



Nage-No-Kata

Tori: _____

Uke: _____

Rank: _____

Rank: _____

Club: _____

Club: _____

Grading: 0-10

0	1-2	3-4	5	6-7	8-9	10
Omitted	Very Poor	Poor	Average	Good	Very Good	excellent

Waza	Technique	Right	Left
I. Te Waza	1. Uke-otoshi		
	2. Seoi-nage		
	3. Kata-garuma		
II. Koshi Waza	4. Uki-goshi		
	5. Harai-goshi		
	6. Tsurikomi-goshi		
III. Ashi Waza	7. Okuri-ashi-harai		
	8. Sasae-tsukurikomi-ashi		
	9. Uchimata		
IV. Masutemi Waza	10. Tomoe-nage		
	11. Ura-nage		
	12. Sumi-otoshi		
V. Yokosutemi Waza	13. Yoko-gake		
	14. Yoko-guruma		
	15. Uki-waza		
Total			

Judge: _____

Recorder: _____



COLLEGE PARK
JUDO CLUB

Katame-No-Kata

Shufu
Judo

Tori: _____

Uke: _____

Rank: _____

Rank: _____

Club: _____

Club: _____

Grading: 0-10

0	1-2	3-4	5	6-7	8-9	10
Omitted	Very Poor	Poor	Average	Good	Very Good	excellent

I. Osae Waza	1. Kesa-gatame	
	2. Kata-gatame	
	3. Kamishio-gatame	
	4. Yokoshio-gatame	
	5. Kuzure-kamashio-gatame	
II. Shime Waza	6. Katajuji-jime	
	7. Hadaka-jime	
	8. Okuri-erie-jime	
	9. Kataha-jime	
	10. Gyaku-juji-jime	
III. Kansetsu Waza	11. Ude-garame	
	12. Ude-hishigi-juji-gatame	
	13. Ude-hishigi-ude-gatame	
	14. Ude-hishigi-hiza-gatame	
	15. Ashi-garami	
Total		

Judge: _____

Recorder: _____



COLLEGE PARK
JUDO CLUB

Ju-No-Kata

Shufu
Judo

Tori: _____

Uke: _____

Rank: _____

Rank: _____

Club: _____

Club: _____

Grading: 0-10

0	1-2	3-4	5	6-7	8-9	10
Omitted	Very Poor	Poor	Average	Good	Very Good	excellent

I	1. Tsuki-dashi	
	2. Kata-oshi	
	3. Ryote-dori	
	4. Kata-mawashi	
	5. Ago-oshi	
II	6. Kiri-oroshi	
	7. Ryo-kata-oshi	
	8. Naname-uchi	
	9. Katate-dori	
	10. Katata-age	
III	11. Obi-tori	
	12. Mune-oshi	
	13. Tsuki-age	
	14. Uchi-oroshi	
	15. Ryogan-tsuki	
Total		

Judge: _____

Recorder: _____



Kime-No-Kata

Tori: _____

Uke: _____

Rank: _____

Rank: _____

Club: _____

Club: _____

Grading: 0-10

0	1-2	3-4	5	6-7	8-9	10
Omitted	Very Poor	Poor	Average	Good	Very Good	excellent

I. Idori	1. Ryote-dori (two handed hold)	
	2. Tsukkake (Stomach Punch)	
	3. Suri-age (Forehead Thrust)	
	4. Yoko-uchi (Side Blow)	
	5. Ushiro-dori (Hold from Behind)	
	6. Tsukkomi (Dagger Thrust to Stomach)	
	7. Kiri-komi (Downward Slash)	
	8. Yoko-tsuki (Dagger Thrust to Stomach)	
II. Tachiai	1. Ryote-dori (Two Handed Hold)	
	2. Sode-dori (Sleeve Grab)	
	3. Tsukkake (Punch to Face)	
	4. Tsuki-age (Upper cut)	
	5. Suri-age (Forehead Thrust)	
	6. Yoko-Uchi (Side Blow)	
	7. Keage (Groin Kick)	
	8. Ushiro-dori (Hold from Behind)	
	9. Taukkomi (Dagger Thrust to Stomach)	
	10. Kiri-komi (Downward Slash)	
	11. Nuki-gake (Sword Unsheathing)	
	12. Kiri-oroshi (Downward Cut)	
Total		
Total / 20		
Net		

Judge: _____

Recorder: _____



COLLEGE PARK
JUDO CLUB

Goshin-Jitsu-Kata

Shufu
Judo

Tori: _____

Uke: _____

Rank: _____

Rank: _____

Club: _____

Club: _____

Grading: 0-10

0	1-2	3-4	5	6-7	8-9	10
Omitted	Very Poor	Poor	Average	Good	Very Good	excellent

I. Unarmed Close-in Attacks by Holding	1. Ryote-dori (two handed hold)	
	2. Hidari-eri-dori (left lapel hold)	
	3. Migi-eri-dori (right lapel hold)	
	4. Kata-ude-dori (single hand hold)	
	5. Ushiro-eri-dori (back collar hold)	
	6. Ushiro-jime (rear choke)	
	7. Kake-dori (rear seizure)	
	8. Yoko-tsuki (Dagger Thrust to Stomach)	
II. Unarmed Attack at a Distance	1. Naname-uchi (Slanting strike)	
	2. Ago-tsuki (Upper cut)	
	3. Gammen-tsuki (thrust punch or jab)	
	4. Mae-geri (front kick)	
	5. Yoko-gere (Side kick)	
II. Armed Attack - Knife	1. Tsukkake (Close in trust)	
	2. Choku-zuki (straight thrust)	
	3. Naname-zuki (slanting stab)	
II. Armed Attack - Stick	1. Furiage (upswing against a stick)	
	2. Furioroshi (downswing against a stick)	
	3. Morote-zuki (two handed thrust)	
II. Armed Attack - Gun	1. Shomen-zuki (pistol held to abdomen)	
	2. Koshi-gamae (pistol at side)	
	3. Haimen-zuke (piston against the back)	
Total		

Judge: _____

Recorder: _____