



Shufu Judo Yudanshakai  
and  
Hui-O-Judo Beltsville



## Goshin Jutsu Kata Clinic

Sanctioned by: United States Judo Federation Sanction number : 10-03-11  
Event Director: Kevin Tamai  
Clinician: Peggy Whilden and Karen Whilden  
Date: Saturday March 6, 2010

Location: Beltsville Community Center  
3900 Sellman Road, Beltsville, Maryland

Registration: 1:00 pm  
Clinic: 1:30 pm to 6:30 pm  
Fee: \$ 25.00 pre-register, \$35 onsite

Note: USJF/USJA/USJI Cards must be presented at registration

**Clinicians Peggy Whilden and Karen Whilden** - Here is your opportunity to work with kata competitors and judges with international and national experience. Peggy and Karen will provide instruction on Goshin Jitsu. They bring insight as "A-Level" Kata Judges and are experienced kata competitors. They have won many national and international championships in Katame, Goshinjutsu, Juno, and the overall champion award. Karen is also the Shufu Yudanshakai Kata Development chairperson.

The Kodokan Goshin Jutsu was created in 1956 by a [Kodokan working group](#) to update the older kata with more modern forms of [self-defense](#). Many people feel it also shows the influence of [Kenji Tomiki](#), one of Professor Kano's students, who also studied Aikido under the founder of Aikido. It consists of 21 techniques against an unarmed, as well as armed, attacker. It is divided into two unarmed sets (toshu no bu) and three sets with weapons (buki no bu). The first seven techniques are against an attack close in. The next five are against attacks from strikes and kicks. Then there are three attacks with a knife, three with a stick and three with a gun. The techniques here cannot be used in free exercise practice or in competition, but only in kata. Never-the-less, as one practices this kata, the attack speed increases and one's reflexes and reactions sharpen to meet the attack. Eventually, this kata can be practiced with real weapons. The intent in this kata is different than with normal Judo practice, in that this is a self-defense kata, the intent on the part of both participants is to fully perform the attack and defense techniques. While the actions are controlled, so that the attacker is not hurt, the defender's actions can easily be modified to disable the attacker. It is important to realize that all of the techniques in this kata are consistent with the principles of "Judo", the way of gentleness or yielding.

Whether you are a judoka with an interest in the traditional kata, or one with little kata experience, this clinic is an excellent opportunity to learn about a different aspect of judo!

Visit our web site at <http://www.huiojudo.com>  
For more information contact Kevin Tamai 703-622-6861

# GOSHIN JUTSU of KODOKAN JUDO

## (Methods of Self-Defense)

The Kodokan Goshin Jutsu was created in 1956. The kata consists of [self-defense](#) techniques using throwing, jointlocking, striking, and kicking techniques. These combat forms are designed as defenses for various forms of armed or unarmed attacks. The Kata has twenty-one (21) techniques. Twelve (12) techniques are for use against an unarmed attacker and nine (9) techniques are for use against an armed attacker. The Goshin Jutsu Kata Techniques are as follows:

### **Against an unarmed attack**

#### **(When being grabbed)**

1. Ryote-dori (Two-Hand Hold)
2. Hidari-eri-dori (Left-Lapel Hold)
3. Migi-eri-dori (Right-Lapel Hold)
4. Kataude-dori (Single-Hand Hold)
5. Ushiro-eri-dori (Collar Hold from Behind)
6. Ushiro-jime (Choke from Behind)
7. Kakaedori (Seize and Hold from Behind)

#### **(At a distance)**

1. Naname-uchi (Slanting Strike)
2. Ago-tsuki (Uppercut) Gammen-Tsuki
3. (Thrust-Punch to Face)
4. Mae-geri (Front Kick)
5. Yoko-geri (Side Kick)

### **Against an armed attack -**

#### **(Knife)**

1. Tsukkake (Thrust)
2. Choku-zuki (Straight Thrust)
3. Naname-zuki (Slanting Stab)

#### **(Stick)**

1. Furiage (Upswing against Stick)
2. Furioroshi (Downswing against Stick)
3. Morote-zuki (Two-Hand Thrust against Stick)

#### **(Pistol)**

1. Shomen-zuke (Pistol at the Abdomen)
2. Koshi-gamae (Pistol held at the Side)
3. Haimen-zuke (Pistol against the Back)



# Entry Form for Goshin Jutsu Clinic

Sanctioned by: United States Judo Federation – Sanction Number : 10-03-11      Payment: Cash/Check  
 Event Director: Kevin Tamai      Ck # \_\_\_\_\_  
 Amount: \_\_\_\_\_

Name: \_\_\_\_\_

Home Address: \_\_\_\_\_  
 \_\_\_\_\_

Phone Number: (H) \_\_\_\_\_ (W) \_\_\_\_\_

Club Name: \_\_\_\_\_

UJSI/USJF/USJA Number(Circle One): \_\_\_\_\_ Expiration Date: \_\_\_\_\_

\*\*\*Only verified, current members will compete!\*\*\*  
 \*\*\*New and Renewal applications will be taken on site \*\*\*

Rank: \_\_\_\_\_ Sex: M F Age: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Goshin Jitsu experience level:  
 \_\_\_ Novice (never done it) \_\_\_ Intermediate (know the basics) \_\_\_ Advance (competed)

Please mail the completed entry form liability waiver and payment to:  
**Kevin Tamai**  
**2973 Fox Tail Court**  
**Woodbridge, VA 22192**  
**Attn: Goshin Jutsu Judo Clinic**

Payment may be make by CHECK, MONEY ORDER to M-NCPPC (Maryland National Capital Park and Planning Commission): Enclosed is a Check or Money Order for \$ \_\_\_\_\_.

**Check Verification: Driver Lic State \_\_\_\_\_ DriverLic # \_\_\_\_\_ exp date \_\_\_\_\_**  
**Verify that address on checks matches address on license. Verify phone number is on your check**

**You MUST read and sign waiver on back of this form!!**  
**Entries will not be accepted without a completed & signed waiver!!**

**WARNING!**

**WAIVER AND RELEASE OF LIABILITY AND AGREEMENT TO PARTICIPATE**

In consideration of being permitted to participate in any way, including travel to and from in any Judo tournament, practice, clinic, and related events and activities ("Activity") of the **United States Judo Federation, Inc., USA Judo/United States Judo, Inc., United States Judo Association, Inc., Shufu Judo Yudanshakai, Inc., Maryland Judo, Inc., Beltsville Community Center, Maryland National Capital Park and Planning Commission, Beltsville Academic Center, and the Hui-O-Judo Club**, I agree:

1. I understand the nature of Judo activities and believe I am qualified to participate in such Activity. I also understand the rules governing the sport of Judo.
2. I further acknowledge that prior to participating, I will inspect the mats, equipment, facilities, competition pools or divisions, and the elimination or scoring system to be used, and if I believe anything is unsafe or beyond my capability, I will immediately advise my coach, supervisor, and/or a tournament official of such conditions and refuse to participate.
3. I acknowledge and fully understand that I will be engaging in a contact sport that might result in serious injury, illness or disease, including permanent disability or death, and severe social and economic losses due not only to my own actions, inactions or negligence, but also to the actions, inactions, or negligence of others, the rules of the sport of Judo, or conditions of the premises or of any equipment used. Further, I acknowledge that there may be other risks not known to me or not reasonably foreseeable at this time.
4. Knowing the risks involved in the sport of Judo, I assume all such risks and accept personal responsibility for the damages following such injury, illness, disease, permanent disability, or death.
5. I hereby release, waive, discharge and covenant not to sue the **United States Judo Federation, Inc., USA Judo/United States Judo, Inc., United States Judo Association, Inc., Shufu Judo Yudanshakai, Inc., Maryland Judo, Inc., Beltsville Community Center, Maryland National Capital Park and Planning Commission, Beltsville Academic Center, and the Hui-O-Judo Club**, together with their affiliated clubs, their respective administrators, directors, officers, agents, coaches, and other employees or volunteers of the organization, event officials, medical personnel, other participants, their parents, legal guardians, supervisors and coaches, sponsoring agencies, sponsors, advertisers, and if applicable, owners, lessors, and lessees of premises used in conducting the event, all of whom are hereinafter referred to as "Releasees", from any and all litigation expenses, attorney fees, loss, liability, damage or costs on account of injury, illness, disease, including permanent disability and death or damage to property, caused or alleged to be caused in whole or in part by the negligent acts or omissions of the Releasees or otherwise to the fullest extent permitted by law.

**I HAVE READ THE ABOVE WARNING, WAIVER, AND RELEASE, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND KNOWING THIS, SIGN IT VOLUNTARILY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE. I AGREE TO PARTICIPATE KNOWING THE RISKS AND CONDITIONS INVOLVED AND DO SO ENTIRELY OF MY OWN FREE WILL. I AFFIRM THAT I AM AT LEAST 18 YEARS OF AGE, OR, IF I AM UNDER 18 YEARS OF AGE, I HAVE OBTAINED THE REQUIRED CONSENT OF MY PARENT/LEGAL GUARDIAN AS EVIDENCED BY THEIR SIGNATURE BELOW. I INTEND THIS TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THAT THE BALANCE, NOTWITHSTANDING SHALL CONTINUE IN FULL FORCE AND EFFECT.**

\_\_\_\_\_  
Participant

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Date

**FOR PARENTS/LEGAL GUARDIANS OF PARTICIPANTS OF MINORITY AGE  
(UNDER AGE 18 AT TIME OF REGISTRATION)**

This is to certify that I, as parent/legal guardian with legal responsibility for this participant, do consent and agree to his/her release, as provided above, of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation including litigation expenses, attorney fees, loss, liability, damage or costs which may incur as the result of the minor child's participation in these programs as provided above, even if arising from their negligence, to the fullest extent permitted by law. I have instructed the minor participant as to the above warnings and conditions and their ramifications.

\_\_\_\_\_  
Parent/Legal Guardian

\_\_\_\_\_  
Parent/Legal Guardian's Signature

\_\_\_\_\_  
Date