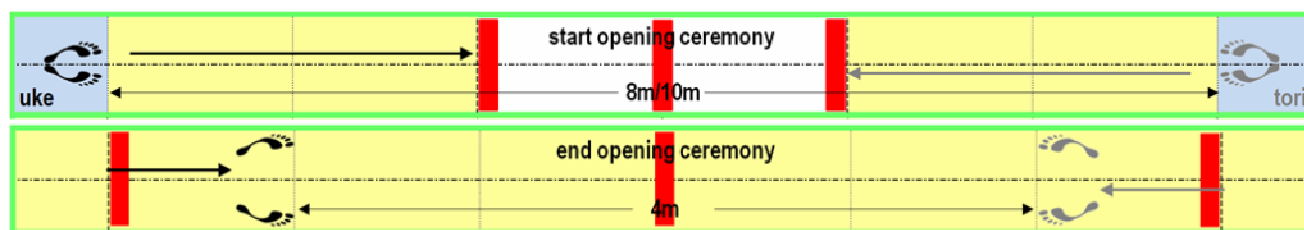


## NAGE-NO-KATA. Right and left technique only one score.

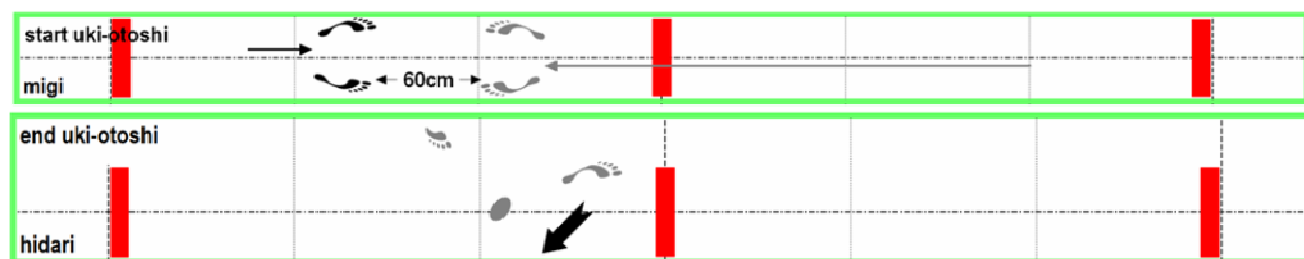
General elements to be observed	Mis
Omitted technique.	F
Tori changes the sequence of the techniques.	F
Reverse starting position in the opening ceremony, than each technique.	F B
Bad execution or wrong technique.	B
Loss of the belt.	B
Lose of control.	B
Lose of bondages during the execution, in closing ceremony.	M
Tori decides the starting position.	M
Principle not in correct way.	M
Effectiveness and realism, each technique.	M
Uke's blow to the top of the head is lateral.	M
When uke is thrown, he doesn't jump.	M
Engagement distance uke.	M
Tsugi-ashi steps.	S/M
Technique performance direction and fall.	S/M
Imperfection.	S

### 1. Opening ceremony.



Elements to be observed	Mis
Judogi and belt (t-shirt).	M
Starting distance 8m/10m.	M
Movement to the bow.	S/M
Greeting 6m.	M
Movement to 4m shizen-hontai.	S/M

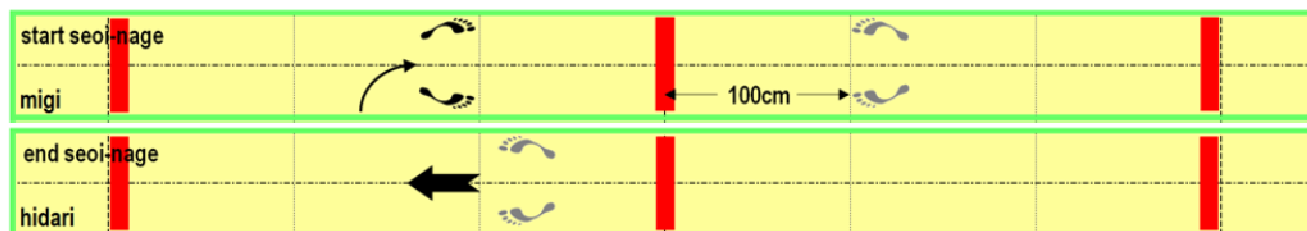
### 2. Uki-otoshi.



Elements to be observed	Mis
From shizen-hontai movement to the start uki-otoshi (ayumi-ashi sliding).	S/M
Tori $\pm 1$ m over the center.	M
Uke $\pm 60$ cm distance.	M
Uke takes right grip.	S
Tori does not raise his arms while stepping backward in tsugi-ashi.	S
During the third step tori pulls down to throw, knee position (slightly inside).	S
Tori finishes the technique looking forward.	M
Uke: direction and ukemi (no jump).	S/M

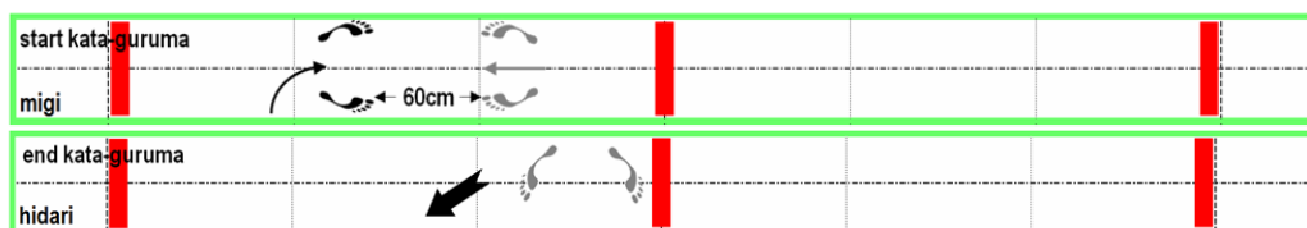
Release uke and start the execution with left kumikata.	S/M
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### 3. Seoi-nage.



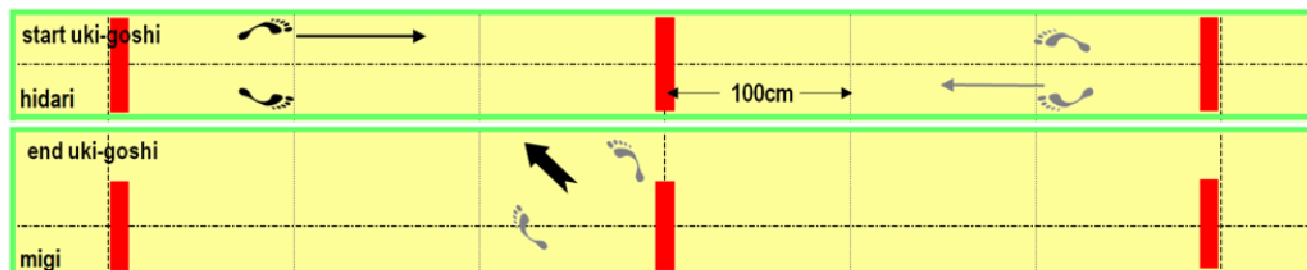
Elements to be observed	Mis
Movement to the start.	S/M
Tori 1m behind the center.	M
Uke $\pm 2$ m distance.	M
Uke attacks with two steps forward (left-right foot), blow with the right hand to tori's head.	S/M
Tori breaks uke's balance forward and loads him onto his right shoulder to throw him.	S/M
Uke's defense: both feet align lifting heels up (left palm on tori's left hip).	M
Tori throws.	S/M
Uke: direction and ukemi (no jump).	S/M
Release uke and start the execution with left blow.	S/M

### 4. Kata-guruma.



Elements to be observed	Mis
Movement to the start.	S/M
Tori $\pm 1$ m over the center.	M
Uke $\pm 60$ cm distance.	M
Uke takes right grip.	S
Tori does not raise his arms while stepping backward in tsugi-ashi. Tori changes his grip on sleeve during second step.	S/M
Tori's third step is bigger. Uke defends by raising his upper body.	M
Tori moves into the lifting position (shifting his outside leg) without seizing uke's trousers.	S
Tori throws.	S/M
Uke: direction and ukemi (no jump).	S/M
Release uke and start the execution with left kumikata.	S/M

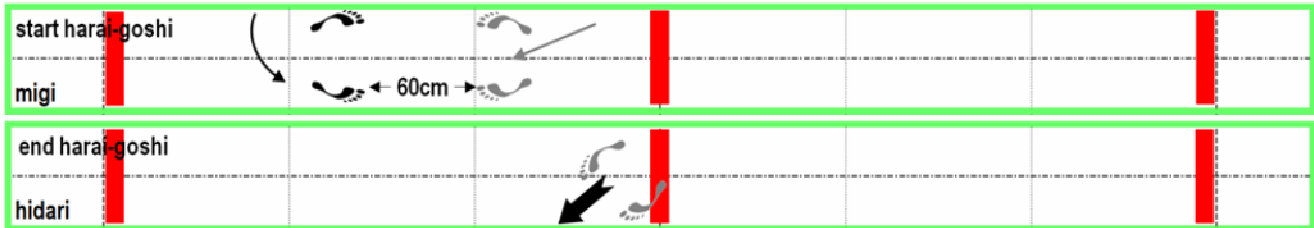
### 5. Uki-goshi.



Elements to be observed	Mis
Movement to the 4m, judogi and then to the start for koshi-waza.	S/M
Tori $\pm 1$ m behind the center.	M

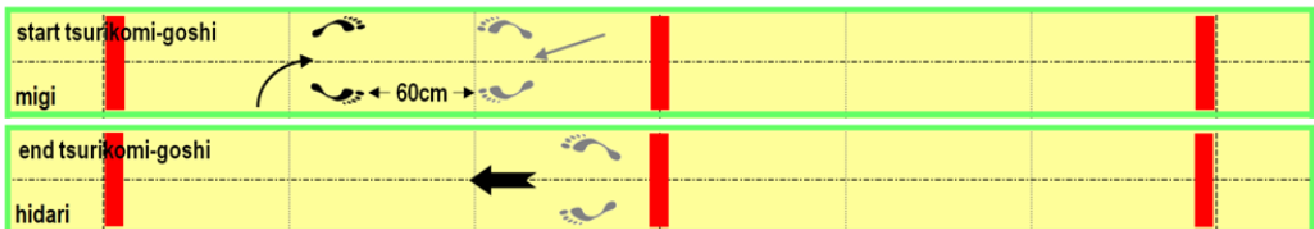
Uke $\pm 2\text{m}$ distance.	<b>M</b>
Uke attacks with two steps forward (left-right foot).	<b>M</b>
Tori steps in to meet the attack.	<b>S/M</b>
Tori, left arm around uke, uke no defense. Tori throws uke diagonally.	<b>S/M</b>
Uke: direction ukemi (no jump).	<b>S/M</b>
Release uke and start the execution with the left blow.	<b>S/M</b>

## 6. Harai-goshi.



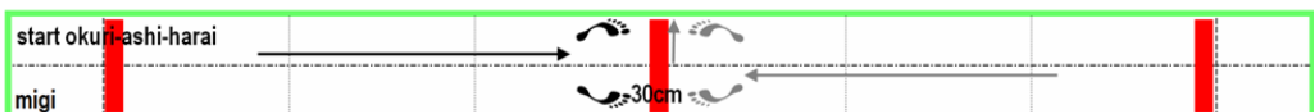
<b>Elements to be observed</b>	<b>Mis</b>
Movement to the start.	<b>S/M</b>
Tori $\pm 1\text{m}$ over the center.	<b>M</b>
Uke $\pm 60\text{cm}$ distance.	<b>M</b>
Uke takes right grip.	<b>S</b>
Tori changes his grip on lapel to uke's left shoulder blade through left armpit during the second step.	<b>M</b>
Tori positions himself for tsukuri/kuzushi at the third step. Uke's defense: shizentai position.	<b>M</b>
Tori sweeps with an outstretched leg.	<b>S/M</b>
Uke: direction ukemi (no jump).	<b>S/M</b>
Release uke and start the execution with left kumikata.	<b>S/M</b>

## 7. Tsurikomi-goshi.



<b>Elements to be observed</b>	<b>Mis</b>
Movement to the start.	<b>S/M</b>
Tori $\pm 1\text{m}$ over the center.	<b>M</b>
Uke $\pm 60\text{cm}$ distance.	<b>M</b>
Uke takes right grip.	<b>S</b>
Tori takes grip in uke's neck.	<b>S</b>
At third step tori moves his right foot in front of uke's right foot to pull uke forward.	<b>S</b>
Uke's defense: both feet align leaning back his upper body without lifting heels.	<b>M</b>
Tori unbalance uke forward immediately withdraws with left foot, pivots and passes very low with his hips pressed against uke. Uke's heels up when he is unbalanced by tori. Tori throws.	<b>S/M</b>
Uke: direction ukemi (no jump).	<b>S/M</b>
Release uke and start the execution with left kumikata.	<b>S/M</b>

## 8. Okuri-ashi-harai.



[illegible]

<b>Elements to be observed</b>	<b>Mis</b>
Movement to the 4m, judogi and then to the start for ashi-waza.	<b>S/M</b>
Tori behind the center $\pm 15\text{cm}$ .	<b>M</b>
Uke $\pm 30\text{cm}$ distance.	<b>M</b>
Uke takes right grip.	<b>S</b>
Tori takes grip and goes sideward to the right.	<b>S</b>
Tori has to change the rhythm and length of second and third step (quicker and bigger).	<b>S/M</b>
Tori sweeps horizontally and throws uke in the direction, he is moving without lifting uke's body.	<b>S/M</b>
Uke: direction and ukemi (no jump).	<b>S/M</b>
Release uke and start the execution with left kumikata.	<b>S/M</b>

## 9. Sasae-tsurikomi-ashi.

[illegible]

Elements to be observed	Mis
Movement to the start.	S/M
Tori $\pm 1$ m over the center.	M
Uke $\pm 60$ cm distance.	M
Uke takes right grip.	S
Tori takes right grip and goes back.	S/M
After second step, tori has to move diagonally backward.	M
Tori throws uke on his third step pivoting on the right foot.	S/M
Tori must not step forward after the throw.	M
Uke: ukemi, direction (no jump).	S/M
Release uke and start the execution with left kumikata.	S/M

## 10. Uchi-mata

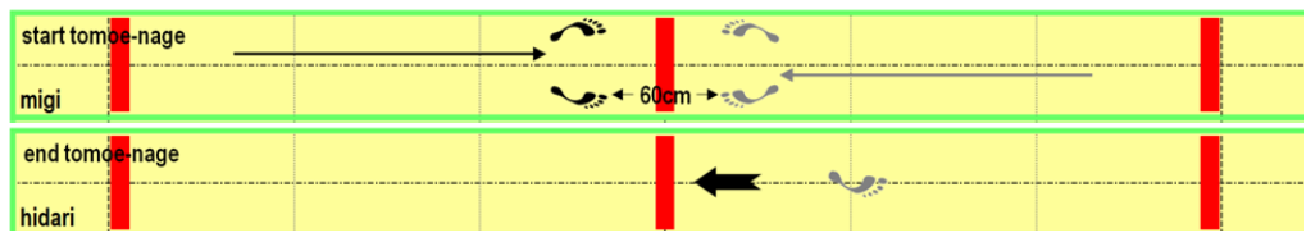
start uchi-mata										
migi										
end uchi-mata										
hidari										

<b>Elements to be observed</b>	<b>Mis</b>
Movement to the 4m, judogi and then to the start for ashi-waza.	<b>S/M</b>
Tori behind the center.	<b>M</b>
Uke ±60cm distance.	<b>M</b>
Uke takes right grip.	<b>S</b>
Tori takes grip.	<b>S/M</b>
Tori turns uke in wide circular movements (his arms pull horizontally).	<b>M</b>
During the third rotation, tori sweeps uke's leg up. Tori throws uke.	<b>M</b>
Uke; ukemi (no jump).	<b>S/M</b>

Release uke and start the execution with left kumikata.

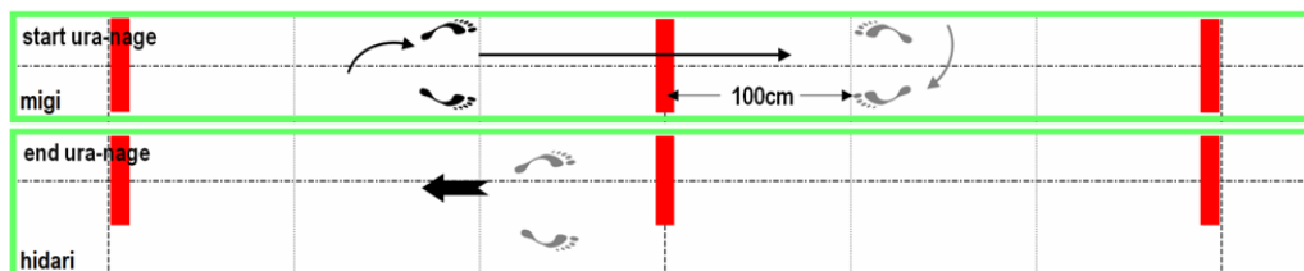
S/M

### 11. Tomoe-nage.



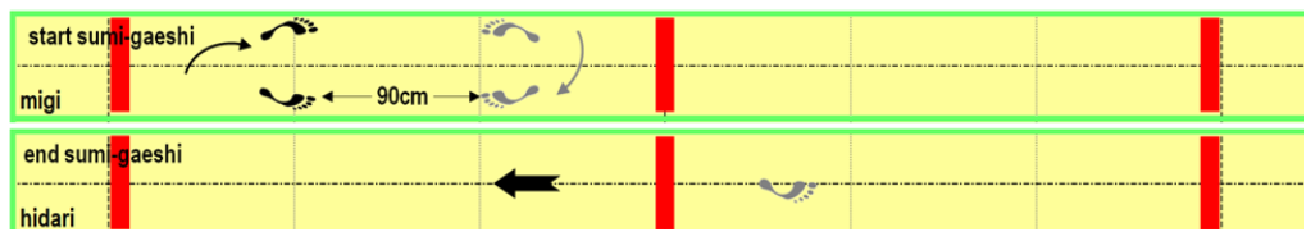
Elements to be observed	Mis
Movement to the 4m, judogi and then to the start for masutemi-waza.	S/M
Tori behind the center $\pm 30$ cm.	M
Uke $\pm 60$ cm distance.	M
Uke takes right grip.	S
Tori moves forward with ayumi-ashi breaking uke's balance backward.	S
Uke resists at the third step pushing back and stepping forward (both feet aligned).	
When uke starts to push back, tori changes his grip, steps forward with his left foot inside uke's feet, lowering his body and lifting upward to break uke's balance.	M
Tori puts his right foot on uke's stomach at the same time uke aligns his feet (uke's heels are up).	S
Tori throws uke over his head.	
Uke: direction ukemi (no jump) and stands up.	S/M
Start the execution with left kumikata.	S/M

### 12. Ura-nage.



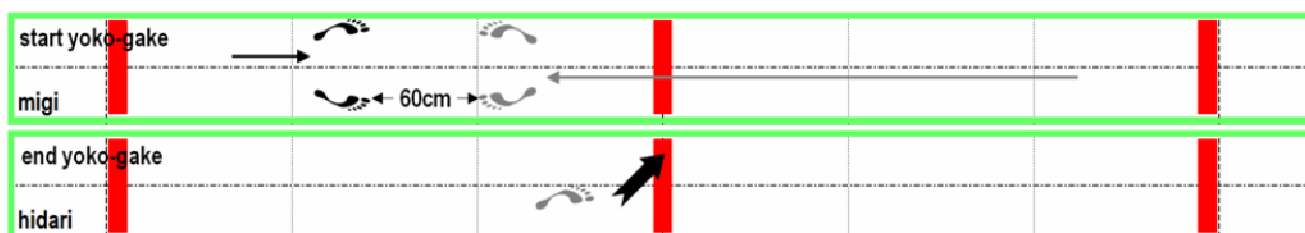
Elements to be observed	Mis
Movement to the start.	S/M
Tori 1m behind the center.	M
Uke $\pm 2$ m distance.	M
Uke attacks with two steps forward (left-right foot), blow with the right hand to tori's head.	M
Tori avoids uke's blow during the second step, stepping forward very low, left-right foot (he must not jump with both feet at the same time).	M
Tori's left arm round uke's waist and the palm of the other hand on uke's lower abdomen.	M
Tori throws uke over his left shoulder and finishes with both shoulders on the mat.	
Uke: direction ukemi (no jump) and doesn't stand up.	S/M
Start the execution with left blow.	S/M

### 13. Sumi-gaeshi.



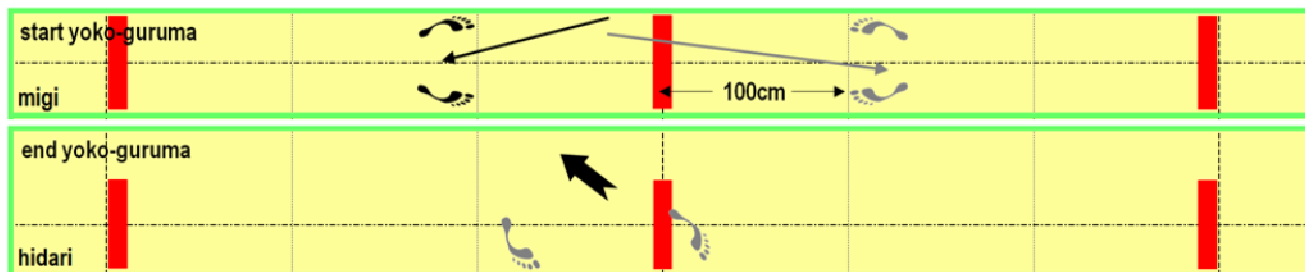
Elements to be observed	Mis
Movement to the start.	S/M
Tori 1m over the center.	M
Uke $\pm 90$ cm distance.	M
Uke takes grip in migi-jigotai	S
Tori takes grip, unbalances uke lifting his right arm while stepping backwards in the jigotai position. Uke, to keep his balance, he brings his right foot forward parallel in a defensive position (jigotai).	S/M
Tori, (right foot between uke's feet) breaks uke's balance forward again before throwing him. Tori throws uke over his head.	M
Uke: direction ukemi (no jump) and stands up.	S/M
Start the execution with left kumikata.	S/M

#### 14. Yoko-Gake.



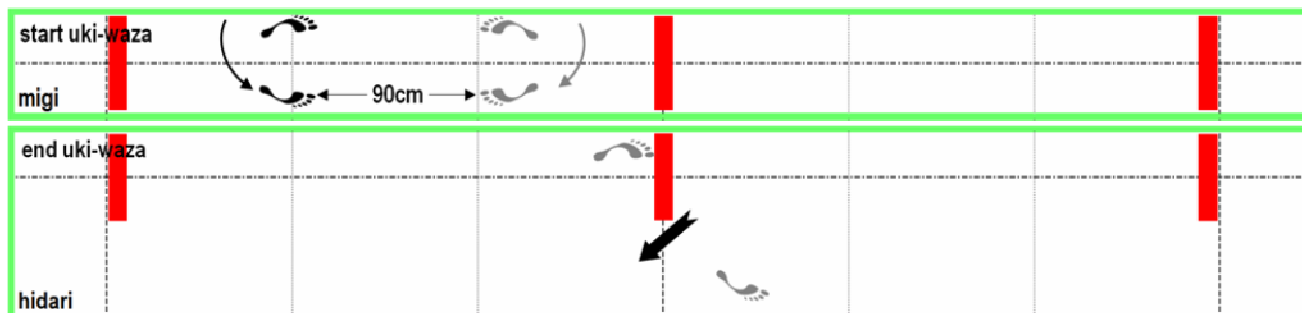
Elements to be observed	Mis
Movement to the 4m, judogi and then to the start for yokosutemi-waza.	S/M
Tori over the center $\pm 1$ m.	M
Uke $\pm 60$ cm distance.	M
Uke takes right grip.	S
Tori takes right grip and goes back.	S/M
Tori unbalances uke tilting him over to his right front corner during the third step (half step) in order to throw him laterally. Tori steps backwards slowly with his right foot, as soon as it is next to the other foot, he immediately pushes uke's ankle with his left foot. Tori throws uke's body beside him.	M
Uke: direction diagonally and ukemi.	S/M
Start the execution with left kumikata.	S/M

#### 15. Yoko-guruma.



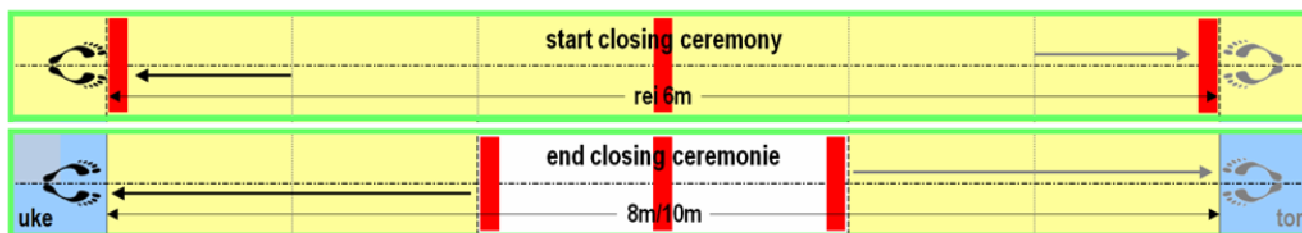
Elements to be observed	Mis
Movement to the start.	S/M
Tori 1m behind the center.	M
Uke $\pm 2$ m distance.	M
Uke attacks with two steps forward (left-right foot), blow with the right hand to tori's head.	M
Tori attempts to perform ura-nage. Uke defends by bending forward.	M
Tori breaks uke's balance diagonally sliding his right leg deeply between uke's legs. Tori lies down on his left side in order to throw uke diagonally.	M
Uke: direction ukemi (no jump) and stands up.	S/M
Start the execution with left blow.	S/M

## 16. Uki-waza.



Elements to be observed	Mis
Movement to the start.	S/M
Tori 1m over the center.	M
Uke $\pm 90\text{cm}$ distance.	M
Uke takes grip in migi-jigotai	S
Tori takes grip and breaks uke's balance during his first step (jigotai position). Uke moves forward with his rear foot to keep his balance (jigotai).	S/M
Tori breaks uke's balance diagonally forward and lies down on his side in order to throw uke diagonally.	M
Uke: direction ukemi (no jump) and stands up.	S/M
Start the execution with left kumikata.	S/M

## 17. Closing ceremony.



Elements to be observed	Mis
Movement to the 4m, judogi and then to the start for the bow.	S/M
Starting distance 6m.	M
Judogi and belt (t-shirt).	M
Greeting.	M
Movement to leave the kata zone.	S/M