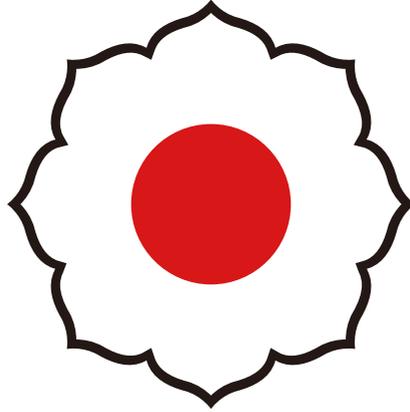


講道館



講道館形教本

Kodokan **KATA** Textbook

投の形 Nage-no-Kata

English translated version

Official translation of the Japanese original
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Nage-no-Kata

Adopted on April 10th, 1960
Amended on November 1st, 2005

Introduction

Nage-no-Kata, also called “*Randori-no-Kata*”, was created to help *Judo* students understand the principles and master the basic techniques of *Nage-waza* used in *Randori*. It is made up of three representative techniques selected from *Te-waza*, *Koshi-waza*, *Ashi-waza*, *Ma-sutemi-waza* and *Yoko-sutemi-waza* to practice for both left and right sides in each technique. Basis of throwing techniques is acquired by practice of *Kuzushi*, *Tsukuri*, *Kake* and how to receive the technique on each technique.



Nage-no-Kata: Names of the techniques

1. Te-waza

- 1. Uki-otoshi*
- 2. Seoi-nage*
- 3. Kata-guruma*

2. Koshi-waza

- 1. Uki-goshi*
- 2. Harai-goshi*
- 3. Tsurikomi-goshi*

3. Ashi-waza

- 1. Okuri-ashi-harai*
- 2. Sasae-tsurikomi-ashi*
- 3. Uchi-mata*

4. Ma-sutemi-waza

- 1. Tomoe-nage*
- 2. Ura-nage*
- 3. Sumi-gaeshi*

5. Yoko-sutemi-waza

- 1. Yoko-gake*
- 2. Yoko-guruma*
- 3. Uki-waza*



Considerations for Practice

Both *Tori* and *Uke* take care to perform the *Kata* in about the center of the *Dojo* without a pause in each movement although each description is divided into Movement 1, Movement 2 and Movement 3 for the convenience of explanation.

They take care of *Judogi* no to be disarrayed badly during their performance and adjust it after completing each set of three techniques while returning to their initial positions.

Tori and *Uke* keep in mind to harmonize when they turn around their bodies to face each other without facing their backs of bodies toward *Shomen*.

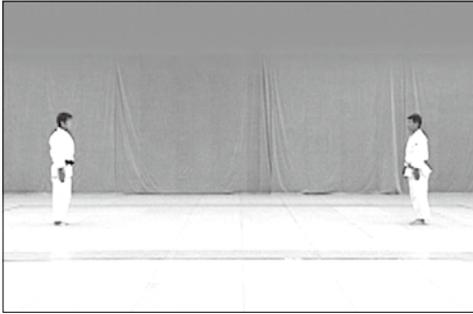


Beginning formalities

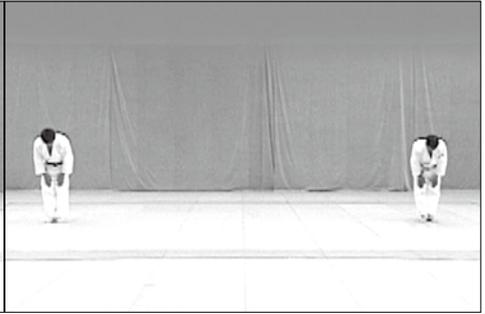
At the beginning, *Tori* and *Uke* stand upright facing each other in a distance of about 5.5m (about 3 *ken*), while *Tori* stands on the left side and *Uke* on the right side toward *Shomen* (Photo 1). Both turn to face *Shomen* to make standing bows toward *Shomen* simultaneously (Photo 2) and turn to face each other to make seated bows (Photos 3, 4, 5- ①② , 6- ①②).

Then, after rising together, both *Tori* and *Uke* simultaneously take one step forward from their left feet to take *Shizen-hontai* (Photo 7) and further move forward quietly to begin *Te-waza*.





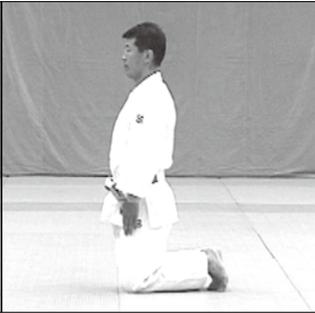
(Photo 1)



(Photo 2)



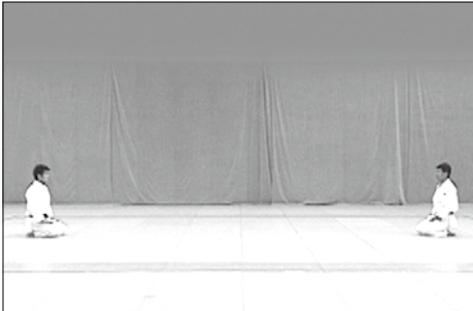
(Photo 3)



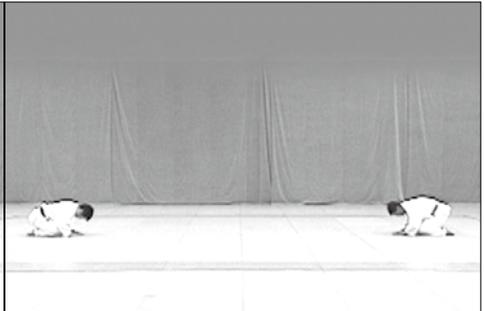
(Photo 4)



(Photo 5- ①)



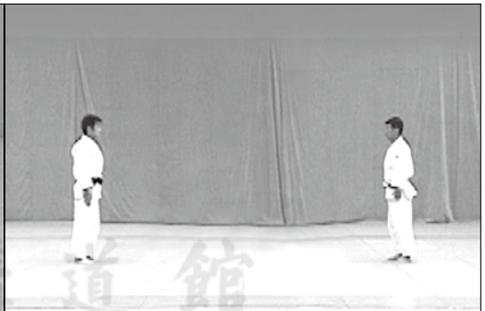
(Photo 5- ②)



(Photo 6- ①)



(Photo 6- ②)



(Photo 7)