tori: _____

NAGE-NO-KATA

8 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	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					
18		OVERALL FLUIDITY, COURSE, RHYTHM /10					
		CHECK VALUES AND TOTAL /180					

Tournament: _____

Judge: _____ Pair No: _____

Uke: _____ Tori: _____

KATAME-NO-KATA

		11 minutes:					SCORE
		Small mistakes	Medium mistake	Big / wrong technique	Forgotten Technique (score /2)		
		-1	-1	-3	-5	-10	/10
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					
18		OVERALL FLUIDITY, COURSE, RHYTHM /10					
CHECK VALUES AND TOTAL /180							

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	-1	-3	-5	-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							
18	OVERALL FLUIDITY, COURSE, RHYTHM /10							
CHECK VALUES AND TOTAL /180								

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								
23	OVERALL FLUIDITY, COURSE, RHYTHM /10								
CHECK VALUES AND TOTAL /230									

Tournament: _____

Judge: _____ Pair No: _____

Tori: _____ Uke: _____

KODOKAN GOSHINJUTSU

8 minutes:		Small mistakes		Medium mistake	Big / wrong technique	Forgotten Technique (score /2)	SCORE
		-1	-1	-3	-5	-10	/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						
24	OVERALL FLUIDITY, COURSE, RHYTHM /10						
CHECK VALUES AND TOTAL /240							