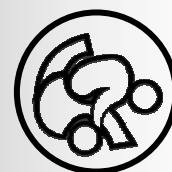




SAMURAI JUDO CLUB



British Kata Championships 2019

Sunday 13th October 2019

Samurai Judo Club, Zortech Avenue, Kidderminster DY11 7DY

The BJA has a new kata organisation, under the auspices of the National Promotions Commission. There is a drive to revitalise British Kata and this event is being held in a new way and with much greater emphasis on development and feedback. We want to make this a more friendly, welcoming event where players enter to improve their skills.

Medals and feedback

All kata will gain a final overall score, which will be published.

Higher scores will fall into one of three levels: Bronze (good), Silver (excellent) or Gold (outstanding).

Players will receive medals according to the level they attain. Those not reaching bronze level or above will receive certificates of participation. The pair in each adult and youth section gaining the highest score will be acclaimed British Champions. In the event of a tie, the senior judge will decide.

All kata will be video recorded. After the end of the event, judges will be allocated to pairs to give feedback using the video. (Players who bring a data stick can download the footage and take it home with them.) Selected adult players of very high standard and experience may be invited to assist in judging the youth section and/or feedback to pairs in the youth section.

Categories

ADULTS:	Nage-no-kata Ju-no-kata	Katame-no-kata Kodokan Goshin-jutsu	Gonosen-no -kata Kime-no-kata
YOUTH (Under 15 years on the day):	Nage-no-kata	Katame-no-kata	

Youth Players wishing to present other kata than Nage- or Katame- may enter adult sections.

Limitations to Youth kata:

1. Nage-no-kata will be first 3 sets only, excluding kata guruma. After seoinage, players should return to tidy kits and then continue as normal into set 2.
2. Katame-no-kata: first two sets only.

<u>Book-In:</u>	All adult kata:	9.00-9.30 am.
	Youth (U15) kata:	1.00-1.30 pm.

Standards

The standards for Nage- and Katame-no-kata are the Malaga videos.

The standards for Ju-no-kata, Kime-no-kata and Kodokan Goshin-jutsu are the Kodokan videos.

The Gonosen-no-kata will be the new BJA standard version developed by the then Kata Working Party some years ago. See next page for full details.

Marking

Each technique will be scored out of 10. The score will be given for effectiveness of technique and compliance to kata standard. A technique omitted will score zero. There will be additional marks out of 10 for opening and closing etiquette. The EJU marking system will not be used.

Gonosen-no-kata

Set One

- | | | | |
|----|---------------|--------------|----------------------|
| 1. | O-soto-gari | countered by | O-soto-gaeshi |
| 2. | Hiza-guruma | countered by | Hiza-guruma |
| 3. | O-uchi-gari | countered by | Nidan-ko-soto-gari |
| 4. | De-ashi-barai | countered by | Tsubami-gaeshi |
| 5. | Ko-soto-gake | countered by | Tai-otoshi |
| 6. | Ko-uchi-gari | countered by | Sasae-tsurikomi-ashi |

Set Two

- | | | | |
|-----|-----------------|--------------|----------------------|
| 7. | Tsurikomi-goshi | countered by | Ushiro-goshi |
| 8. | Koshi-guruma | countered by | Uki-goshi |
| 9. | Hane-goshi | countered by | Sasae-tsurikomi-ashi |
| 10. | Harai-goshi | countered by | Utsuri-goshi |
| 11. | Uchi-mata | countered by | Uchi-mata-sukashi |
| 12. | Ippon-seoinage | countered by | Sumi-gaeshi |

Kubi-nage has been replaced with Tsurikomi goshi and the counter to uchi-mata has been changed to Uchi-mata-sukashi. Some other techniques have been renamed as per modern names, but are essentially the same.

In Uchi-mata-sukashi, tori sidesteps the Uchi-mata attack and counters with a hand throw. The positional placement of tori's foot is not critical as this is essentially a hand throw.

The opening and closing protocol is the same as Nage-no-kata. The player performing the initial throw (for clarification, this player is termed uke) should have joseki to his/her right. After opening protocols, the players should be 4m apart. Both players should then approach the centre of the mat, take hold and commence.

Between the two sets and at the end of set two, tori and uke turn away from each other and adjust kits at a distance of 4 metres from each other, as in Nage-no-kata.

For each technique:

1. Uke throws tori
2. Uke attacks tori and is countered in slow motion
3. Uke attacks tori and is countered at normal speed.

Demonstration of techniques takes place in the centre of the area, ie within 2m of the centre of the mat area. After having been thrown uke and tori use the same method of standing as used in set one of Nage-no-kata.

Precise foot patterns and movement are left to uke and tori. The kata will be assessed on the effectiveness of the techniques, including movement.

Definition of "slow motion" is simply that it should be significantly slower than normal speed.

Gonosen-no-kata is not a Kodokan kata and so no overall standard exists. This allows uke and tori to develop a more individual kata to suit their size and shape. Judges will assess the kata on the quality of the techniques (both uke and tori), plus a score out of 10 for each of opening and closing etiquette. Each technique must be recognisable as the technique in question, but beyond that flexibility is fine. For example, the uchimata could be deep hip or outside Uchi-mata, but the Ippon-seoinage cannot be morote-seoinage.

A video example of this Gonosen-no-kata can be found at www.samurai.org.uk

However, this should NOT be taken as the standard, merely an example of a possible version.

British Kata Championships 2019

Sunday 13th October 2019

Samurai Judo Club, Zortech Avenue, Kidderminster DY11 7DY

ENTRY FORM

Eligibility: All competitors must have a current BJA licence or equivalent.

Entry

Entry fee: adult kata £20 per pair; U15 kata £14 per pair. Cheques payable to: SAMURAI JUDO CLUB. Spectators free.
Closing date for entries: 4th October. Payment on the day subject to £2 surcharge per player.
All pairs **MUST** enter before the day so that paperwork can be prepared.

Entries to: Andrew Haffner, 2 Conifer Heights, Knightwick, Worcs WR6 5PP.

Alternatively enter and pay online instantly, go to www.onlineentries.co.uk/samurai.

Enquiries: Andrew Haffner Tel: 01886 821087 or 0776 1122977 e-mail: samurajudoclub@yahoo.co.uk,
website: www.samurai.org.uk. For contact in case of emergency on day of event only: 0776 1122977.

Postal Entry Form — British Kata C'ships

Club: _____

BJA Area: _____ Association (if not BJA): _____

Telephone: _____ E-Mail: _____

Please note: it is essential that we have contact information so that we can get in touch if we need to.

Name (tori)	Name (uke)	Age (tori)	Age (uke)	Kata

Entry fee: adult kata £20 per pair; U15 kata £14 per pair. Cheques payable to: SAMURAI JUDO CLUB. Spectators free.
Entries to: Andrew Haffner, 2 Conifer Heights, Knightwick, Worcs WR6 5PP.