

**BRITISH
JUDO**



BRITISH JUDO ASSOCIATION

KATA AWARD SCHEME

1st June 2023

KATA AWARD SCHEME

INTRODUCTION

This document comes into effect on 1st June 2023 and supersedes all previously published material.

KATA – DEFINITION

Kata are prearranged and abstract attack/defence choreographic forms, which represent the grammar of judo. The Kodokan Judo Institute (Kodokan) define kata as:

- “Formal movement pattern exercises containing idealised model movements illustrating specific combative principles”.

Source: Kodokan New Japanese-English Dictionary of Judo

THE KATA

KATA CERTIFICATION

The British Judo Association (BJA) provides certification for the following eight kata:

Kata	English Translation	Heritage
Nage-no-Kata	Forms of Throwing	Kodokan
Katame-no-Kata	Forms of Control	Kodokan
Kime-no-Kata	Forms of Decisive Techniques	Kodokan
Kodokan Goshin-jutsu	Kodokan Skills of Self-defence	Kodokan
Ju-no-Kata	Forms of Flexibility /Gentleness	Kodokan
Itsutsu-no-Kata	Forms of “Five”	Kodokan
Koshiki-no-Kata	Forms of Classics	Kodokan
(BJA) Gonosen-no-Kata	(BJA) Forms of Post-initiative Counterattack	Non-Kodokan

NAGE-NO-KATA – FORMS OF THROWING

Nage-no-Kata was established to help understanding of the theoretical basis of judo and learn the processes involved in Kuzushi, Tsukuri, Kake – that is how to assume the correct position for applying a throwing technique once the opponents balance has been broken, and how to apply and complete the technique.

Nage-no-Kata consists of 15 representative throwing techniques as follows, with each technique being executed from both sides (right and left).

Te-waza (Hand Techniques)

- Uki-otoshi (Floating drop)
- Seoi-nage (Back-carry throw)
- Kata-guruma (Shoulder wheel)

Koshi-waza (Hip Techniques)

- Uki-goshi (Floating hip throw)
- Harai-goshi (Sweeping hip throw)
- Tsurikomi-goshi (Lift-pull hip throw)

Ashi-waza (Leg Techniques)

- Okuri-ashi-harai (Sliding Foot Sweep)
- Sasae-tsurikomi-ashi (Supporting foot lift-pull throw)
- Uchi-mata (Inner thigh throw)

Ma-sutemi-waza (Supine Sacrifice Techniques)

- Tomoe-nage (Circular throw)

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- Ura-nage (Back throw)
- Sumi-gaeshi (Corner throw)

Yoko-sutemi-waza (Side Sacrifice Techniques)

- Yoko-gake (Side hook)
- Yoko-guruma (Side wheel)
- Uki-waza (Floating technique)

KATAME-NO-KATA (FORMS OF CONTROL)

Katame-no-kata consists of five (5) representative techniques each from the Osaekomi-waza, Shime-waza and Kansetsu-waza, the aim being the mastery of the theoretical basis for executing and evading each technique.

The 15 overall techniques of Katame-no-Kata are as follows:

Osaekomi-waza (Holds)

- Kesa-gatame (Scarf hold)
- Kata-gatame (Shoulder hold)
- Kami shiho-gatame (Upper four-corner hold)
- Yoko-shiho-gatame (Side locking four-corner hold)
- Kuzure-kami-shiho-gatame (Broken upper four-corner hold)

Shime-waza (Strangles & chokes)

- Kata-juji-jime (Half cross strangle)
- Hadaka-jime (Naked strangle)
- Okuri-eri-jime (Sliding collar strangle)
- Kataha-jime (Single wing strangle)
- Gyaku-juji-jime (Reverse cross strangle)

Kansetsu-waza (Locks)

- Ude-garami (Entangled armlock)
- Ude-hishigi-juji-gatame (Cross armlock)
- Ude-hishigi-ude-gatame (Straight arm armlock)
- Ude-hishigi-hiza-gatame (Knee armlock)
- Ashi-garami (Entangled leglock)

KIME-NO-KATA (FORMS OF DECISIVE TECHNIQUES)

Kime-no-Kata consists of twenty (20) techniques for attack and defence. Eight (8) are Idori techniques for use while seated, and twelve (12) are Tachiiai techniques for use when both people are standing. Studying Kime-no-Kata helps one understand and master the theoretical basis for attack and defence – allowing one to move quickly and apply the most appropriate techniques to control the opponent.

Kime-no-kata includes Atemi Waza, which are not used in Randori and regular practice is essential in order to understand the key locations and apply the atemi sharply.

The techniques of Kime-no-Kata are as follows:

Idori (Kneeling)

- Ryote-dori (Two-hand hold)
- Tsukkake (Stomach punch)
- Suri-age (Forehead thrust)
- Yoko-uchi (Side blow)
- Ushiro-dori (Hold from behind)
- Tsukkomi (Dagger thrust to stomach)
- Kiri-komi (Downward slash)
- Yoko-tsuki (Dagger thrust to side)

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Tachiai (Standing)

- Ryote-dori (Two-hand hold)
- Sode-tori (Sleeve grab)
- Tsukkake (Punch to face)
- Tsuki-age (Uppercut)
- Suri-age (Forehead thrust)
- Yoko-uchi (Side blow)
- Ke-age (Groin kick)
- Ushiro-dori (Hold from behind)
- Tsukkomi (Dagger thrust to stomach)
- Kiri-komi (Downward slash)
- Nuki-gake (Sword unsheathing)
- Kiri-oroshi (Downward cut)

KODOKAN GOSHIN-JUTSU (KODOKAN SKILLS OF SELF-DEFENCE)

Kime-no-kata was created around 1888 to study how to attack and defend. However, with changing lifestyles, a new kata, more suited to modern times, became needed. Therefore, in 1956, the Kodokan established Goshin-jutsu, a set of 21 self-defence techniques, divided into two categories – Toshu (against unarmed attack) and Buki (against armed attack).

The techniques of Kodokan Goshin-jutsu are as follows:

Toshu-no-bu (Unarmed section)

When held

- Ryote-dori (Two-hand hold)
- Hidari-eri-dori (Left-lapel hold)
- Migi-eri-dori (Right-lapel hold)
- Kata-ude-dori (Single-hand hold)
- Ushiro-eri-dori (Collar hold from behind)
- Ushiro-jime (Choke from behind)
- Kaka-e-dori (Seize and hold from behind)

When attacked from a distance

- Naname-uchi (Slanting strike)
- Ago-tsuki (Uppercut)
- Gammen-tsuki (Thrust-punch to face)
- Mae-geri (Front kick)
- Yoko-geri (Side kick)

Buki-no-bu (Armed section)

Tanto (Dagger)

- Tsukkake (Thrust)
- Choku-tsuki (Straight thrust)
- Naname-tsuki (Slanting stab)

Jo (Staff)

- Furi-age (Upswing against stick)
- Furi-oroshi (Downswing against stick)
- Morote-tsuki (Two-hand thrust against stick)

Kenshu (Pistol)

- Shomen-zuke (Pistol at the abdomen)
- Koshi-gamae (Pistol held at the side)
- Haimen-zuke (Pistol against the back)

JU-NO-KATA (FORMS OF NON-RESISTANCE)

Ju-no-Kata's gentle movements are designed to teach the fundamentals of attack and defence making it easier to learn the principals and movements of judo. Ju-no-Kata incorporates various movements such as bending, stretching, and twisting and is very

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effective in conditioning the body and developing it all-round. Ju-no-kata can be practiced by all without having to wear judogi.

The techniques of Ju-no-Kata are as follows:

Dai-ikkyo (Set 1)

- Tsuki-dashi (Hand thrust)
- Kata-oshi (Shoulder push)
- Ryote-dori (Two-hand hold)
- Kata-mawashi (Shoulder turn)
- Ago-oshi (Jaw push)

Dai-nikyo (Set 2)

- Kiri-oroshi (Downward cut)
- Ryokata-oshi (Two-shoulder push)
- Naname-uchi (Slanting strike)
- Katate-dori (One-hand hold)
- Katate-age (One-hand lift)

Dai-sankyo (Set 3)

- Obi-tori (Belt grab)
- Mune-oshi (Chest push)
- Tsuki-age (Uppercut)
- Uchi-oroshi (Downward strike)
- Ryogan-tsuki (Strike to both eyes)

ITSUTSU-NO-KATA – FORMS OF “FIVE”

Itsutsu-no-Kata is a “higher” theoretical kata that expresses the concepts of attack and defence in movements represented by natural phenomena. It is called “Itsutsu-no-Kata,” because it contains five different techniques – none of which has a specific official name.

Although it is often claimed that Itsutsu-no-Kata was developed by Jigoro Kano, the kata predates the founding of Kodokan Judo. It understood that Kano took it from an old school Tenjin Shin'yo-ryu jujutsu kata – merely importing it into judo after making some minor amendments. Itsutsu-no-Kata is considered unfinished.

The techniques of Itsutsu-no-Kata are:

- | | |
|--------------------------|---|
| • Ippon-me (Form One) | [Oshi-kaeshi (Continuous pushing)] |
| • Nihon-me (Form Two) | [Eige (Draw drop)] |
| • Sanbon-me (Form Three) | [Tomo-wakare (separation)] |
| • Yonhon-me (Form Four) | [Roin (Pulling tide)] |
| • Gohon-me (Form Five) | [Settsuka-no-wakare (Instant separation)] |

Note – the description in [...] is how the techniques are described in the original Tenjin Shin'yo-ryu jujutsu kata.

KOSHIKI-NO-KATA – FORMS OF CLASSICS

Koshiki-no-Kata preserves the kata of old school Kito-ryu jujutsu which Jigoro Kano studied before founding judo and is based on the throwing techniques executed by armour-clad warriors on the battlefield.

The first set, Omote, comprises 14 forms and should be executed at a rather slow and staccato pace, with the pauses between each throw well marked. The second set, Ura, consists of seven (7) forms and should be performed smoothly, boldly, swiftly and strongly without stopping between any of the techniques.

The techniques of Koshiki-no-Kata are as follows:

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Omote (Front)

- Tai (Ready posture)
- Yume-no-uchi (Dreaming)
- Ryoku-hi (Strength dodging)
- Mizu-guruma (Water wheel)
- Mizu-nagare (Water flow)
- Hiki-otoshi (Draw drop)
- Ko-daore (Log fall)
- Uchi-kudaki (Smashing)
- Tani-otoshi (Valley drop)
- Kuruma-daore (Wheel throw)
- Shikoro-dori (Grabbing the neckplates)
- Shikoro-gaeshi (Twisting the neckplates)
- Yu-dachi (Shower)
- Taki-otoshi (Waterfall drop)

Ura (Rear)

- Mi-kudaki (Body smashing)
- Kuruma-gaeshi (Wheel throw)
- Mizu-iri (Water plunge)
- Ryu-setsu (Willow snow)
- Saka-otoshi (Headlong fall)
- Yuki-ore (Snowbreak)
- Iwa-nami (Wave on the rocks)

(BJA) GONosen-NO-KATA (FORMS OF COUNTERATTACK)

Gonosen-no-kata is a kata which includes counters for a number of common throws. It is not recognised by the Kodokan and many judo federations have their own version. The Gonosen-no-Kata used by the British Judo Association (BJA) is, for clarity, called BJA Gonosen-no-Kata.

The techniques in BJA Gonosen-no-Kata are as follows:

- Osoto-gari c/b Osoto-gaeshi (Large outer reaping throw c/b Large outer reaping counter)
 - Hiza-guruma c/b Hiza-guruma (Knee wheel c/b Knee wheel)
 - Uchi-gari c/b Ni-dan-ko-soto-gari (Large inner reaping throw c/b Two step outer reap)
 - De-ashi-barai c/b Tsubame-gaeshi (Forward foot-sweep c/b Swallow counter)
 - Ko-soto-gake c/b Tai-otoshi (Small outer hook c/b Body drop)
 - Ko-uchi-gari c/b Sasae-tsurikomi-ashi (Small inner reap c/b Supporting foot lift-pull throw)
 - Tsuru-komi-goshi c/b Ushiro-goshi (Lift-pull hip throw c/b Back hip throw)
 - Koshi-guruma c/b Uki-goshi (Hip wheel c/b Floating hip)
 - Hane-goshi c/b Sasae-tsuru-komi-ashi (Hip spring c/b Supporting foot lift-pull throw)
 - Harai-goshi c/b Utsuri-goshi (Sweeping hip c/b Floating hip)
 - Uchi-mata c/b Uchi-mata-sukashi (Inner thigh throw c/b Inner thigh throw slip)
 - Ippon-seoi-nage c/b Sumi-gaeshi (Single back carry throw c/b Corner throw)
- c/b = countered by

There is no standard method of performing BJA Gonosen-no-Kata and considerable flexibility is allowed in its demonstration. Popular variants include:

- Uke attempts to throw Tori at normal speed, but Tori counters immediately at normal speed



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- Uke first throws Tori at normal speed, after which Uke attempts to throw again at normal speed, but Tori counters at normal speed
- Uke first throws Tori at normal speed, after which Uke attempts to throw again slowly/in slow motion but Tori counters both slowly/in slow-motion (demonstrating the precise counter technique) and then at normal speed

Additional degrees of freedom include:

- Movement – the techniques can be demonstrated statically or on the move
- Tori and Uke may change their position relative to the front, shomen, after each throw/counter pair

It is also acceptable to break BJA Gonosen-no-kata into sets of techniques with Tori and Uke pausing to tidy their judogi between the sets.

BJA KATA CERTIFICATION

STANDARDS

The BJA standard required for the Kodokan kata is as per the Kodokan standard shown on their instructional Kata films and described in the Kodokan Kata Textbooks. The Kata Textbooks are available from <http://kodokanjudoinstitute.org/en/waza/forms/textbook/>.

For BJA Gonosen-no-Kata, candidates are expected to show good judo principles, effective “taking of the initiative” and efficiency of throwing throughout their performance.

LEVELS OF CERTIFICATION

The BJA kata certification process is an excellent learning experience and can contribute to refining a judoka’s knowledge and skill.

The BJA Kata Awards are structured according to competence levels, with four levels of certificate available for passing candidates. The levels are as follows:

- Level 1 – (Previously Club Level)
- Level 2 – (Previously County Level)
- Level 3 – (Previously Area Level)
- Level 4 – (Previously National Level)

It is typically expected that a:

- Level 1 certificate would be awarded for a normal basic kata demonstration
- Level 2 certificate be awarded for a normal good kata demonstration
- Level 3 certificate be awarded for a rare, very good kata demonstration
- Level 4 certificate would only be awarded to those exhibiting exceptional kata skills

For Levels 1, 2 and 3 the certification process applies to the Tori role only, with candidates being required to perform only the Tori part of the kata.

For Level 4 certification, candidates are required to perform the kata in the role of Tori and the role of Uke.

CERTIFICATE REQUIREMENTS

All candidates for BJA Kata Certificates will normally be assessed by formal examination.

The pass mark percentages and the corresponding marks for each Level of certificate for each individual kata are detailed in the following table.

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Kata	Level 1 Pass = 65% Pass Mark	Level 2 Pass = 70% Pass Mark	Level 3 Pass = 75% Pass Mark	Level 4 Pass = 80% Pass Mark
Nage-no-Kata	117	126	135	144
Katame-no-Kata	117	126	135	144
Kime-no-Kata	150	161	173	184
Kodokan Goshin-jutsu	156	168	180	192
Ju-no-Kata	117	126	135	144
Itsutsu-no-Kata	52	56	60	64
Koshiki-no-Kata	156	168	180	192
BJA Gonosen-no-Kata	98	105	113	120
Awarded for	Normal Basic Kata Skills	Normal Good Demonstration	Rare Very Good Demo.	Exceptional Kata Skills
Candidate role(s)	Tori	Tori	Tori	Tori & Uke

KATA MARKING GUIDELINES

The marking guidelines for each technique in any given kata are shown in the following table. The assessor gives marks in increments of one (1) based on their own judgment against these guidelines.

MARKING CRITERIA FOR BJA KATA EXAMINATIONS		
Score	Summary	Criteria
10	Perfect	Perfect execution of the technique showing skill, spirit, control, timing and smoothness, as well as progression of kuzushi, tsukuri and kake
9	Excellent	Displays and shows a close to perfect execution (perhaps lacking slightly in smoothness or spirit)
8	Very, Very Good	Displays a greater degree of skill and spirit, shows smooth execution with harmony and correct timing
7	Very Good	Displays more skill, beginning to have harmony, showing smoothness and correct timing
6	Good	Basically, correct technique without any major or minor inaccuracies
5	Fairly Good	A few minor inaccuracies, but generally correct technique
4	Fair	A few major inaccuracies, and/or several minor inaccuracies
3	Poor	Numerous significant inaccuracies, poorly performed
2	Fairly Poor	Completely incorrect movements within the technique
1	Very Poor	Numerous major and minor inaccuracies, unrecognisable movements and technique, significant lack of skill
0	Totally Wrong	Omitted technique or totally unrelated technique

KATA EVALUATION

The following elements will form the basis of kata evaluation:

- Understanding of the fundamentals of the kata being demonstrated
- Focus of technique
- Spirit - proper mental concentration, decorum, and character
- Timing and tempo
- Posture, balance and body control

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- Smooth and fluid body movement
- Movement and transition between techniques
- Correct application of power and strength

KATA EXAMINATION GUIDELINES

Candidates

- All kata demonstrations should be prepared properly over a period of time and candidates may present themselves to be examined every six (6) calendar months in any given kata.
- Candidates undertaking examinations for BJA Kata Awards must only be examined for one Level at time commencing at Level 1. "Fast Tracking" in terms of time at a Level, or jumping a Level, will not normally be permitted. However, in exceptional circumstances, an application for consideration may be made to the BJA Kata Commission.
- Kata examinations may be undertaken on the day of a Kata Course or on a separate occasion. It is a BJA requirement that in order to provide a true reflection of retained knowledge and understanding candidates must have attended a relevant Kata Course at least 1 month prior to the exam or have carried out an equivalent amount of practice and preparation.
- At the conclusion of the examination the candidates will be informed of the result immediately.
- Candidates who are unable to fully demonstrate any of the kata techniques due to age or infirmity can be assessed on their reduced ability. Alternatively, such candidates can use 2 judoka that they have coached, to demonstrate the Kata techniques so that they may discuss with the examiner the major points and principles of the Kata being examined.

Examiners

- It is requested that wherever possible the Kata Examiner is not the Tutor who delivered the preparatory course.
- It is important that Kata Examination forms are completed properly and in a legible fashion ensuring that all details are correct.
- There is a Fee for the issue of each BJA Kata Certificate of £10 (Ten Pounds) per certificate and Cheques for payment should be made payable to: "British Judo Association".
- Completed Kata Examination forms and the associated cheque(s) should be forwarded to the: Kata Registrar, British Judo Head Office, University of Wolverhampton (Walsall Campus), Gorway Road, Walsall. WS1 3BD.
- The BJA office will ratify the award and issue the appropriate BJA Kata Certificate directly to the candidate.
- The BJA Kata Commission will audit and review the Kata examination process and control the issue of BJA Kata Certificates.

APPOINTMENT OF BJA KATA EXAMINERS AND JUDGES

CLASSES OF KATA EXAMINER

The BJA will appoint suitably knowledgeable and experienced judoka as kata examiners to conduct examinations for BJA kata awards.

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There will be two classes of BJA kata examiner.

- Kata Examiner
- Senior Kata Examiner

RESPONSIBILITY

BJA Kata Examiners and Senior Kata Examiners have a responsibility to examine and certify kata to the correct standards and to be actively involved in developing kata within the BJA.

KATA EXAMINER REQUIREMENTS

Those wishing to become a BJA Kata Examiner should be actively involved in kata and must meet the following requirements:

- Be aged 20 or above
- Hold a BJA grade of at least 1st Dan
- Hold, as minimum, a valid BJA Level 1 Coaching qualification
- Be certified to at least Level 2 (previous County Level) in Nage-no-kata
- Be certified to at least Level 2 (previous County Level) in Katame-no-kata

Subject to a satisfactory application the candidate will be appointed as a BJA Kata Examiner after they have successfully attended a training workshop, or completed equivalent training, to the satisfaction of the BJA Kata Commission.

Kata training will be the responsibility of the Kata Examiner's own personal development, with formal Continuous Personal Development (CPD) in particular aimed at the examination process provided bi-annually at the Kata Examiners' Conference.

SENIOR KATA EXAMINER REQUIREMENTS

Those wishing to become a BJA Senior Kata Examiner should be actively involved in kata and must meet the following requirements:

- Be aged 21 or above
- Hold a BJA grade of at least 1st Dan
- Hold, as minimum, a valid BJA Level 1 Coaching qualification
- Held appointment as a BJA Kata Examiner for at least one year
- Hold Level 2 Certificates in two other Kodokan kata, one of which must be a combat kata i.e. Kime-no-Kata or Kodokan Goshin-jutsu
- Hold 2 out of 3 BJA Kata Course Attendance Certificates for the other Kodokan kata, if not already certificated in

Subject to a satisfactory application the candidate will be appointed as a BJA Senior Kata Examiner after they have successfully attended a training workshop, or completed equivalent training, to the satisfaction of the BJA Kata Commission.

Kata training will be the responsibility of the Senior Kata Examiner's own personal development, with relevant formal CPD provided bi-annually at the Kata Examiners' Conference.

AUTHORISATION

BJA Kata Examiners are authorised to examine and certify Nage-no-kata, Katame-no-kata and BJA Gonosen-no-kata at Level 1, Level 2 and Level 3

BJA Senior Kata Examiners are authorised to examine and certify all Kodokan kata and Gonosen-no-kata at Level 1, Level 2 and Level 3. However, it is anticipated that they only examine the kata in which they hold a BJA Kata Certificate, with a relevant BJA Kata Course Attendance Certificate being the minimum requirement.

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REVALIDATION

Revalidation of the BJA Kata Examiner and Senior Kata Examiner award is every three years. Revalidation is automatic for all that attend the bi-annual BJA Kata Conference.

The Kata Commission will also revalidate, on an individual basis, those examiners unable to attend the Conference that have had a level of activity deemed appropriate by the Commission. This activity will be supported by the submission of their Record Card. Where there is any doubt of activity, the Commission may appoint a suitably qualified person to carry out a revalidation assessment.

Under other special circumstances, the BJA Kata Commission can recommend and authorise revalidation.

NATIONAL KATA JUDGES

The BJA will appoint suitably qualified and experienced judoka as National Kata Judges to officiate at BJA kata competitions. It is normally expected that such judoka will already be active BJA Senior Kata Examiners. Subject to a satisfactory application the candidate will be appointed as a National Kata Judge after successful assessment at a BJA Kata tournament.

Current kata competitors may be appointed as BJA National Kata Judges, although they may not judge and compete in the same tournament.

Training will be provided by the Kata Commission on the BJA judging process and additional training may be obtained from the European Judo Union and the International Judo Federation on their kata judging systems.

AUTHORISATION

BJA National Kata Judges are authorised to judge at all levels of BJA Kata tournaments. They are also authorised to examine and certify all Kodokan kata and BJA Gonosen-no-kata at Level 1, Level 2, Level 3, and **Level 4**.

REVALIDATION

The revalidation process for BJA National Kata Judges is identical to that for BJA Kata Examiners and Senior Kata Examiners.