



BRITISH JUDO COUNCIL

Nage-No-Kata Evaluation Sheet



Candidates Name _____ Age _____ Grade _____ Venue _____

Requirement Circle one only	Contest	Non-contest	Club Coach	Shudoshadai	Ichi	Ni	San
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TORI - UKI Circle as appropriate		Very Good	Good	Satisfactory	Needs Improvement	Comments
Opening & Closing Kata						/ = Right side \ = Left side
First Set TE-WAZA Hand Techniques	UKI-OTOSHI Floating drop					
	KATA-SEOI-NAGE Single arm shoulder throw					
	KATA-GURUMA Shoulder wheel					
Second Set KOSHI WAZA Loin Techniques	UKI-GOSHI Floating hip					
	HARAI-GOSHI Sweeping loin					
	TSURI-KOMI-GOSHI Resisting hip					
Third Set ASHI-WAZA Foot & Leg Techniques	OKURI-ASHI-HARAI Sweeping ankle					
	SASAE-TSURI-KOMI-ASHI Propping drawing ankle					
	UCHI-MATA inner thigh					
Fourth Set MA-SUTAMI-WAZA Rear Sacrifice Techniques	TOMOE-NAGE Stomach throw					
	URA-NAGE Rear throw					
	SUMI-GAESHI Corner throw					
Fifth Set YOKO-SUTEMI-WAZA Side Sacrifice Techniques	YOKO-GAKE Side dash					
	YOKO-GURUMA Side wheel					
	UKI-WAZA Floating throw					

Club coach first three sets as Tori & Uki				3	= Failure
2nd Kyu	1st Set			3	= Failure
1st Kyu	1st & 2nd Set			4	= Failure
1st Dan	Complete			5	= Failure
2nd Dan	Not Required				
3rd Dan	Complete			5	= Failure
4th Dan	Candidates Choice			3	= Failure
5th Dan	Assessor's Choice			3	= Failure
Shudoshadai Ichi all as Tori				4	= Failure
Shudoshadai Ni all as Tori & Uki				5	= Failure
Shudoshadai San all as Tori & Uki				3	= Failure

Assessors Name _____ Assessors Grade _____ Date _____

Assessors Signature _____

BJC Membership Number _____