

## KIME-NO-KATA.

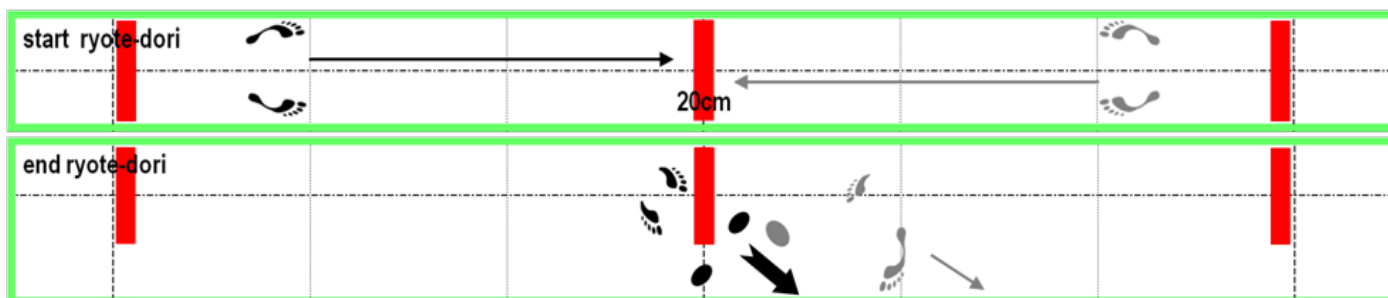
General elements to be observed	Mis
Omitted technique.	F
Tori changes the sequence of the techniques.	F
Reverse starting position in the opening ceremony, than each technique.	F
Bad execution or wrong technique.	B
Loss of the belt.	B
Loss of control.	B
Loss of weapons.	B
Tori decides the starting position and waits for uke (especially in idori, where he reaches his quickly, sits and waits); uke takes the right distance.	M
Way of correctly placing and collecting the weapons.	M
Distance .	M
Idori: during attack action the feet are required to be up on the toes, except for ryote-dori.	M
Tori's displacement when performing an arm lock: right foot - left foot - right foot / left foot - right foot - left foot.	M
Direction when performing a technique.	M
Weapons use (each technique).	M
Loss of bondages during the execution, in closing ceremony.	M
Effectiveness and realism, each technique.	M
Kiai absent.	M
Distance for the attack.	S/M
Kiai.	S
Tori looks straight to his front when performing an arm lock.	S
Changing pace.	S
Submitting (beating twice).	S
Imperfection.	S

### 1. Opening ceremony.



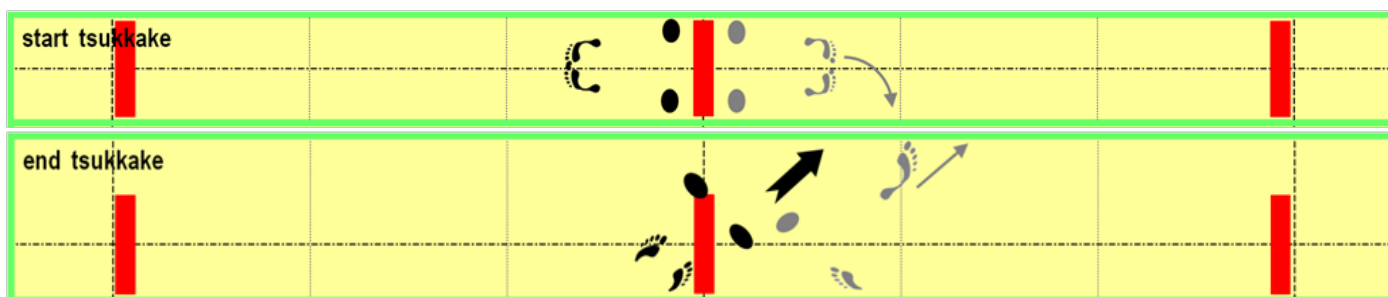
Elements to be observed	Mis
Starting distance 8m/10m.	M
Movement to the bow.	S/M
Greeting, 6m.	M
Judogi and belt (t-shirt).	M
Way of correctly placing and collecting the weapons. Dagger inside, sword outside, cutting edge upwards pointing down diagonally, right side. Before the bow between tori and uke (at the beginning and at the end of the kata), uke lays his weapons on the mat to his right (first the sword, then the dagger), parallel to his leg with the cutting edge towards him (dagger hilt in line with the sword guard). Uke then picks up his weapons (first the dagger, then the sword) and stands, turns around and walks about 1.8m, sits and holds the weapons vertically in front of him, then lays the weapons on the mat, parallel to the tatami line. The dagger should be on the inside, both cutting edges towards him, both hilts towards shomen.	S/M
Movement to 4m shizen-hontai.	S/M

## 2. Ryote-dori.



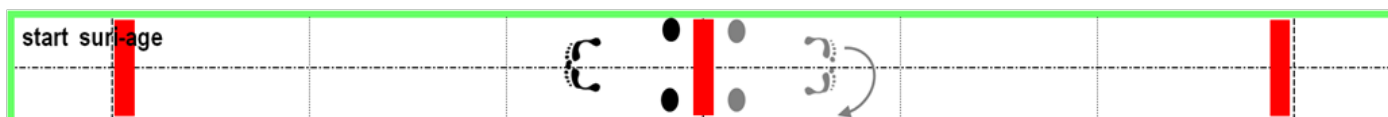
Elements to be observed	Mis
Tori and uke moves to the center about 90cm.	S/M
Both on the knees and moves to hiza-zume, tori 10cm behind the center (about 20cm).	M
Uke about 20cm distance.	M
Uke grips tori's wrists without coming on his toes ( <b>kiai</b> ).	S/M
Tori comes up on his toes, lets his both knees together and kicks uke in the solar plexus ( <b>kiai</b> ), then with right knee down on the mat and left knee raised, takes hold of uke's left wrist and turns to his left, pulling the left arm forward diagonally and trapping it under his right armpit.	S/M
While pulling, pressure is applied to the elbow in the arm lock ude-hishigi-waki-gatame.	S/M
Uke should stay on his knees and pat tori's leg twice to indicate submitting.	S/M
Tori release the control.	S/M

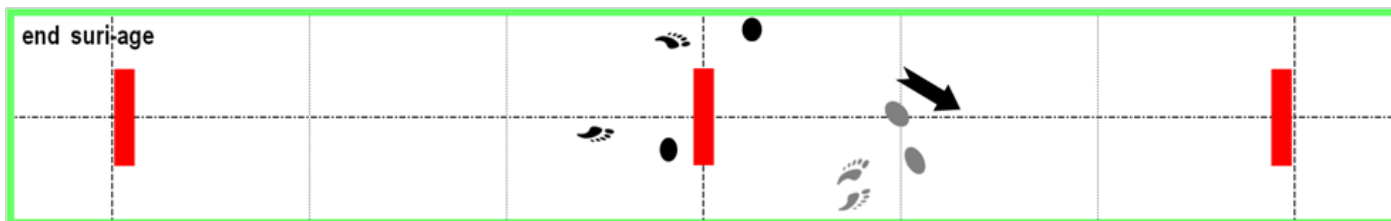
## 3. Tsukkake.



Elements to be observed	Mis
Tori and uke moves to the center.	S/M
Tori 10cm behind the center.	M
Uke about 20cm distance.	M
Uke comes up on toes and attempts to punch with reversed right fist at tori's solar plexus ( <b>kiai</b> ).	S/M
Tori: quickly comes up on his toes and pivots 90 ° to his right on his left knee, his right knee up, deflects the lunge with his left hand, pulls to break uke's balance forward and does atemi with his reversed right fist between uke's eyebrows ( <b>kiai</b> ).	S/M
Tori: grabs uke's right wrist, pulling it to his right hip and holds the wrist against his thigh, reaches round uke's neck to grab the right lapel with his left hand. He moves forward two steps diagonally and applies a ude-hishigi-hara-gatame arm lock and strangle at the same time.	S/M
Uke should stay on his knees and pat the mat twice to indicate submitting.	S/M
Tori release the control.	S/M

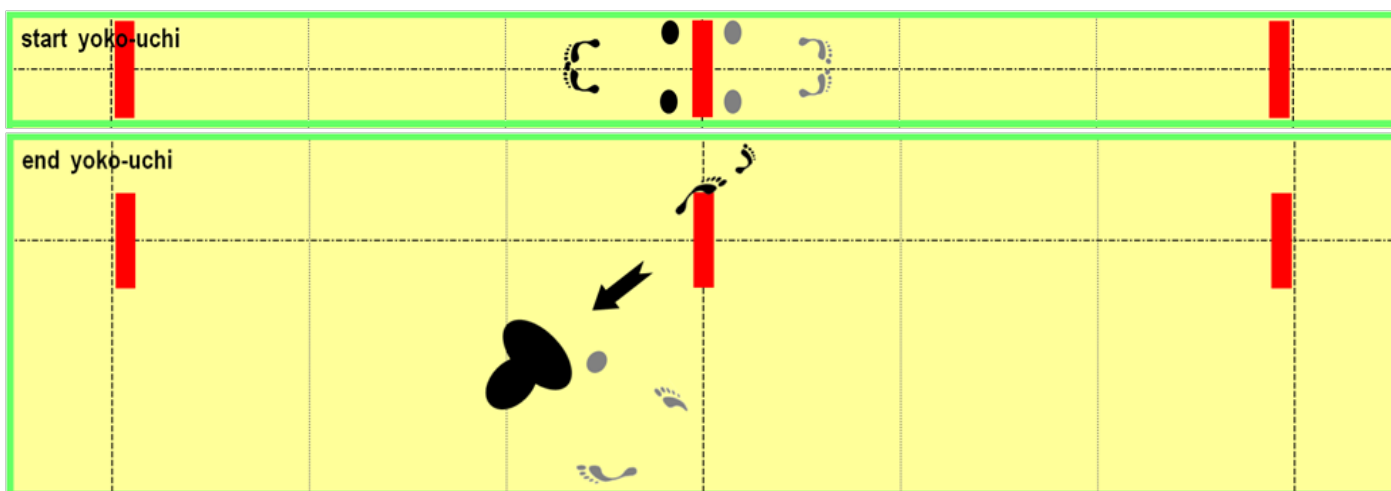
## 4. Suri-age.





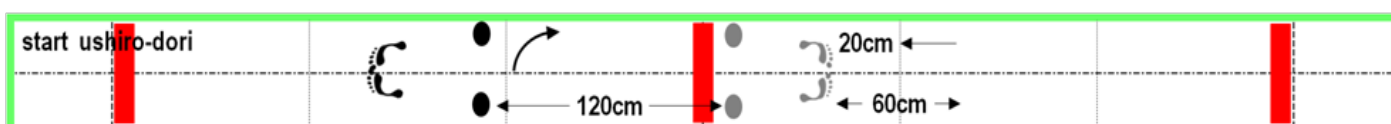
Elements to be observed	Mis
Tori and uke moves to the center.	S/M
Tori 10cm behind the center.	M
Uke about 20cm distance.	M
Uke: comes up on toes, attempts to thrust with the palm of his right open hand at tori's forehead ( <b>kiai</b> ).	S/M
Tori: quickly comes up on toes, with his right hand he defends and then grabs uke's wrist, his left hand is reversed under uke's armpit, he kicks uke in the solar plexus ( <b>kiai</b> ).	S/M
Tori then pivots to turn around, pulling uke's face down onto the mat. He pushes uke's arm forward (palm of his hand downward), steps forward twice on his knees (left/right) and places his left knee on the back of Uke's elbow to do an arm lock by pulling up his hand.	S/M
Uke pats the mat twice to indicate submitting.	S/M
Tori release the controle.	S/M

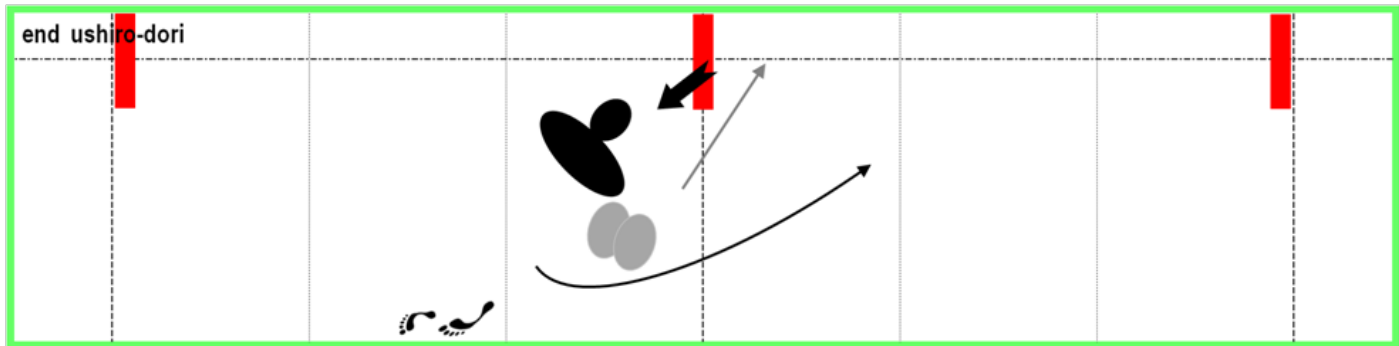
### 5. Yoko-uchi.



Elements to be observed	Mis
Tori and uke moves to the center.	S/M
Tori 10cm behind the center.	M
Uke about 20cm distance.	M
Uke comes up on his toes and attempts to strike at tori's left temple with his right fist ( <b>kiai</b> ).	S/M
Tori: quickly comes up on his toes, avoids the blow by ducking under uke's right arm, raising his right arm, he steps forward onto his right foot holding uke as in kata-gatame.	S/M
Tori presses against uke's back with his left hand and pushes uke backwards and over on to his back stepping forward onto his left foot. He presses uke's right elbow towards his face (right knee on the mat, left knee up), strikes uke in the solar plexus with his elbow (open hand) ( <b>kiai</b> ).	S/M
Uke does not pats on the mat.	S/M
Tori release the control.	S/M

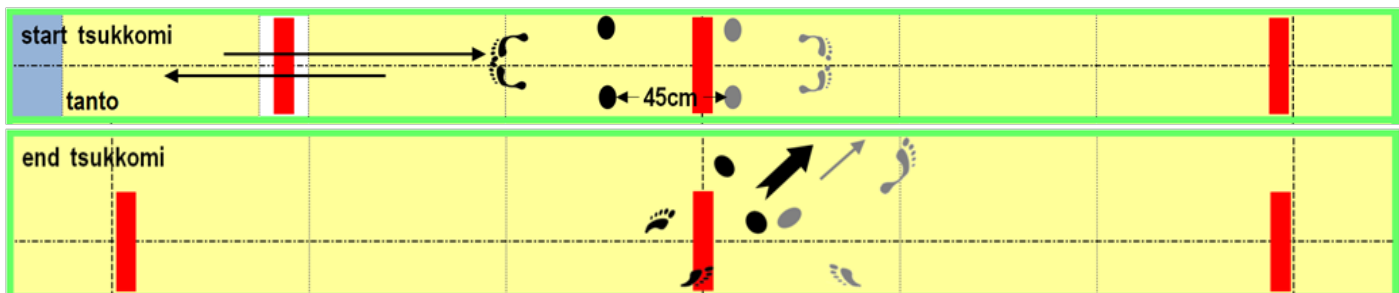
### 6. Ushiro-dori.





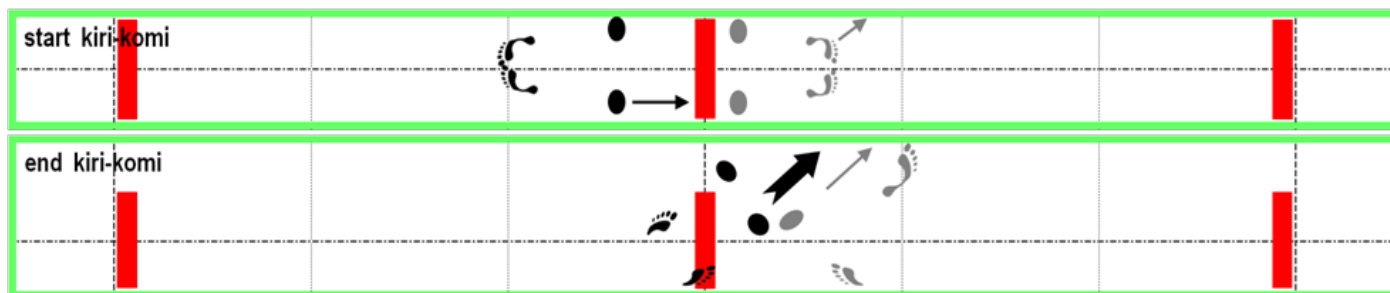
Elements to be observed	Mis
Tori and uke moves to the center.	S/M
Tori 10cm behind the center.	M
Uke: after yoko-uchi, he sits in to-ma (about 1.2 m) facing tori before standing and walking round on the right side of tori to sit down one step to the rear of tori. Uke about 1,2m distance. Uke pulls himself forward until his knees are about 20 cm behind tori.	M
Uke comes up on his toes; steps forward on his right foot and puts his arms around tori's upper arms ( <b>kiai</b> ).	S/M
Tori reacts by raising his arms from his sides outward to break the hold coming up on his toes, he grabs uke's left sleeve with his right hand and higher up with his left hand, he slides his right leg backward (toes up) in between uke's legs, he rolls to his left as if performing a maki-komi.	S/M
Tori: while controlling uke, he punches uke in the groin with left fist ( <b>kiai</b> ).	S/M
Uke does not pats on the mat.	S/M
Tori release the control.	S/M

## 7. Tsukkomi.



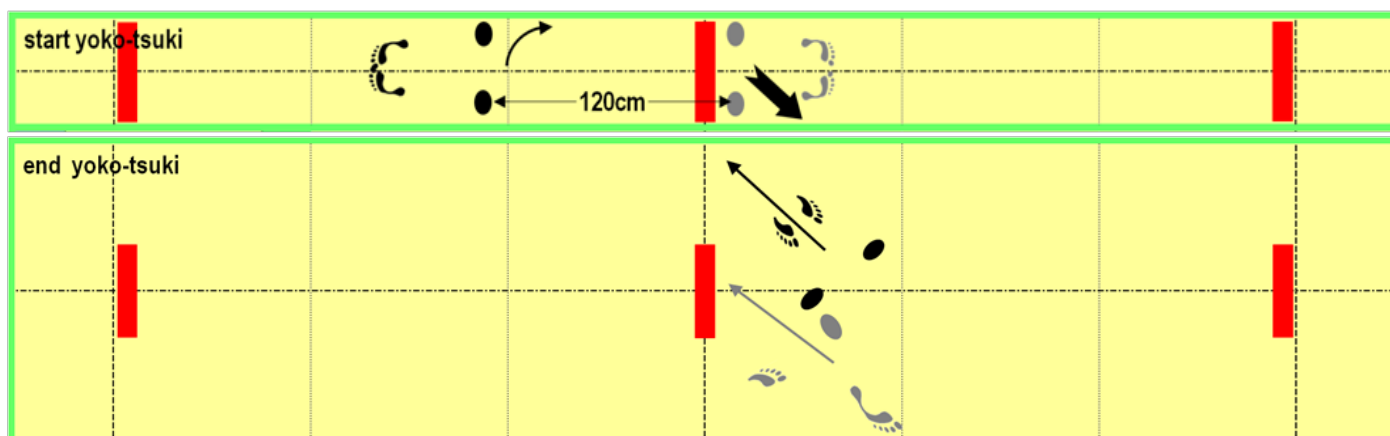
Elements to be observed	Mis
Tori and uke moves to the center.	S/M
Tori 10cm behind the center.	M
Uke: comes up onto his knees and returns on his sitting position behind tori in a distance on one step. He then stands and walks to the right around tori and sits in to-ma (about 1.2 m) facing tori. Uke collects the dagger (right hand on the top, left hand down) and places it cutting edge upwards inside his jacket, returns and sits in front of tori. Distance at about 90 cm, first and uke moves forward to about 45 cm to tori sliding his knees.	M
Uke: draws the dagger coming up on his toes, left foot forward and attempts to stab tori in the stomach ( <b>kiai</b> ).	S/M
Tori: quickly comes up on his toes and pivots 90 ° to his right on his left knee, his right knee up, deflects the lunge with his left hand, pulls to break uke's balance forward and does atemi with his reversed right fist between Uke's eyebrows ( <b>kiai</b> ).	S/M
Tori grabs uke's right wrist, pulling it to his right hip and holds the wrist against his thigh. He reaches round uke's neck to grab the right lapel with his left hand. He moves forward two steps diagonally and applies a ude-hishigi-hara-gatame arm lock and strangle at the same time.	S/M
Uke should stay on his knees and pat the mat twice to indicate submitting.	S/M
Tori release the control.	S/M

## 8. Kiri-komi.



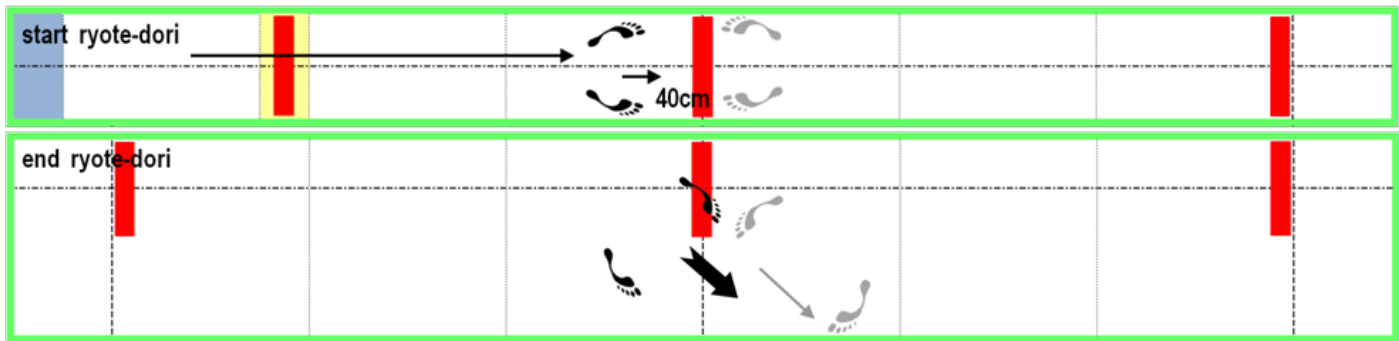
Elements to be observed	Mis
Return to sitting position, uke replaces the dagger back inside the jacket.	
Tori 10cm behind the center.	M
Uke: distance: about 45 cm.:	M
Uke takes out dagger from inside jacket and transfers it to his belt on the left side as a short sword. Coming up on his toes, right foot forward, he draws the short sword and attempts to slash the top of tori's head ( <b>kiai</b> ).	S/M
Tori: coming up on his toes, he catches uke's wrist with both hands and avoids the cut, left knee down and right knee up, and he pulls forward diagonally to break uke's balance.	S/M
He traps uke's arm under his armpit and applies ude-hishigi-waki-gatame.	S/M
Uke: should stay on his knees and pat tori's leg twice to indicate submitting.	S/M
Tori release the control.	S/M

## 9. Yoko-tsuki.



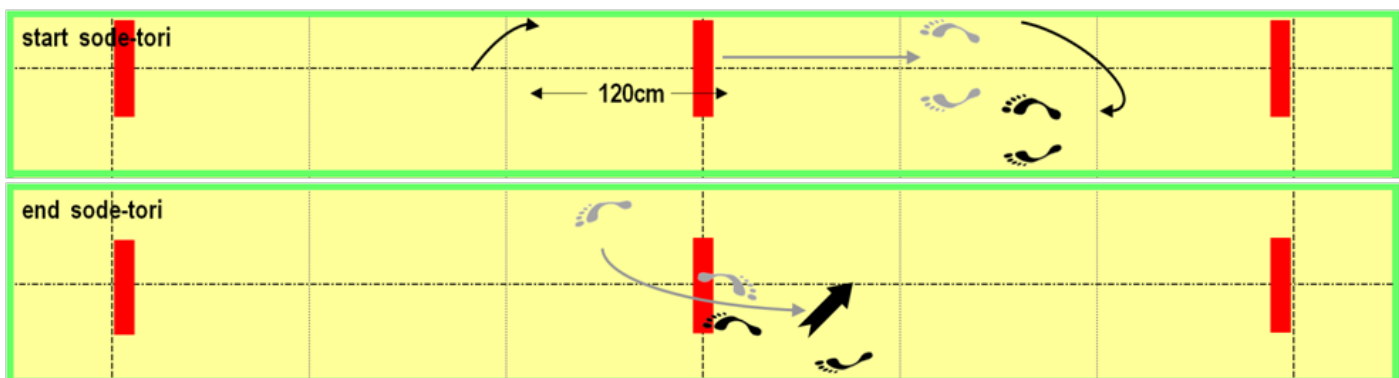
Elements to be observed	Mis
Tori and uke moves to the center.	S/M
Tori 10cm behind the center.	M
Uke sits in to-ma about 1,2 m facing tori. Uke takes out the short sword from his belt and replaces it back inside the jacket as a dagger. Uke stands up and walks over to Tori's right side and sits down next to him. Distance about 20 cm. on the side.	M
Uke draws the dagger, turns, coming up on his toes, he steps forward onto his left foot and attempts to stab tori in his side, cutting edge upwards ( <b>kiai</b> ).	S/M
Tori: quickly comes up on his toes and pivots 180 ° to his right on his left knee, his right knee up, deflects the lunge with his left hand, pulls to break uke's balance forward and does atemi with his reversed right fist between uke's eyebrows ( <b>kiai</b> ).	S/M
Tori grabs uke's right wrist, pulling it to his right hip and holds the wrist against his thigh, reaches round uke's neck to grab the right lapel with his left hand. He moves forward two steps diagonally and applies a ude-hishigi-hara-gatame arm lock and strangle at the same time.	S/M
Uke: should stay on his knees and pat the mat twice to indicate submitting.	S/M
Tori release the control.	S/M

## 10. Ryote-dori.



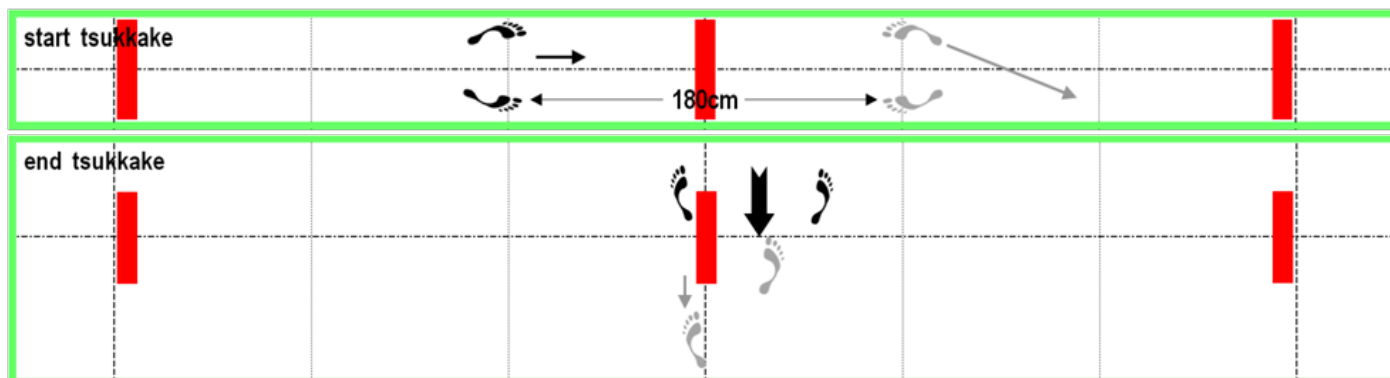
Elements to be observed	Mis
Both return to position sitting next to each other. Uke replaces the dagger back in his jacket, stands, walks back and sits down at about 1.2 m facing tori. Uke replaces the dagger down on the mat in its original position sitting in seiza. Both stands up.	S/M
Tori 10cm behind the center.	M
Uke's distance: 1 step (about 40 cm.).	M
Uke grips tori's wrists advancing with his right foot (half step) ( <b>kiai</b> ).	S/M
Tori pulls his arms out and back, breaking uke's balance forward, he kicks him in the groin ( <b>kiai</b> ) bringing his foot back down immediately.	
Tori pulls uke's left arm out diagonally and applies ude-hishigi-waki-gatame in a standing position.	S/M
Uke should pat tori's leg twice to indicate submitting.	S/M
Tori release the control.	S/M

## 11. Sode-tori.



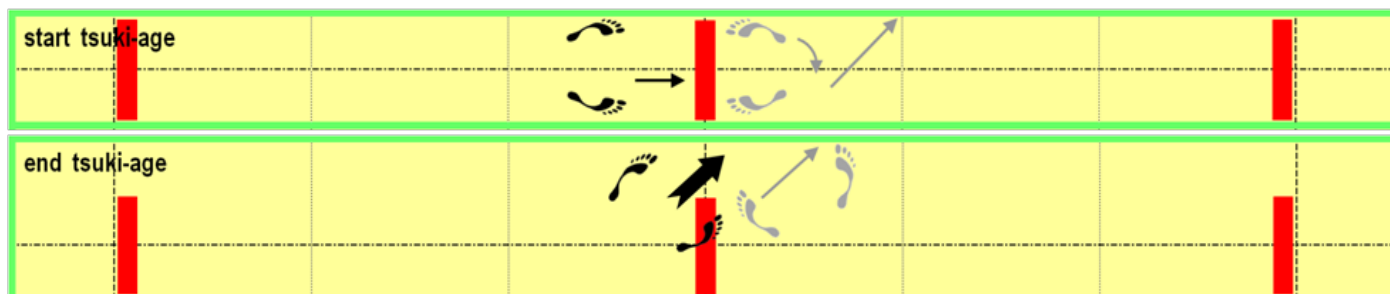
Elements to be observed	Mis
Tori and uke return to the center.	S/M
Tori 10cm behind the center.	M
Uke faces tori at toma about 1.2m distance. Uke walks round tori on his right side (while tori steps slightly backwards) and stands behind him on his left.	M
Uke grabs tori's left sleeve, first with his left hand and then with his right hand and forces tori to walk forward right-left –right foot.	S/M
On the third step tori moves on his right to break uke's balance in that direction. Tori kicks uke on his right knee with his left foot ( <b>kiai</b> ).	S/M
Tori pivots 180° left, grabs uke's right sleeve (inside the elbow) and left lapel and throws uke with osoto-gari.	S/M
Uke makes ukemi.	S/M
Tori release the grip.	S/M

## 12. Tsukkake.



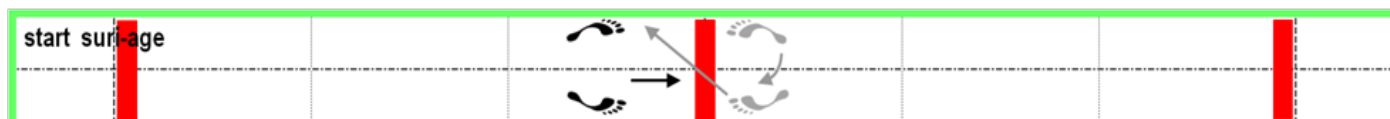
Elements to be observed	Mis
Tori and uke return to the center.	S/M
Tori 90cm behind the center.	M
Uke at three steps distance (about 1.8m).	M
Uke takes a step forward with his left foot, left guard, then lunges forward with his right foot and attempts to punch tori in the face with his right reversed fist between tori's eyebrows (uto) ( <b>kiai</b> ).	S/M
Tori: pivoting on his left foot, turns 90 ° in tai-sabaki to avoid the blow, grips uke's right forearm from the top and pulls him forward and down to unbalance him to his front.	S/M
When uke pulls back and straightens up, tori steps behind uke with his right foot then his left foot, puts his right arm around uke's throat and pulls him backwards. He clasps his hands on uke's left shoulder as in hadaka-jime, steps backward with his left foot and applies the choke.	S/M
Uke defends by pulling down tori's right upper arm and submits by banging the mat twice with his right foot.	S/M
Tori release the control.	S/M

## 13. Tsuki-age.

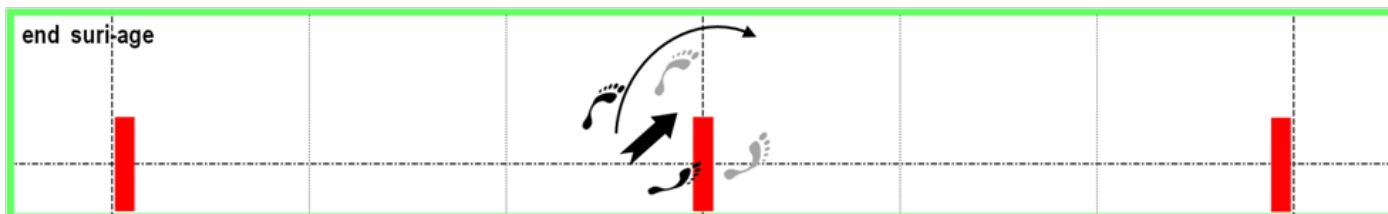


Elements to be observed	Mis
Tori and uke return to the center.	S/M
Tori 10cm behind the center.	M
Uke stand facing to tori other at about one step distance.	M
Uke steps forward with his right foot and attempts an uppercut to tori's chin ( <b>kiai</b> ).	S/M
Tori leans backward to avoid the blow, takes uke's wrist with two hands, pulls it upwards and diagonally to the front.	S/M
Tori: traps the arm under his armpit and applies ude-hishigi-waki-gatame, standing position.	S/M
Uke shouldn't bend too much. He should pat tori's leg twice to indicate submitting.	S/M
Tori release the control.	S/M

## 14. Suri-age.

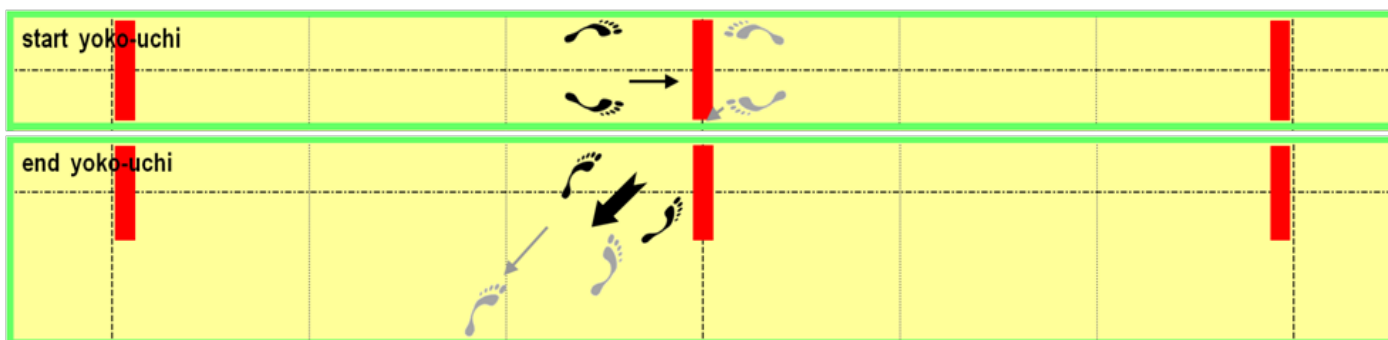






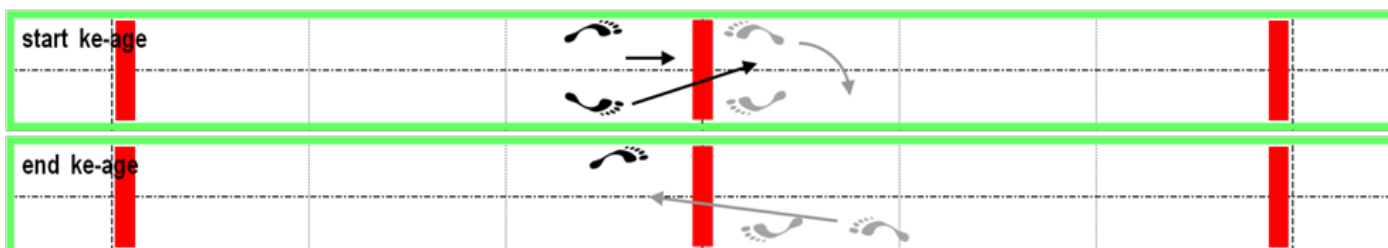
Elements to be observed	Mis
Tori and uke return to the center.	S/M
Tori 10cm behind the center.	M
Uke stand facing to tori, about one step distance.	M
Uke steps forward with his right foot and attempts to strike tori's forehead with the palm of his right open hand ( <b>kiai</b> ).	S/M
Tori leans back and parries the blow at the elbow with his left forearm, at the same time he punches uke in the stomach with his reversed right fist ( <b>kiai</b> ).	S/M
Immediately he throws him with left uki-goshi.	S/M
Uke makes ukemi.	S/M
Tori release the grip.	S/M

### 15. Yoko-uchi.



Elements to be observed	Mis
Tori and uke return to the center.	S/M
Tori 10cm behind the center.	M
Uke stand facing to tori, about one step distance.	M
Uke steps forward with right foot and attempts to strike tori on his left temple with his right fist ( <b>kiai</b> ).	S/M
Tori: stepping in with his left foot, he ducks under the fist and at the same time he puts his right hand on uke's left chest to push uke slightly backward. Tori grabs uke's left lapel with his right hand. and steps behind uke with first his right foot then his left. He reaches round uke's neck with his left hand and grabs his right lapel.	S/M
Tori presses his forehead into the back of uke's head and steps backwards with his left foot and lowers his hips, applying okuri-eri-jime.	S/M
Uke defends by pulling down tori's left upper arm and submits by banging the mat twice with his right foot.	S/M
Tori release the control.	S/M

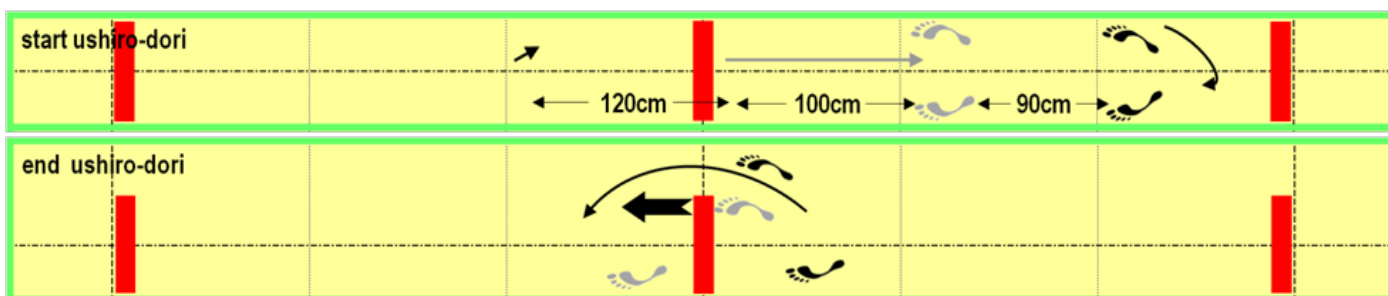
### 16. Ke-age.





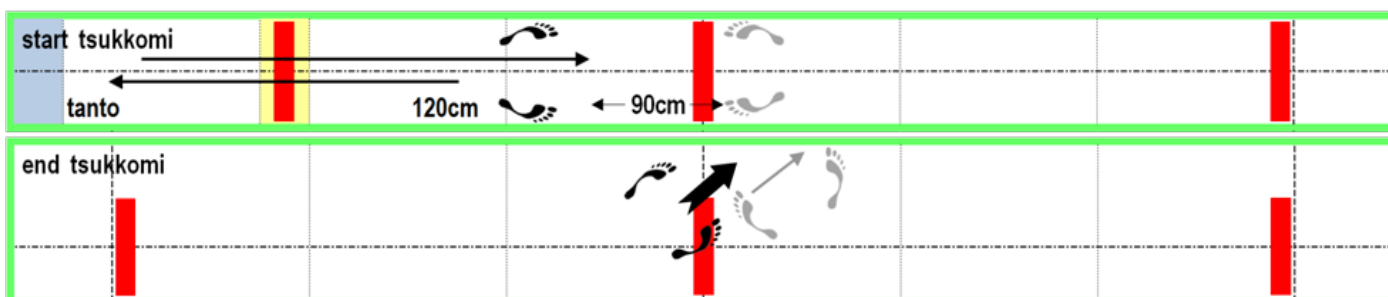
Elements to be observed	Mis
Tori and uke return to the center.	S/M
Tori 10cm behind the center.	M
Uke stand facing to tori, about one step distance.	M
Uke steps forward a small step with his left foot and attempts to kick tori in the groin ( <b>kiai</b> ).	S/M
Tori steps back with his right foot turning 90 ° in tai-sabaki to his right, with his left hand he catches uke's ankle and then, with his right hand.	S/M
Tori pulls uke's foot to the left, twists his hips to the left and kicks uke in the groin ( <b>kiai</b> ).	S/M
Uke does not pats.	S/M
Tori release the control.	S/M

### 17. Ushiro-dori.



Elements to be observed	Mis
Tori and uke return to the center.	S/M
Tori 10cm behind the center.	M
Uke face to tori at about 1.2m distance. Uke moves round on tori's right side and stands directly behind him at about 90 cm distance. In the mean time tori steps backward.	M
Tori advances three steps, left-right-left, uke follows him but, during the third step, he changes and steps forward with his right foot grabbing around tori's his upper arms ( <b>kiai</b> ).	S/M
Tori: immediately moves his elbows outwards and takes uke's upper right sleeve in both hands.	S/M
Tori throws uke with seoi-nage. Tori: right knee down, left knee up, he strikes uke between the eyes with te-gatana ( <b>kiai</b> ).	S/M
Uke does not pats.	S/M
Tori release the control.	S/M

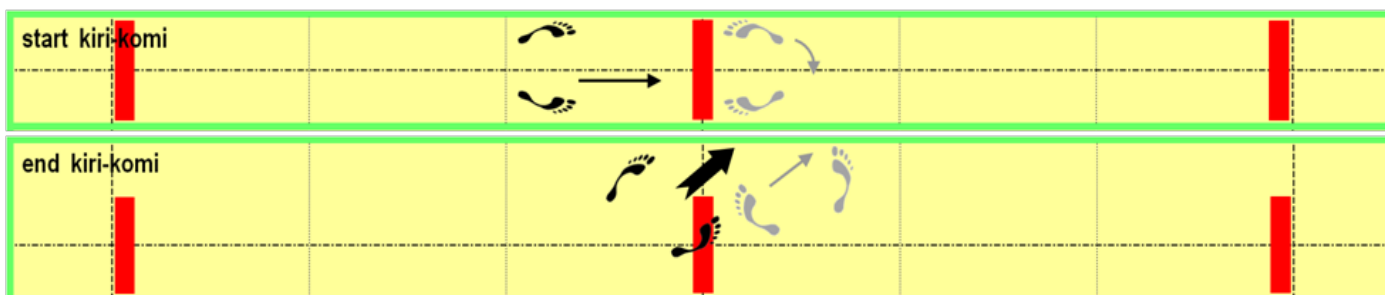
### 18. Tsukkomi.



Elements to be observed	Mis
Tori returns to the original position, uke at about 1.2m.	S/M
Tori 10cm behind the center.	M
Uke collects the dagger (right hand on the top, left one under): cutting edge upwards placed inside his jacket. He returns to his position. Distance: about 90cm.	S/M
Uke draws the dagger, steps forward with his left foot and attempts to stab tori in the stomach, ( <b>kiai</b> ).	S/M
Tori turns on his right quickly 90° in tai-sabaki and deflects the lunge with his left hand, pulls to break uke's balance forward and does atemi with his reversed right fist between the eyes ( <b>kiai</b> ), he grabs uke's right wrist, pulls it to his right hip. Holding the wrist against his thigh, he reaches round uke's neck to grab his right lapel with his left hand.	S/M

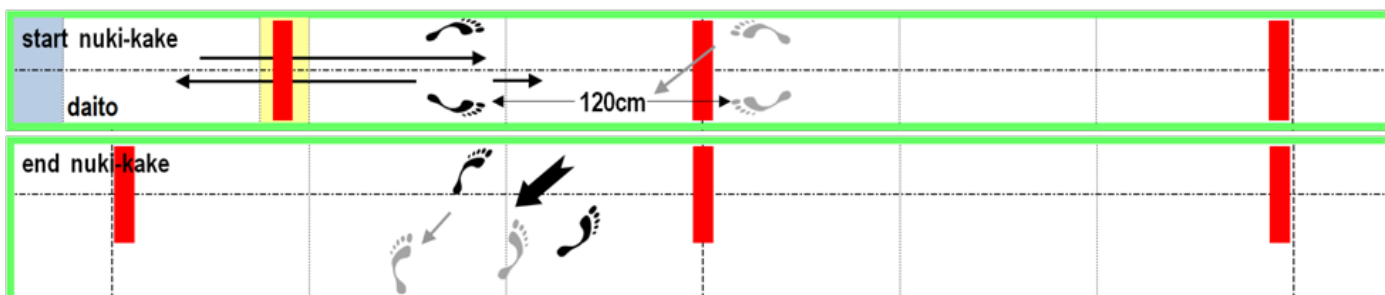
He moves forward two steps diagonally and applies a hara-gatame arm lock and strangle at the same time.	S/M
Uke doesn't bend too much. Uke: should pat tori's leg twice to indicate submitting and replaces the dagger in his jacket.	S/M
Tori release the control.	S/M

### 19. Kiri-komi.



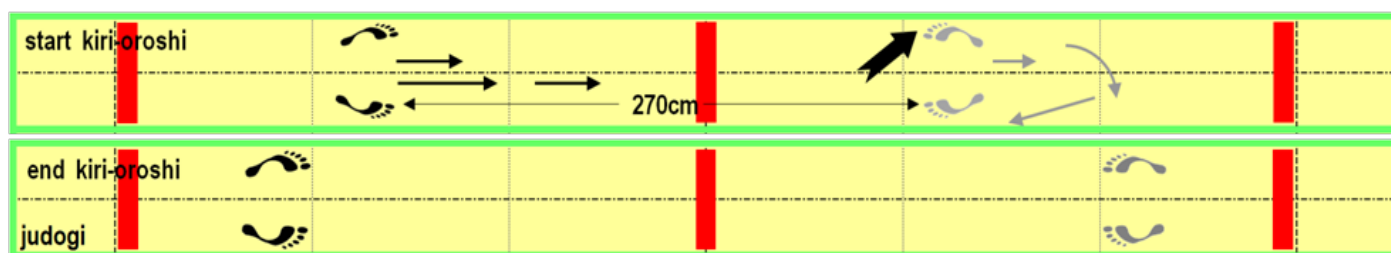
Elements to be observed	Mis
Tori returns to the original position.	S/M
Tori 10cm behind the center.	M
Uke (about 90 cm. apart): takes out the dagger from his jacket and puts it in his belt on the left side as a short sword.	S/M
Uke steps forward with his right foot and attempts to slash the top of tori's head ( <b>kiai</b> ).	S/M
Tori grips uke's wrist with both hands and avoids the cut. He traps uke's arm under his armpit.	S/M
Tori moves backwards diagonally applying ude-hishigi-waki-gatame.	S/M
Uke: shouldn't bend too much. Uke: should pat tori's leg twice to indicate submitting.	S/M
Tori release the control.	S/M

### 20. Nuki-kake.



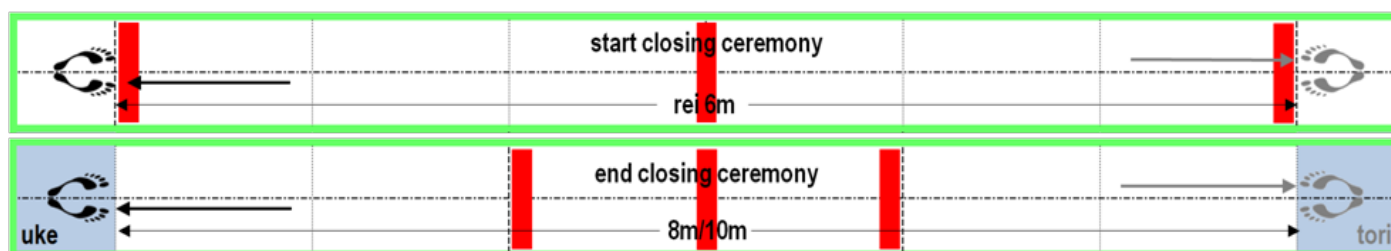
Elements to be observed	Mis
Tori returns to the original position.	S/M
Tori 10cm behind the center.	M
Uke returns to to-ma (about 1.2mt). Uke replaces the short sword into the belt, then he places the short sword back inside the jacket as a dagger. Uke replaces the dagger back down on the mat and collects the sword (right hand on the top, left hand under), he puts it in the left side of his belt, cutting edge up and returns to his position. Tori and Uke stand facing each other at toma.	M
Uke steps forward with his right foot and attempts to draw his sword.	S/M
Tori steps forward with right foot close to uke's right foot and blocks with his right hand on uke's wrist, in order to stop uke to draw the sword.	S/M
Tori moves quickly forward with his right foot, then, bringing his left foot round behind uke, he reaches round uke's neck to grab the right lapel with his left hand. He steps back diagonally, breaking uke's balance and applies kata-ha-jime.	S/M
Uke submits by banging the mat twice with his right foot.	S/M
Tori release the control.	S/M

## 21. Kiri-oroshi.



Elements to be observed	Mis
Tori and uke return to the center.	S/M
Tori 1.1m behind the center.	M
Distance: uke about 2.7ms.	M
Uke steps forward with his right foot and slowly draws his sword with the tip pointing at tori's eyes (the seigan position). Uke takes one step forward in tsugi-ashi. Tori: moves one step backwards with his right foot. Uke: step forward with his left foot raises his sword above his head in the jodan position then stepping forward with right foot, he attempts to slash the top of tori's head ( <b>kiai</b> ), uke should stand his sword over his head before he slashes.	S/M
Tori: stepping forward with his left foot, turns to his right quickly 90° in tai-sabaki and deflects the slash, he grabs uke's right wrist with his right hand, he pulls it to his right hip and holds the wrist against his thigh. Tori reaches round uke's neck to grab his right lapel with his left hand.	S/M
Tori moves forward right-left-right diagonally and applies a ude-hishigi-hara-gatame arm lock and strangle at the same time.	S/M
Uke: shouldn't bend too much. He should pat tori's leg twice to indicate submitting.	S/M
Tori release the control.	S/M

## 22. Closing ceremony.



Elements to be observed	Mis
Tori in shizen-hontai, uke goes to his starting point. Uke goes to his starting point keeping the sword downward/rightward, the edge inward. Uke brings the sword up to tori's eye level and then returns the sword to its sheath (shizen-hontai). While uke replaces the sword back on the mat in preparation for the ceremonial end of the kata, tori goes back to his original position. Movement to the 4m. Uke picks up the weapons (first the dagger, then the sword) and takes them on his right side. Judogi and then to the start for the bow.	S/M
At the end of the kata, from 4m to 6m.	S/M
Starting distance 6m.	M
Greeting.	M
Judogi and belt (t-shirt).	M
Movement to leave the kata zone.	S/M