

JU-NO-KATA.

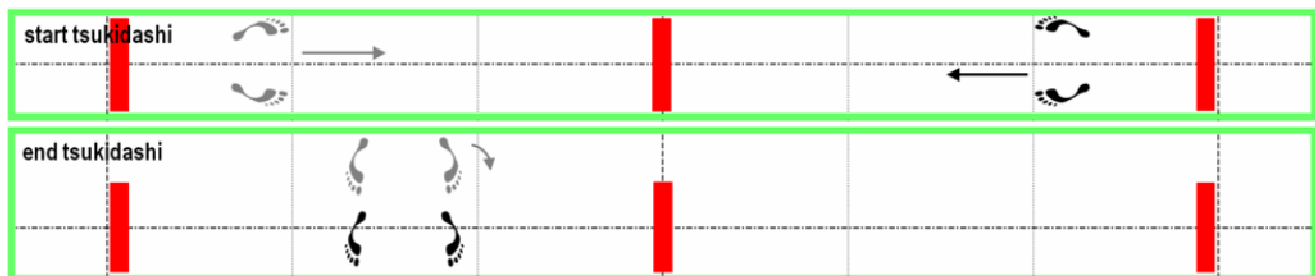
General elements to be observed	Mis
Omitted technique.	F
Tori changes the sequence of the techniques.	F
Reverse starting position in the opening ceremony, than each technique.	F B
Bad execution or wrong technique.	B
Lost of the belt.	B
Lost of control.	B
Lost of bondages during the execution, in closing ceremony.	M
Tori decides the starting position.	M
Principle not in correct way.	M
Effectiveness and realism, each technique.	M
Distance.	M
Surrender (beating once with free arm or moving one foot).	S
If uke doesn't beat.	M
Changing pace.	S
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

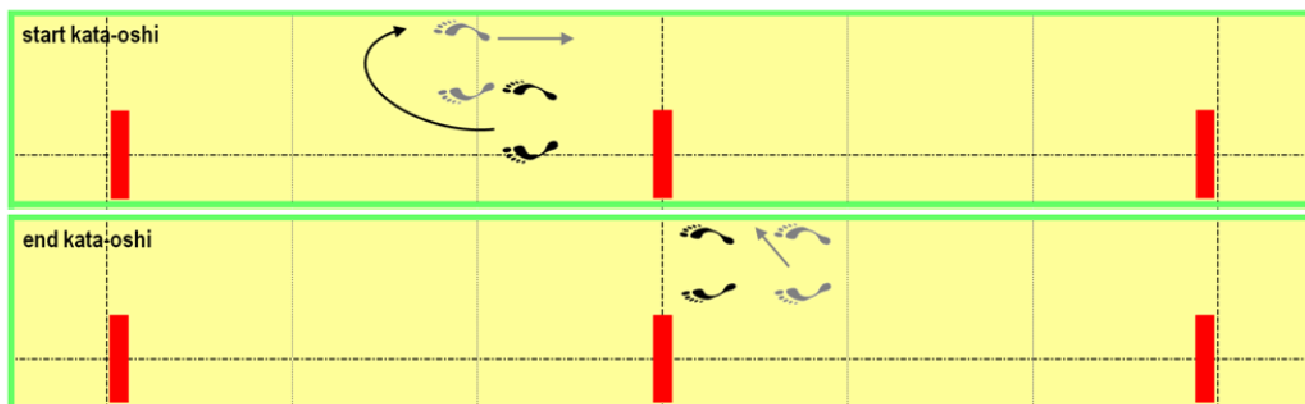
2. Tsukidashi.



Elements to be observed	Mis
From shizen-hontai movement to the start uki-otoshi (ayumi-ashi sliding).	S/M
Tori ± 1 m behind the center.	M
Uke three steps distance.	M
Uke's tsugi-ashi and gradual lift of the arm (belt, throat, eyes). Uke attacks between tori's eyebrows in the third step.	S/M
Tori takes uke's right wrist thumb down and left wrist thumb up. Tori and uke's way of freeing (opening and closing of the legs when turning, hand grips with thumb up).	S/M
Conclusion: breaking uke's balance backwards (uke's right stretched arm).	S/M
Uke gives up once with left hand.	S/M

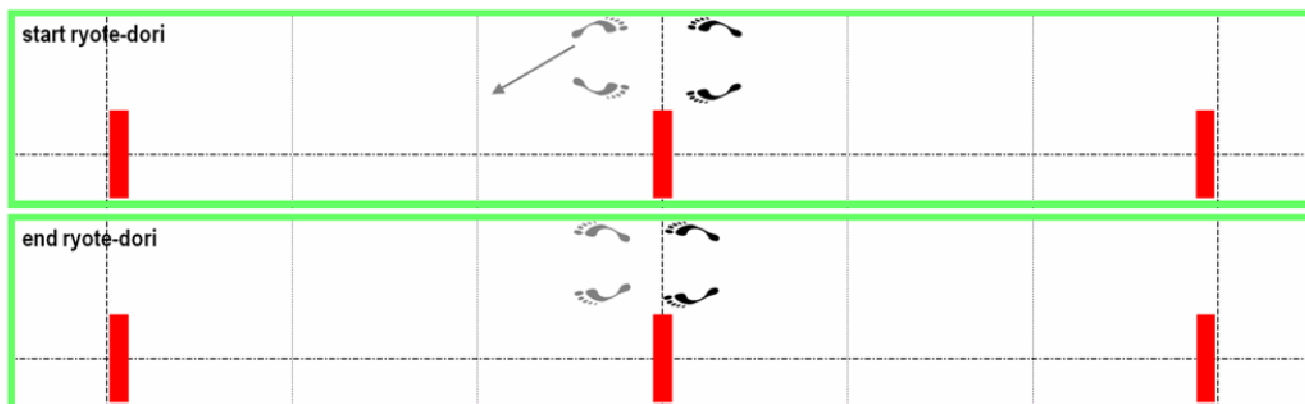
Tori brings uke in balance and loses the grip.	S/M
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3. Kata-oshi.



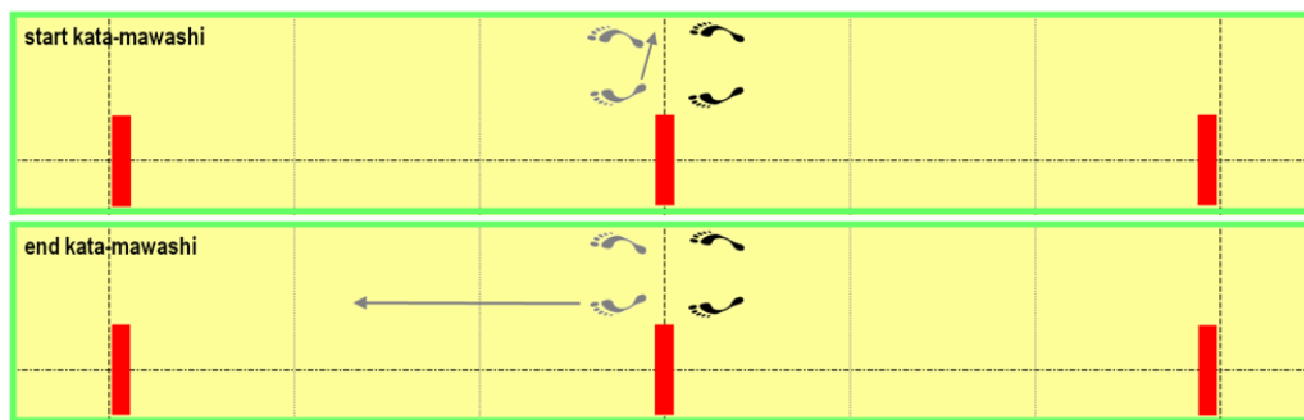
Elements to be observed	Mis
Tori and uke turn to their right in shizen-hontai.	S/M
Tori in the center, left side to shomen.	M
Distance: tori's left foot and uke's right lined up and close.	M
Uke charges his right hand and pushes on tori's right shoulder blade.	S
Tori bends down, uke bends when tori ducks and then pushes tori's shoulder backwards with his right palm, tori moves backwards gripping uke's right four fingers with his right hand, putting his right thumb on uke's right palm. Uke prepares his left hand before the attack. Uke strikes between tori's eyes with his left fingertips, moving forward with his left foot and counterattack of tori (fingers grip) while moving backward.	S/M
Conclusion: tori breaks uke's balance backwards with stretched arms.	S/M
Uke gives up by retreating backward with one foot.	S/M
Tori brings uke back in shizen-hontai.	S/M

4. Ryote-dori.



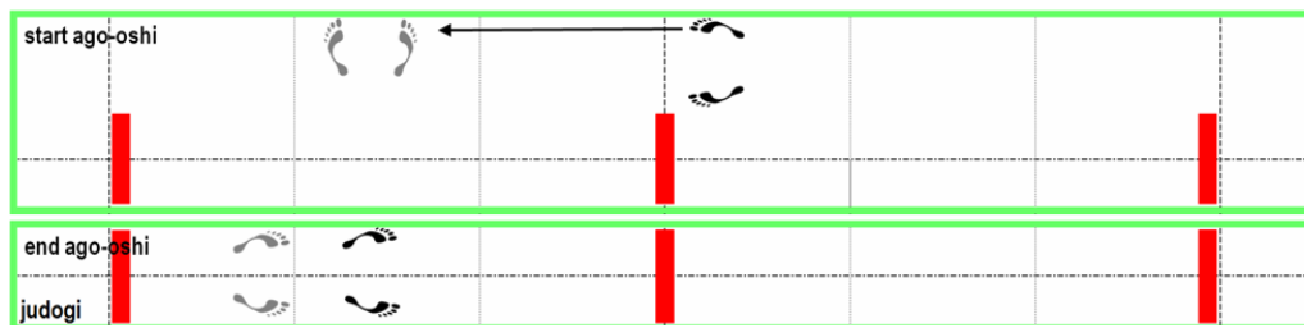
Elements to be observed	Mis
Tori goes through the right side of uke.	S/M
Tori and uke facing each other.	M
Distance: half step.	M
Uke grips both of tori's wrists.	S/M
Tori breaks uke's balance forward and does technique (soto-makikomi).	S/M
Loading of tori and lifting of uke.	S/M
Uke gives up by lightly tapping with his left hand.	S/M
Tori release the technique.	S/M

5. Kata-mawashi.



Elements to be observed	Mis
No movement.	S/M
Tori and uke in the center.	M
Distance: half step.	M
Uke turns tori's shoulders (right hand on the back of right shoulder, left hand in front of the other shoulder).	S/M
Tori turns to his left. Tori breaks uke's balance forward with his left hand and does technique (ippon-seoi-nage, loading uke onto his shoulders).	S/M
Loading of tori and lifting of uke.	S/M
Uke gives up by lightly tapping with his left hand.	S/M
Tori releases the technique.	S/M

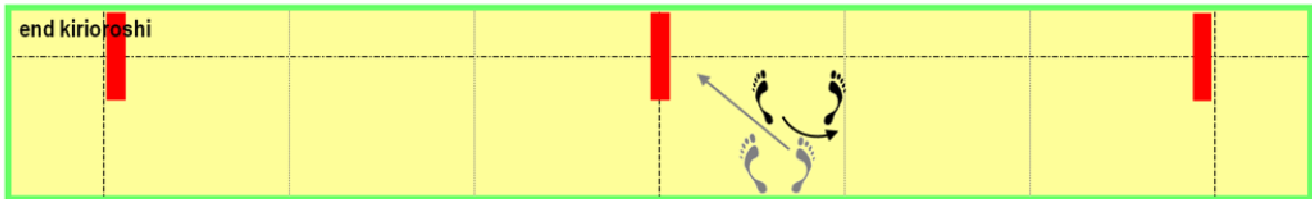
6. Ago-oshi.



Elements to be observed	Mis
Tori three steps forward (turning to right side with third step).	S/M
Tori $\pm 1,5m$ over the center, back to shomen.	M
Distance: three steps.	M
Uke in tsugi-ashi and gradual lift of the arm (belt, throat, chin).	S/M
Tori's defense, tori turns his face to his left, grips uke's right hand with his right hand putting his right thumb on uke's right palm. Tori moves forward turning 180°. Uke prepares the hand before the attack. Uke strikes between tori's eyebrows with his left fingertips, moving forward with his left foot and tori counterattacks (hand grip) moving backward with his left foot.	S/M
Conclusion: tori breaks uke's balance backward blocking with bent arms.	S/M
Uke gives up by retreating backward with one foot.	S/M
Tori brings uke back in shizen-hontai.	S/M

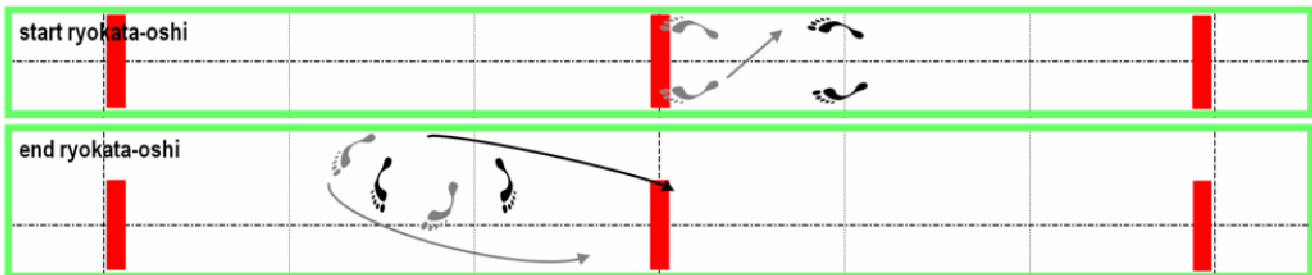
7. Kirioroshi.





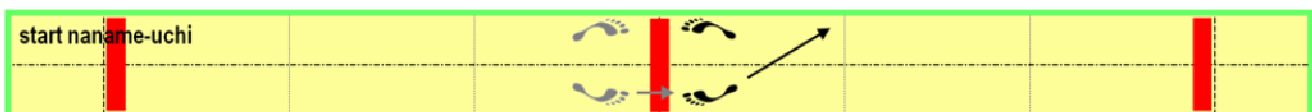
Elements to be observed	Mis
Uke and tori moves to the center, judogi and belt.	S/M
Tori ± 15 cm behind the center.	M
Distance: two steps.	M
Uke: preparation of the attack (stepping backward with his right foot, turning to his right and facing his right palm forward at the same time. Uke: te-gatana attack stepping forward with his right foot.	S/M
Tori steps backward (right-left foot), grips uke's right wrist, takes two tsugi-ashi steps forward to break uke's balance to the right rear corner. Uke pushes tori's right elbow to release the grip on his right wrist and turns tori 180° in a big circle.	S/M
Tori pivots on left foot and grips uke's left four fingers (from the bottom), putting his left thumb on uke's left palm. Tori continues on behind uke, breaking the balance backward. Tori breaks uke's balance backwards with the left stretched arm.	S/M
Uke gives up with his right hand.	S/M
Tori releases the technique, moves his left foot forward.	S/M

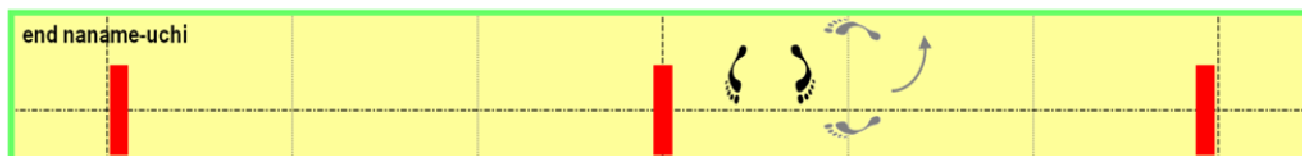
8. Ryo-kata-oshi.



Elements to be observed	Mis
Tori and uke moves to the center.	S/M
Tori behind the center, left side to shomen.	M
Distance: arms length (uke's palms touch tori's shoulders).	M
Uke attacks tori from behind by pushing shoulders down (with the palms of his hands). Tori's defense: sinking the body, left foot 1/2 step backward, right foot 1/2 step forward, turns, grips uke's wrist, left foot 1/2 step backward (uke 1/2 step forward), right foot 1/2 step forward. Tori turns and moves forward, slowly raising the body, pulling uke. Uke defends by pushing with left hand on tori's back.	S/M
Tori and uke both are standing upright and in counterbalance. Tori turns to left, moves back right-left foot, placing his left arm across uke's chest, he pushes back.	S/M
Conclusion: tori breaks uke's balance by pushing with left elbow and lifting and stretching uke's right arm.	S/M
Uke gives up with his left hand.	S/M
Tori releases the technique.	S/M

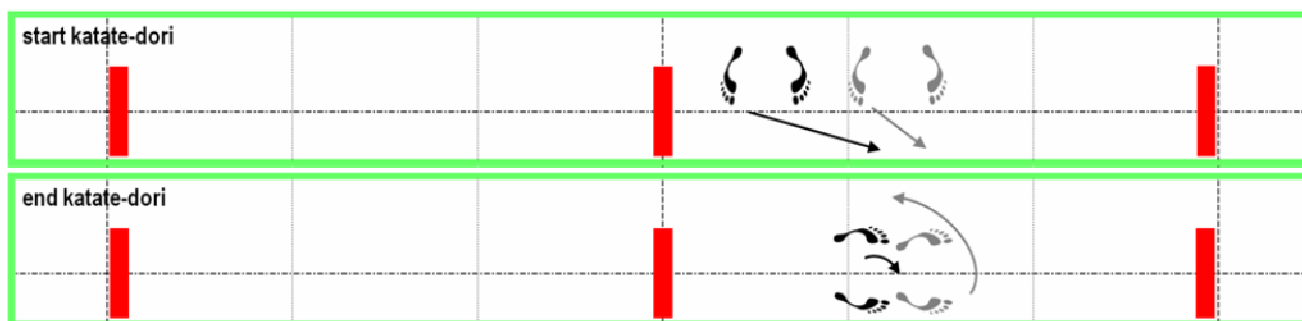
9. Naname-uchi.





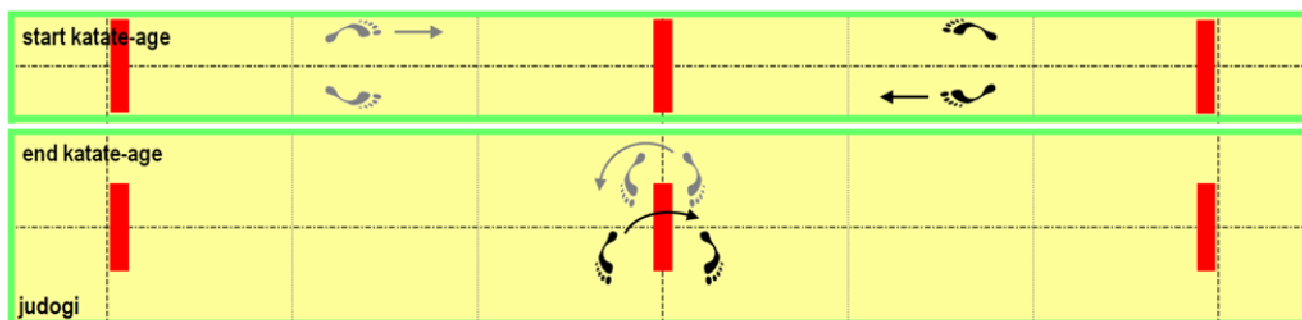
Elements to be observed	Mis
Tori and uke moves to the center.	S/M
Tori behind the center, right side to shomen.	M
Distance: one step.	M
Uke attempts a diagonal strike at the middle of tori's eyes with te-gatana.	
Tori avoids and grips uke's wrist, then counterattacks with his right fingers. Uke grips tori's wrist and pulls tori forward and to the left. Tori frees the wrist. Uke places hand on tori's elbow and forces tori to turn.	S
Tori rotates and lifts uke in ura-nage (upper body leaning backward). Uke's legs together and lifts arms above head.	M
Uke claps with both of his hands to give up.	S/M
Tori releases the technique.	S/M

10. Katate-dori



Elements to be observed	Mis
Tori turns to the left.	S/M
Tori face to shomen.	M
Distance: tori and uke side by side.	M
Uke grips tori's right wrist.	S/M
Tori lifts with a stretched arm (kansetsu-waza) moving diagonally forward with his right foot. Uke moves forward in defense with his right foot pushing tori's right elbow round with his right palm and releasing his left hand to pull tori's left shoulder.	S/M
Tori rotates and lifts uke (from uki-goshi to o-goshi).	S/M
Uke gives up with his right hand.	S/M
Tori releases the technique.	S/M

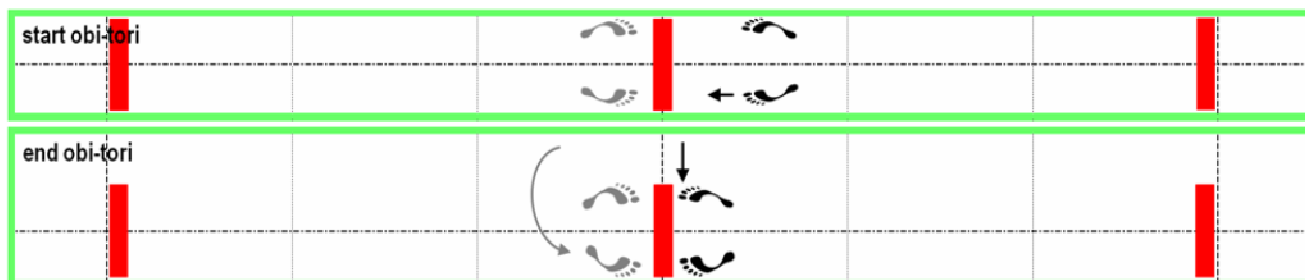
11. Katate-age.



Elements to be observed	Mis
Tori turns to his left and moves forward.	S/M
Tori 1,5m over the center.	M

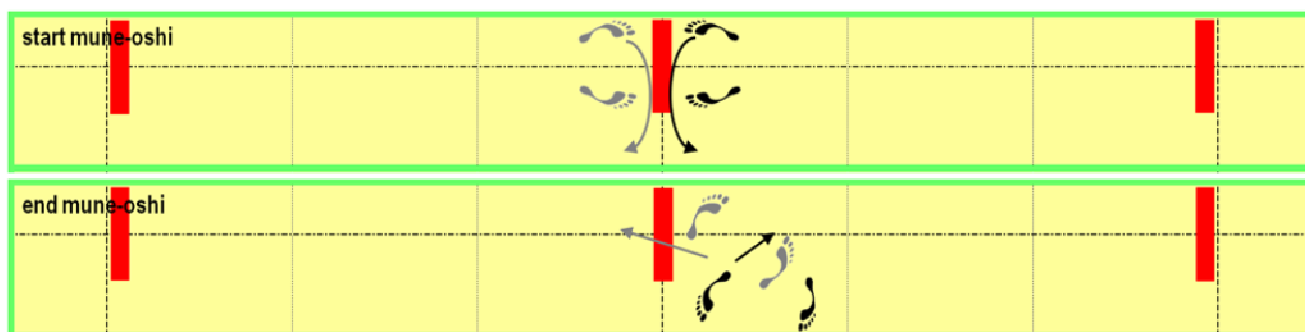
Distance: three meters.	M
After raising their right arms up tori and uke approach each other.	S/M
Tori steps aside with his right foot avoiding collision, holding uke's left shoulder and right elbow. Uke reacts, tori blocks uke's left elbows. Uke reacts again (tori stands straight controlling uke's reaction; actions and reactions are slow and tori and uke are very close to each other).	S/M
Conclusion: tori breaks uke's balance backwards with stretched arms.	S/M
Uke gives up with his left hand.	S/M
Tori releases the technique.	S/M

12. Obi-tori.



Elements to be observed	Mis
Uke and tori moves to the center, judogi and belt.	S/M
Tori ± 15 cm behind the center.	M
Distance: one step.	M
Uke steps in with left foot forward (crossed arms left hand top, palms facing down) and tries to grab tori's belt.	S/M
Tori grips uke's left wrist with his right hand and pulls, then uke's left elbow with his left hand and pushes upwards. Then tori pulls uke's right shoulder with his right hand turning uke around. Uke, rotating, pulls tori's right elbow sideward and pulls. Uke's left shoulder pushing tori's elbow upward. Then tori pushes uke's right shoulder, turning uke around. Uke, rotating, pulls tori's right elbow sideward and pulls tori's left shoulder, pushing tori's right elbow upward.	S/M
Tori turns again and pulls uke close on to the hip to lift with uki-goshi, then o-goshi.	S/M
Uke gives up with his right hand.	S/M
Tori releases the technique.	S/M

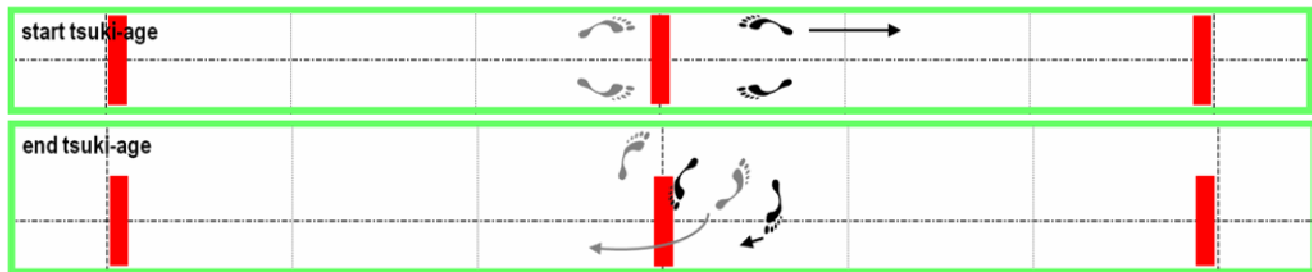
13. Mune-oshi.



Elements to be observed	Mis
Tori and uke return to the center.	S/M
Tori 15cm behind the center on the left.	M
Distance: half step.	M
Uke pushes his right palm against tori's left chest.	S/M
Tori pushes uke's right wrist up with his left hand in yahazu (V shape) and pushes his right hand against uke's left chest. Uke grips tori's right wrist and they rotate forwards shomen changing grip as they go.	S/M
Tori: blocking of right arm of uke and changing of the grip on uke's straight left arm (at the elbow), breaking the balance backwards to the right rear corner.	

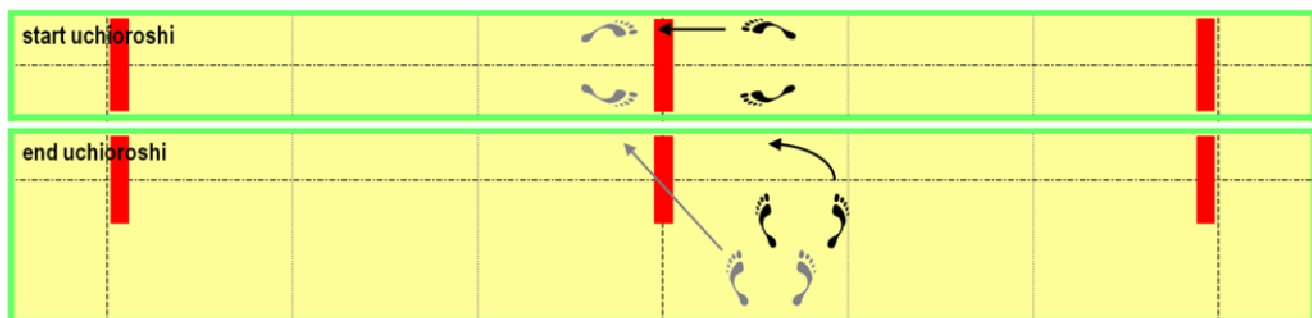
Conclusion: tori steps in right foot, then left foot, lowers hips and breaks uke's balance even more.	S/M
Uke gets up retreating with his left foot.	S/M
Tori releases the technique.	S/M

14. Tsuki-age.



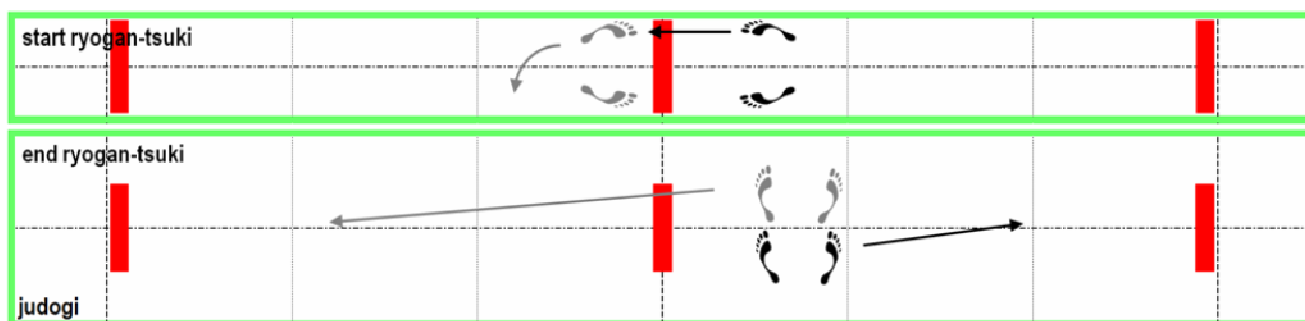
Elements to be observed	Mis
Tori and uke return to the center.	S/M
Tori 15cm behind the center on the left.	M
Distance: one step.	M
Uke: stepping back right foot, then forward again attempts uppercut to tori's chin.	S/M
Tori leans backward to avoid uke's attack, catches fist in right hand, places his left palm to uke's right elbow, steps forward with his left foot and turns uke. Uke pivots 180° on left foot.	S/M
Tori pulls uke's right arm straight up grabbing uke's right elbow with his left hand, hooking round uke's shoulder in an ude-garami, breaking uke's balance backwards the right rear corner.	S/M
Tori steps in left-right foot.	
Uke gives up with his left hand.	S/M
Tori releases the technique.	S/M

15. Uchioroshi.



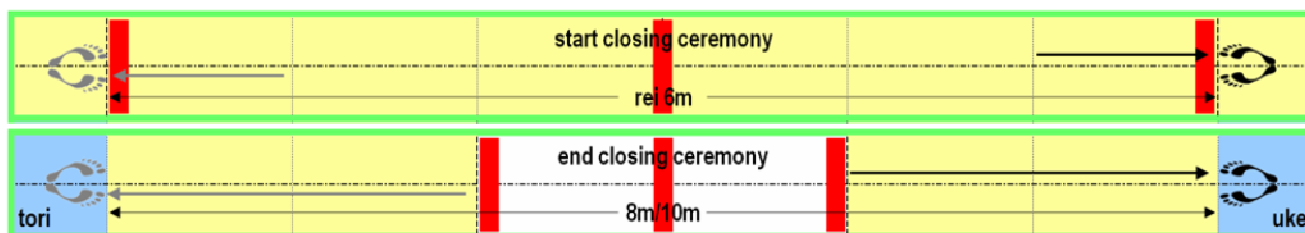
Elements to be observed	Mis
Tori and uke return to the center.	S/M
Tori 15cm behind the center on the left.	M
Distance: two steps.	M
Uke: lifting right fist and arm in a big circle, steps forward with right foot and attempts to strike the top of tori's head with the back of his right fist.	S/M
Tori steps backward (right-left foot), grips uke's right wrist with his right hand, takes two tsugi-ashi steps forward to break uke's balance to the right rear corner.	S/M
Uke pushes tori's right elbow to release the grip on his right wrist and turns 180° in a big circle.	
Tori pivots on left foot, left hand grips uke's left wrist (from the top) and steps behind uke, breaking uke's balance backwards.	
Conclusion: tori breaks uke's balance backward and applies kansetsu-waza on uke's left arm and shime-waza with his right wrist at the same time.	S/M
Uke gives up with his right hand.	S/M
Tori releases the technique.	S/M

16. Ryogan-tsuki.



Elements to be observed	Mis
Tori and uke return to the center.	S/M
Tori 15cm behind the center on the left.	M
Distance: one steps.	M
Uke raises right hand and attacks tori's eyes by thrusting (fingers extended, ring and middle finger separated), stepping forward with right foot.	S
Tori turns to his left, avoids the thrust and grips uke's right wrist to pulls the arm with his left hand. Uke advances with his left foot and grips at tori's left wrist with his left hand to release his right arm. Tori pushes uke's left elbow with his right palm in order to free his left arm. Uke pivots round on the right foot. Tori attacks uke's eyes by thrusting with left hand (fingers extended, ring and middle finger separated), stepping forward with his left foot. Uke turns to his right, avoids and grips tori's left wrist to pull the arm with his right hand.	S/M
Tori advances steps forward with his right foot and grips uke's right wrist with his right hand to release his left arm. Uke pushes tori's right elbow with his left palm in order to free his right arm, tries to turn tori, but tori puts his arm round uke's waist and lifts him from uki-goshi to o-goshi.	S/M
Uke gives up with his right hand.	S/M
Tori releases the technique.	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