



IJF KATA COMMISSION

ANALYSIS OF OFFICIAL
KODOKAN VIDEO

In the meeting held in Paris the 5th and 6th of January 2008, the IJF Kata Commission, after the analysis of the official Kodokan video, decided that the following actions, even if different from the Video, shall be considered acceptable in IJF competitions:

NAGE NO KATA

- **General Observation:**
The rhythm of Nage no Kata is related to the attack and reaction of Tori/Uke.
- **Uki – otoshi**
In the final part of the technique, Tori puts his hand on the knee.
- **Seoi – nage**
When Uke attacks with fist, the other hand protrudes because used for defense.
When Uke attacks, the step to arrive in shizental position is done as a reaction to the parry of Tori.
- **Kata – guruma**
During the execution of the technique, Tori controls the leg of Uke by placing the open hand without to grip the trouser.

KOSHI WAZA

- **Uki – goshi**

When Uke attacks with fist, the other hand protrudes used for defense.

ASHI WAZA

- **Okuri – ashi – harai**

Tori increases the speed in the third step decreasing the distance with Uke.

- **Sasae – tsurikomi – ashi**

The third step of Tori is backward and diagonal; Tori turns on the support leg to finish the technique.

- **Uchi – mata**

Tori breaks the balance of Ike moving the arm horizontally.

MA SUTEMI WAZA

- **Tomoe – nage**
Tori and Uke go to the center of tatami.
- **Ura – nage**
Tori and Uke go to the center of tatami.
- **Sumi – gaeshi**
Tori doesn't raise the body before the execution of the technique.

YOKO SUTEMI WAZA

- **Yoko – guruma**

Tori arrives on the mat on one side of the body in the typical position of Yoko – sutemi.

KATAME NO KATA

- **Osae – komi – waza**

The three attempted escapes of Uke are free but shall be coherent to the technique.

JU NO KATA

- **General observation**

Control and definition of the starting distance is a main important point.

- **Ago – oshi**

In the conclusion of the technique, Tori breaks Uke's balance in a shorter distance; Uke doesn't make a step backward.

- **Ryokata – oshi**

Before the conclusion, Tori turns to left placing his left arm across Uke's chest and pushes with the hand (arm) on the front part of Uke.

- **Obi – tori**

Tori raises the left arm and turns the shoulder in to break the balance of Uke.

- **Mune – oshi**

In the final part of the technique, Tori blocks in the direction of Uke's head.

- **Uchi – oroshi**

In the final part of the technique, Tori steps forward until arrives in front of Uke.

KODOKAN GOSHINJUTSU

- **General observation**

When Uke place or collect the wepons, he can raise in shizentai position.

- **Hidari – eri – dori**

After the atemi, Tori controls the wrist without detaching the grip of Uke on the lapel.

- **Kata – ude – dori**

Uke advances with left leg when applies the arm lock to Tori's right arm.

- **Naname – uchi**

Tori throws Uke in Osoto-otoshi; the right foot doesn't go backward.

- **Yoko – geri**

After Tori pulls Uke down, the arms of Tori goes down.

- **Tsukkake**

Uke pats the mat with the palm of the hand.

- **Morote – tsuki**

After takes the stick, Tori does an arm lock to Uke's elbow before to move forward diagonally.

- **Koshi – gamae**

Uke holds the pistol on his side when starts the attack.

KIME NO KATA

- **Idori**

For the submission, Uke pats on the mat when controlled in Hara-gatame and on Tori when controlled in Waki-gatame.

Before to go in seiza position; a too low distance between Tori and Uke (face to face) is considered a small mistake.
- **Ushiro – dori (Idori)**

In the conclusion of the technique, Tori grips the belt of Uke and controls as for ushiro-gesa-gatame.

When Tori and Uke raise, they contemporary go in senza position.
- **Tsukkomi (Idori)**

Tori punches Uke with reverse fist between the eyes.
- **Yoko – tsuki**

Tori go in seiza position directly in line with Uke.

The perry is direct without to lift the arm.

- **From Ryote-dori to Sode-dori**
Tori makes a slight step backward.
- **Tsukkake**
Apply Hadaka-jime with control of the front of Tori on the back part of Uke.
- **Before armed attack with dagger**
When Uke takes the dagger, Tori does one step backward to reach the distance of 4 meters shizentai position.

- **Nuki – gake**
- Kiai or not when Uke attempts to draw the sword.

- **Kiri – oroshi**
- Uke raises the sword above his head in vertical position.

IJF KATA COMMISSION

- **Franco CAPELLETTI (President)**
- **Shoji SUGIYAMA (Europe)**
- **Koji KOMATA (Asia)**
- **Kuniko TAKEUCHI (Panamerica)**
- **Robert IVES (Oceania)**