

# Kime no Kata

Most of the following descriptions are taken from Kodokan Judo, Jigoro Kano, published by Kodansha International Tokyo & New York, page 146 and from pages 173 to 191.

Kime no Kata is also known as *Shinken Shobu no Kata* (Combat Forms) and is designed to teach the fundamentals of attack and defense in an actual combat situation, as both names imply. Its twenty techniques include strikes at vital spots, which are all applicable in real-life situations, but are banned in randori. They are divided into two groups, *Idori*, where the basic position is kneeling, and *Tachiai*, where techniques are executed in a standing position.

## Idori:

***Ryote-dori* (Two-Hand Hold)**  
***Tsukkake* (Stomach Punch)**  
***Suri age* (Forehead Thrust)**  
***Yoko uchi* (Side Blow)**  
***Ushiro-dori* (Hold from Behind)**  
***Tsukkomi* (Dagger Thrust to Stomach)**  
***Kirikomi* (Downward Slash)**  
***Yoko tsuki* (Dagger Thrust to Side)**

## Tachiai

***Ryote-dori* (Two-Hand Hold)**  
***Sode tori* (Sleeve Grab)**  
***Tsukkake* (Punch to Face)**  
***Tsukiage* (Uppercut)**  
***Suri age* (Forehead Thrust)**  
***Yoko uchi* (Side Blow)**  
***Keage* (Groin Kick)**  
***Ushiro-dori* (Hold from Behind)**  
***Tsukkomi* (Dagger Thrust to Stomach)**  
***Kirikomi* (Downward Slash)**  
***Nuki kake* (Sword Unsheathing)**  
***Kirioroshi* (Downward Cut)**

Tori decides the starting position and waits for Uke (especially in Idori, where he reaches his position quickly, sits and waits); Uke takes the right distance.

## Beginning Movements:

To begin the kata, Tori and Uke stand facing each other about 5.4 meters (18 feet) apart. Tori is on the right as seen from Shomen. Uke holds a sword and a dagger in his right hand and places them on the right side of his hip, the dagger inside, the sword on the outside, the blades of both upward, i.e. cutting edge upwards. The tip of the dagger's hilt should be in line with the sword guard. The angle of the tip of the sword sheath is pointing down diagonally about 45 degrees. Both Tori and Uke face the Shomen and perform a standing bow (when Uke bows, the weapons should remain still at this 45 degree angle in relation to the floor), and then face each other again and kneel down. 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, parallel to his legs. First Uke places the left hand, palm up, on the right thigh and feeds the dagger into left hand from right hand and places the sword on the mat, then grabs the dagger out of left hand with the right hand and places the dagger on the mat parallel to his leg with the cutting edge towards him. The dagger should be on the inside, the end of the hilt in line with the sword guard, and blades of both should be toward Uke. Perform zarei (kneeling bow) to each other.

Uke then picks up his weapons, first the dagger with the right hand and places it on the left palm. (The back of Uke's left hand is on his right thigh, palm up). Uke then picks up the sword with the right hand and places it over the dagger and grabs the dagger and the sword under the sword with the right hand and places them to his right hip and stands up. He turns around, and walks about 1.8 meters (6 feet), sits, and holds the weapons vertically in front of him (tip of sword near the mat), the blades toward him and then lays the weapons down on the mat parallel to the tatami line using both hands with their tips pointed to the right. The left hand is palm up under the right wrist; right hand is palm down still grasping the weapons. Uke holds the dagger in his left hand as he lays the sword on the mat, then holds dagger in both hands (right hand over left hand; right palm down and left palm up) and lays the dagger on the mat. Again, the dagger should be on the inside and both cutting edges towards him, i.e. the blades of both weapons toward him. Both hilts should be toward the Shomen.

As Uke stands up, Tori stands up at the same time. Uke turns toward the Shomen and walks back to his former position facing Tori. They take a step forward together, beginning with the left foot, and stand in Fundamental natural posture. Tori and Uke walk to within about 90 centimeters (40 inches) of each other kneel down and Tori and Uke move forward to hiza-zume distance (two fists) sliding their knees. Taller people may use two to three fists width. They advance forward by placing their fists on the mat with their palms facing inward and sliding on their knees alternating while their heads are slightly tilted to the left to avoid bumping heads.

## *Idori*

### **1. Ryote-dori (Two-Hand Hold)**

Tori and Uke place their hands naturally on their thighs, with fingers pointing inward. Uke calms his mind and mentally prepares to attack Tori.

Uke grips Tori's wrists, with his thumbs on the inside, without coming on his toes while doing a Kiai (a strong spirited shout from deep in the belly that focuses the attacker's energy and attempts to distract the defender).

Tori escapes by bringing his knees together and pulling his hands backward and out. While breaking Uke's balance to the front, Tori raises his hips and comes up on his toes. Tori kicks Uke in the solar plexus with the ball of his right foot (kiai). (With all kicks and strikes, make sure to stop a slight distance away from the partner's body.) After the kick, Tori brings his right knee back down on the mat next to his left knee and left knee is raised. At the same time, Tori pulls his left hand free and takes hold of Uke's left wrist from below with his right hand, thumb on the inside, and turns to his left toward the Shomen, pulling the left arm forward diagonally, and takes Uke's wrist from beneath with his left hand. Tori trapping it (Uke's left arm) under his right armpit, and while pulling Uke forward, applies pressure to Uke's elbow in the armlock called *Waki-gatame*.

Uke should stay on his knees and pat Tori's leg twice on the thigh to indicate that he is submitting.

## **2. *Tsukkake* (Stomach Punch)**

Both Tori and Uke return to the hiza-zume position and sit naturally.

Uke draws back his right fist, palm up, comes up on his toes, and attempts to punch with a reversed right fist at Tori's solar plexus while doing a kiai.

Tori escapes by quickly coming up on his toes and opening (pivots) his body 90 degrees to his right, pivoting on his left knee, and planting his right foot on the mat with his right knee up. At the same time, Tori deflects the lunge catching Uke's right elbow with his left hand, drawing Uke forward, i.e. pulls to break Uke's balance forward, and does atemi with his reversed right fist punching Uke between Uke's eyebrows palm up (urakken) while doing a kiai.

Tori immediately grabs Uke's right wrist from the top with his right hand, thumb toward himself, pulling it to his right hip, and holds the wrist against his thigh. Tori reaches around Uke's neck to grab high on the right lapel with his left hand to apply a choke while he moves forward **two** Tsugiashi **steps** diagonally with the right foot to Tori's right-front corner to make uke off-balance (Tori's back is to the Shomen). After Tori controls uke, he applies a hara-gatame armlock to Uke's right elbow by pushing against it with his lower abdomen and strangle at the same time. Tori's left side should be straight and he should maintain balance.

Uke should stay on his knees and pat the mat twice to indicate submitting.

## **3. *Suri age* (Forehead Thrust)**

Both Tori and Uke return to the hiza-zume position and sit naturally.

Uke raises his hips, comes up on his toes, and attempts to thrust with the palm of his right open hand at Tori's forehead in an effort to push Uke's head back in order to break his neck (kiai).

Tori escapes by leaning back a bit and turning slightly to his left while raising his hips and quickly coming up on his toes. Tori deflects Uke's right thrust by blocking upward with his right **hand** (he defends), palm facing to Uke (little finger side up), and then grabs Uke's right wrist with his right hand from underneath Uke's arm. At this moment, Tori places the palm of his left hand reversed under Uke's armpit area (thumb pointed to outside and four-fingers to center of Uke). Tori off balances Uke forward with both hands, and he simultaneously kicks Uke in the solar plexus with the ball of his right foot (kiai). Tori then immediately pivots to the right on his left knee to turn around and brings his right knee down to the mat, and then twists Uke's right arm and pulls Uke to Uke's front with both hands pulling Uke's face down onto the mat. While taking Uke to the mat, Tori pushes with his left hand, then keeps his left hand in the same position and pulls with the right hand.

Uke takes front ukemi with left hand and bends the left knee.

Tori keeps pressing Uke's right arm on the mat with both hands, and then pushes Uke's right arm forward, i.e. upward almost even with his shoulder at the same time turning the palm of his right hand downward on the mat. Then Tori, while on his insteps, steps forward twice on his knees (left/right) i.e. takes a step forward from his left knee, then right knee and lowers his hips and places his left knee on the back of Uke's right elbow to do an armlock by pulling up with his right hand.

Uke pats the mat twice to indicate submitting.

#### **4. *Yoko uchi* (Side Blow)**

Both Tori and Uke return to the hiza-zume position and sit naturally.

Uke raises his hips, comes up on his toes and attempts to strike at Tori's left temple with the little finger side of his right fist with a hammer punch (kiai).

Tori quickly comes up on his toes and avoids the blow (escapes) by ducking under Uke's right arm. Then he controls Uke by getting into kata-gatame form with raising his right arm around Uke's left side neck and his right side face and neck at Uke's right triceps near Uke's shoulder. He steps forward onto his right foot holding Uke as in Kata-gatame. Tori places his left hand against the back of Uke's right hip, presses against Uke's back with his left hand and then pushes Uke backwards and over onto his back, i.e. to Uke's right back corner. While taking Uke down to his right back corner onto the mat, Tori's right knee goes down on the mat and he steps forward onto his left foot slightly higher than Uke's right shoulder into a kata-gatame position. Make sure to control Uke with kata gatame. Then Tori presses Uke's right elbow toward his face (Uke's right cheek) with his left hand, Tori's right knee on the mat, left knee up. Tori raises his body and with his right hand, fingers together, strikes Uke perpendicularly in the solar plexus with his right elbow (open hand) as he kiais. Tori returns to the hiza-zume position on his knees.

After the technique Uke sits in toma and about 1.2 meters (4 feet) facing Tori before standing and walking round on the right side of Tori to sit down one step to the rear of Tori.

#### **5. *Ushiro-dori* (Hold from behind)**

Uke stands up and walks around behind Tori keeping about 3 feet away from Tori's right side and stops one step behind Tori. He sits down and then Uke moves forward to about 20 cm behind Tori sliding his knees, i.e. pulls himself toward Tori with both of his fists (knuckles down) while sliding on the knees until his knees are about 20 centimeters (9 inches) from Tori's hips.

Uke attacks by raising his hips, coming up on his toes, stepping forward on his right foot and planting it at Tori's right side, and grappling around Tori's upper arms (kiai). Uke turns his face to the left and tries to grab his left wrist with his right hand.

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 to him with his right hand, and grabs higher up with his left hand, i.e. as high on Uke's left sleeve as he can with his left hand while raising his hips and coming up on his toes. Then he slides his right leg backward (toes up) in between Uke's legs and he rolls to his left as if performing a Makikomi like left *seoi-nage*. While rolling to the left with *seoi-nage*, Tori brings his right arm over Uke and controls his body by squeezing hard with his right arm against his body as in *ushiro-kesagatame*. While Tori controls Uke with his right arm in his right armpit, he punches Uke in the groin with his left fist (*kiai*).

After completing *Ushiro-dori*, Tori returns to the *hiza-zume* position, and Uke comes up onto his knees and returns on his sitting position behind Tori in a distance on one step. He (Uke) then stands and walks to the right around Tori's right side and stops at about 1.2 meters (4 feet) in front of Tori, then turns around to face Tori. Uke kneels down and sits in *seiza* at *toma* (about 1.2 m) facing Tori, then stands up again, turns to the right, and goes to get the dagger.

## 6. *Tsukkomi* (Dagger Thrust to Stomach)

Uke kneels in front of the weapons and pauses a few seconds before placing the dagger, blade up, inside his jacket above the belt. (To collect, i.e. pick up, the dagger, Uke crosses his right hand on top over his left; the right hand is palm down on top of the dagger close to the end of the handle. His left hand faces upward and is under the dagger (**left hand down**). Uke then stands the dagger up on end vertically for a second, turns over his right hand and uses his right hand to grab the dagger's handle with his little finger side of his hand upward and places it cutting edge upwards inside his jacket.) Uke stands up, turns, then returns and sits in front of Tori. Distance at about 90 cm first and Uke then moves forward to about 45 centimeters (18 inches) in front of Tori sliding his knees and kneels down to *seiza*.

Next, Uke uses his left hand on the left side of his belt as if holding the dagger's sheath steady while he reaches inside and grips the dagger with his right hand, palm facing inward. He draws the dagger out, blade upward, and pulls his right elbow back preparing to attack Tori. Then Uke raises his hips, comes up on his toes, steps with his left foot forward, with his right knee on the mat, and attempts to stab Tori in the stomach, i.e. thrusts the dagger toward Tori's solar plexus (*kiai*).

To escape, Tori quickly pivots on his left knee, comes up on his left toes, and pivots his body 90 degrees to his right on his left knee, his right knee up, and plants his right foot. Simultaneously, Tori deflects the lunge, i.e. catches Uke's right elbow, with his left hand, (four fingers are downward, and left thumb is above Uke's arm), pulls to break Uke's balance forward and does *atemi* with his reversed right fist between Uke's eyebrows with his right *urakken* (fist palm up) (*kiai*).

Immediately he (Tori) grabs Uke's right wrist from above with his right hand, pulling it to his right hip, and holds the wrist against his right thigh. He reaches around Uke's neck to grab the right lapel of Uke with his left hand. He (Tori) moves forward two steps diagonally and applies a *hara-gatame* to Uke's right arm by pushing his lower abdomen forward and a strangle at the same time. (Same technique as *tsuk-kake*)

Uke should stay on his knees and pat the mat twice to indicate submitting.

Both Tori and Uke return to the sitting position. Uke replaces the dagger back inside the jacket (same as above blade-side up).

## **7. *Kirikomi* (Downward Slash)**

Distance: about 45 cm. Uke reaches inside his jacket with his right hand (left hand at the belt) and takes out the dagger (pretend that it is sheathed), and then transfers it to his belt on his left side (on the outside of his jacket), blade up, using the dagger as a shoto (short sword). Uke returns his hands to his thighs.

Next, Uke unlocks the “short sword” with his left thumb and draws it out with his right hand (four fingers up, on the same side as blade). Then Uke raises his hips and comes up on his toes, steps his right foot forward, he draws the short sword and attempts to slash the top of Tori’s head with the blade side of the “short sword” (kiai).

To escape, Tori comes up on his toes, raises his arms and catches Uke’s right wrist with both hands, i.e. in his right hand and puts his left hand on Uke’s forearm (Tori’s palms face each other) and avoids the cut. At the same time, left knee down and right knee up, Tori pivots to the right on his left knee, comes up on his left toes, and steps back with his right foot. Tori pulls forward diagonally to break Uke’s balance, i.e. breaks Uke’s balance toward Uke’s right front corner by taking tsugiashi steps (number of steps depends on the size of Uke and Tori) with his right foot while trapping Uke’s right arm under his left armpit. Tori applies wakigatame to Uke’s right elbow.

Uke: should stay on his knees and pat Tori’s leg twice to indicate submitting.

Both Tori and Uke return to sit in Toma about 1.2 m (4 feet) facing Tori. Uke puts the dagger back into (the pretend) scabbard that is on his left hip, and then takes out the short sword from his belt with his right hand and replaces it back inside his jacket (blade up) as before as a dagger.

## **8. *Yoko tsuki* (Dagger Thrust to Side)**

Uke stands and walks over to Tori's right side, faces the same direction as Tori, and then sits down next to him by lowering into the kneeling position; distance about 20 cm on the side, i.e. about two fist widths from Tori's right side. Uke's knees are even to Tori's.

Uke uses his left hand on the left side of his belt as if holding the dagger's sheath steady while he reaches inside and grips the dagger with his right hand, palm facing inward. He draws the dagger out, blade upward, and pulls his right elbow back preparing to attack Tori. Then Uke raises his hips and he turns to his left coming up on his toes and he steps forward toward Tori onto his left foot, his right knee on the mat, and attempts to stab Tori with the dagger, blade up, in his right side cutting edge upwards (kiai).

Tori quickly comes up on his toes to escape and pivots on his left knee 180 degrees to his right on his left knee, his right knee up. At the same time, Tori deflects the lunge with his left hand by catching Uke's right elbow with his left hand drawing Uke forward, i.e. pulls to break Uke's balance forward, and does atemi with his reversed right fist between Uke's eyebrows, palm up, as he kiais.

Immediately Tori grabs Uke's right wrist from above with his right hand, pulls it to his right hip, and holds the wrist against his right thigh. Tori reaches round Uke's neck to grab the right lapel with his left hand. He moves forward two steps diagonally and applies a hara-gatame arm lock to Uke's right arm by pushing his lower abdomen forward and strangle at the same time. (Same technique as tsuk-kake)

Uke should stay on his knees and pat the mat twice to indicate submitting.

Both Tori and Uke then return to a kneeling position sitting next to each other with Uke at Tori's right side (Same position as at the beginning of the technique). Uke replaces the dagger back in his jacket (blade up), stands up, walks back and sits down in toma at about 1.2 m (4 feet) facing Tori, and kneels down to seiza position. Uke pauses a few seconds, then stands up, turns around to the right (toward Shomen) and walks to put the dagger away next to the sword. He replaces the dagger down on the mat in its original position next to the sword sitting in seiza.

# *Tachiai*

## **1. Ryote-dori (Two-Hand Hold)**

As Uke stands up, Tori stands simultaneously. Then Uke turns toward the Shomen walks back to face Tori at a distance of one step away from Tori (about 40 cm or 15 inches). Tori and Uke stand in shizen-hontai.

Uke grips both of Tori's wrists with both of his hands, thumbs on the inside advancing with his right foot (half step) (kiai).

Tori pulls his arms out and back, breaking Uke's balance forward. He kicks Uke in the groin with the ball of his right foot (kiai) bringing his right foot back down immediately. Tori then, takes hold of Uke's left wrist from underneath with his right hand, thumb on the inside, and raises Uke's left arm. At the same time, Tori pulls his left hand free, turns and pulls Uke's left arm out diagonally, i.e. steps to his left front diagonal with tsugiashi from his left foot, and pulls Uke's left arm straight in front of himself. Tori puts his left hand on Uke's left wrist, traps Uke's left arm in his right armpit, and applies waki-gatame in a standing position to Uke's elbow.

Uke should pat Tori's thigh leg twice to indicate submitting. Tori and Uke then return the starting position. Uke faces Tori at toma, about 1.2m distance each other about (4 feet apart).

## **2. Sode tori (Sleeve Grab)**

Uke walks round Tori on his right side (while Tori steps slightly backwards) and stands behind him on his left, i.e. to Tori's left rear corner about one half step behind Tori. Tori and Uke face the same direction and stand in shizen-hontai.

Uke grabs the middle of Tori's left sleeve, just above left elbow area, first with his left hand and then with his right hand, i.e. transfers it to his right hand grabbing a handful of the judogi and twisting so that Uke's knuckles push against Tori's upper elbow. Uke then pushes Tori's left arm and forces Tori to walk forward. Both step forward from their right foot, then left, and right again.

Tori follows Uke's push, and on the third step, moves/steps on his right foot to his right front corner to break Uke's balance in that direction. Tori kicks Uke on his right knee with the side of his left foot (kiai). Uke still holds onto Tori's sleeve.

Tori immediately places his left foot down near the outside of Uke's right foot, and pivots 180 degrees to his left. At the same time, Tori grabs Uke's right sleeve (inside the elbow) with his left hand and Uke's left lapel with his right hand, and throws Uke with a right osoto-gari.

Uke stands and walks back to face Tori. Tori and Uke stand facing each other at **three steps distance (about 1.8 m)**. (The exact distance depends on the size of Uke and Tori). They stand in shizen-hontai (Tori's left side to the Shomen and Uke's right side to the Shomen).

### **3. *Tsuk-kake* (Punch to Face)**

Uke takes a step forward with his left foot, left guard, raises his left fist to eye level, and holds his right fist at stomach level ready to punch with his left hand. Uke takes a tsugiashi step from his left and fakes a left punch, and then lunges forward with his right foot and attempts to punch tori in the face with his right reversed fist, i.e. hand palm up, between Tori's eyebrows (uto) (kiai).

Tori pivoting on his left foot, quickly turns his body 90 degrees to the right in Taisabaki to avoid the blow. At the same time, Tori catches and grips Uke's right forearm (punching arm) from the top with his right hand and pulls him forward and down, to unbalance Uke to his front. Tori releases the pressure on Uke's arm. When Uke pulls back and straightens up, i.e. tries to regain his balance by straightening his body up, Tori steps around behind Uke first with his right foot, then his left foot, while putting his right arm around Uke's throat and pulling him backward. Tori clasps his hands on Uke's left shoulder as in hadaka-jime, and then steps backward with his left foot into a slight jigo-tai position (defense posture) and applies the choke. (Tori's right foot should point toward Uke and his left footsteps back for the slight jigo-tai position)

Uke defends, i.e. tries to escape, by pulling down Tori's right upper arm with both of his hands, but Uke cannot escape, and submits by banging the mat twice with his right foot.

Tori brings his left foot forward and restores Uke's balance while releasing the choke.

Tori and Uke stand facing each other at about one step distance, i.e. about 90 cm (40 inches), facing each other in shizen-hontai.

### **4. *Tsukiage* (Uppercut)**

Uke steps forward with his right foot, and attempts to deliver a right uppercut to Tori's chin (kiai).

Tori leans his upper body backward to avoid the blow, takes Uke's right wrist with two hands (right hand above the left hand), follows Uke's strength and pulls it upward and diagonally to the front, i.e. Tori turns his body to the right draws his right foot to his right front diagonal, and traps Uke's right arm under his left armpit and takes tsugiashi from his right foot to his right front diagonal to off balance Uke more. Then Tori applies waki-gatame to Uke's right elbow in standing position.

Uke shouldn't bend too much as he follows Tori's movements. He should pat Tori's leg twice to indicate submitting.

Tori and Uke stand facing each other at about one step distance, i.e. about 90 cm (40 inches), facing each other in shizen-hontai.

## **5. *Suri Age* (Forehead Thrust)**

Uke steps forward slightly with his right foot, and attempts to strike Tori's forehead with the palm of his right open hand, fingers straight and together, in order to break Tori's neck (kiai).

Tori leans back and parries the blow at the elbow with his left forearm, i.e. he escapes by leaning back, using his left forearm on Uke's right forearm to parry Uke's attack, palm upward facing Uke. At the same time, he punches Uke in the stomach, i.e. solar plexus, with his reversed right fist (palm up) (kiai). Immediately, Tori places his left foot in front of Uke's left foot, wraps his left arm around Uke, brings his right foot back, grasps Uke's left sleeve with his right hand, and then throws him with a left Uki-goshi.

Tori and Uke stand facing each other at about one step distance, i.e. about 90 cm (40 inches) facing each other in shizen-hontai.

## **6. *Yoko uchi* (Side Blow)**

Uke steps forward with his right foot and attempts to strike at Tori on his left temple with his little finger side of his right fist (kiai).

Tori stepping in with his left foot, escapes by ducking down under Uke's right fist by bending forward and stepping in diagonally forward with his left foot. At the same time, Tori puts his right hand on Uke's left chest (Tori's right arm is under Uke's right arm), to push Uke slightly backward. He grabs Uke's left lapel with his right hand (thumb inside of Uke's lapel) and immediately, Tori steps behind Uke with first his right foot then his left foot. While stepping, Tori pivots toward Uke, reaches over Uke's left shoulder and round Uke's neck with his left hand and grabs high on Uke's right lapel (thumb inside of Uke's gi). Tori presses his forehead into the back of Uke's head, and pushes Uke's head forward with his forehead. Tori then pulls Uke backward by stepping back with his left foot and lowers his hips, and applies okuri eri-jime.

Uke attempts to defend himself by pulling down on Tori's left upper arm with both hands. Uke unable to escape the choke, submits by banging the mat twice with his right foot.

Tori and Uke stand a distance of one step apart, about 90 cm (40 inches) facing each other in shizen-hontai.

## **7. *Keage* (Groin Kick)**

Uke steps forward a small step with his left foot and attempts to kick Tori in the groin with the ball of his right foot (kiai).

Tori escapes by stepping back with his right foot and turning 90 degrees in Tai-sabaki to his right on his left foot and drawing his right foot back. Simultaneously, Tori scoops up Uke's right front kick with his left hand and catches Uke's ankle from underneath, and then, with his right hand on

Uke's ankle, with his palms facing each other, and pulls Uke's right foot to the left. Tori twists his hips to the left and kicks Uke in the groin with the ball of his right foot (kiai).

Tori lets go of Uke's right leg. Tori and Uke face each other **at toma (about 1.2 m) distance**.

### **8. Ushiro-dori (Hold from Behind)**

Uke moves round on Tori's right side and stands directly behind him at about 90 cm distance (40 inches) away from Tori. In the meantime Tori steps backward. Both Tori and Uke are facing the same direction.

Tori advances three steps forward starting with his left foot (left-right-left) and Uke follows Tori in the same manner. But during the third step he changes, i.e. Uke takes two steps quickly forward with his left foot and his right foot on the outside of Tori's right side, and grappling around Tori's upper arms while turning his face to the left (kiai).

Tori escapes, immediately moves, by raising both arms and elbows outward and grabs/takes Uke's upper right sleeve in both hands. He then throws Uke with right seoi-nage. At the moment Uke lands on the mat, while placing his right knee down (right toes up) on the mat and, left knee up, Tori strikes Uke between the eyes with the Togatana (knife-edge) of his right hand (kiai).

**Tori returns to the original position, Uke at toma (about 1.2 m)**, and face each other in shizen-hontai

Uke turns toward the Shomen and goes to get the dagger. He collects the dagger (right hand on the top, left hand under), cutting edge upwards placed inside his jacket. Uke stands and returns to his position about 90 centimeters (40 inches) in front of Tori.

### **9. Tsukkomi (Dagger Thrust to Stomach)**

Next, Uke uses his left hand on the left side of his belt as if holding the dagger's sheath steady while he reaches inside and grips the dagger with his right hand, palm facing inward. He draws the dagger out, blade upward, and pulls his right elbow back preparing to attack Tori. Uke steps forward with his left foot and attempts to stab at Tori in the solar plexus (kiai).

Tori escapes by turning on his left foot to his the right quickly 90 degrees in Tai-sabaki. Simultaneously, Tori deflects the lunge, i.e. catches Uke's right elbow with his left hand, (four fingers are pointing downward and left thumb is above Uke's arm) pulls to break Uke forward; and does atemi with his reversed right fist striking Uke between the eyes (kiai) with his right urakken (fist palm up).

Immediately he (Tori) grabs Uke's right wrist from above with his right hand, pulls it to his right hip, and holds the wrist against his right thigh while pulling uke off balance toward Tori's right front corner. Tori reaches round Uke's neck to grab the right lapel with his left hand. He moves forward two steps diagonally with tsugiashi from the right foot until Uke is sufficiently off

balance. Tori applies a hara-gatame armlock and a choke at the same time. Uke doesn't bend too much.

Uke: should pat Tori's leg twice to indicate submitting.

Tori and Uke return to face each other in shizen- hontai about 90cm (40 inches) apart, and Uke replaces the dagger in his jacket, blade pointing upward.

### **10. Kirikomi (Downward Slash)**

Uke (about 90 cm. apart) reaches inside his jacket with his right hand and takes out the sheathed dagger from his jacket, and then puts it into his belt on the left side as a short sword (shoto), blade up. Uke returns his hands to his sides. Next, Uke unlocks the "short sword" with his left thumb and draws it out with his right hand (four fingers up, on the same side as the blade). Then Uke steps forward with his right foot, kiais, and attempts to slash the top of Tori's head with the blade side of the "short sword" (kiai).

Tori leans back and catches/grips Uke's right wrist and forearm with both hands, right hand is close to Uke's wrist and the left hand is lower on Uke's forearm and avoids the cut. Then, bring your right foot back and turn toward the right back diagonal. Tori takes tsugiashi steps from his right foot, while pulling Uke along. Tori traps Uke's right arm under his armpit and moves backwards diagonally while taking the tsugiashi steps. At the last step when Uke's balance is sufficiently broken, Tori secures Uke's arm in his armpit and applies wakigatame to Uke's right elbow while taking slight jigo-tai posture. Uke shouldn't bend too much.

Uke should pat Tori's leg twice to indicate submitting and returns to toma (about 1.2 m).

Both Tori and Uke return to the former standing position. He (Uke) replaces the short sword into the belt in its sheath at his left side, and then pulls it out of his belt with his right hand and places the dagger back inside the jacket as a dagger, blade up. Uke turns toward the Shomen and walks to where the sword is laying, kneels down into seiza, and replaces the dagger back down on the mat in its original position, and collects the sword (right hand on the top, left hand under) (see «NOTE»), and puts it in the left side of his belt, cutting edge up. Uke stands and returns to his position. Tori and Uke stand facing each other at toma, about 1m (3.1 feet) in front of Tori.

- «NOTE»
1. Uke reaches for the sword with both hands, crossing his right hand (palm down) over his left hand (palm up) and grabs the sword with the both hands. His right hand is just below the guard (tsuba).
  2. He makes the sword stand vertically, and then slides his left hand down to the end of the sheath. This action demonstrates straightening of the string that attaches the sheath to the belt. The string secures the sheathed sword to the belt by wrapping the sheath and the belt together once it is inserted into the left side of the belt.
  3. Uke picks the sword up with both hands, brings it to his left side hip and inserts his left fingers inside his left side belt to make a space to insert the sword and pushes the sword down into the belt, cutting edge up.

## **11. *Nuki kake* (Sword Unsheathing)**

Uke puts his left hand on his belt at the left side and his right hand on the sword handle, opens the tsuba with his left thumb, steps forward with his right foot and attempts to draw his sword out of the from his belt.

At this moment, Tori moves quickly forward close to Uke's right foot with his right foot close to Uke's right foot and blocks with his right hand on Uke's right wrist from the top in order to stop Uke from drawing the sword further. Immediately Tori moves quickly forward to Uke's rear with a second step with his right foot. Then Tori pivots towards Uke, bringing his left foot around behind Uke and he reaches around Uke's neck with his left hand, to grab high on the right lapel (thumb inside, four fingers outside) with his left hand. Tori inserts his right arm through Uke's right armpit, palm up, and brings his right hand up, making Uke's right elbow bend and come up way high. Tori places his right hand on the back of Uke's neck and steps back diagonally with his left foot, breaking Uke's balance to Uke's back left corner, and applies kata ha-jime.

Uke submits by banging the mat twice with his right foot. Tori restores Uke's balance while releasing the kata ha-jime. Uke pushes the sword back into the belt for the next technique.

Uke in his starting position, Tori at about **2.7 m (10 feet)** and they face each other in shizen hontai.

## **12. *Kirioroshi* (Downward Cut)**

Uke steps forward with his right foot and slowly draws his sword, placing his right hand near the sword guard and his left near the end of the handle, with the sword tip level with and pointing at Tori's eyes (the *seigan* position). Uke checks Tori by taking one step forward in tsugiashi with his right foot forward.

Tori moves one step backwards from left foot first and then with his right foot into shizen hontai.

Uke then steps forward with his left foot and raises his sword high above his head and comes up on his toes (in the jodan position). Uke waits a short moment in this position and then attacks Tori when the timing feels right by taking a big step forward with his right foot and he attempts to slash the top of Tori's head (kiai). He should stand his sword over his head before he slashes.

Tori dodges the blow by quickly stepping forward to his left front corner with his left foot then his right foot and turning his body to his right quickly 90 degrees in Tai-sabaki. At the same time, Tori deflects the slash and he grabs Uke's right wrist with his right hand on top of Uke's right wrist. Tori pulls it (Uke's wrist) to his right hip and holds the wrist against his thigh, forcing him down toward his right front corner. Tori reaches round Uke's neck to grab high on his (Uke's) right lapel with his left hand to apply a choke. While applying the choke, Tori then moves forward with his right then left foot in front of Uke. Tori takes one more step forward

with his right foot, i.e. forward right-left-right diagonally, and applies hara-gatame arm lock and strangle at the same time. As Tori applies hara-gatame, Uke releases his left hand from the sword.

Uke shouldn't bend too much. He should pat Tori's left leg twice with his left hand to indicate submitting. After Tori releases the hara-gatame, Tori stands in shizen-hontai. Uke goes to his starting point keeping the sword downward/rightward, the edge inward, i.e. turns the sword point to his right and points it downward and moves backward with ayumiashi to his original position, that is, where he took one step forward after the kneeling bow at beginning of the kata. When Uke reaches this position, Uke brings the sword up to Tori's eye level (the seigan position with sword), his right foot forward. He then returns the sword to its sheath while stepping back with his right foot into shizen hontai. While Uke replaces the sword back on the mat in preparation for the ceremonial end of the Kata, Tori also goes back to his original position, that is, where he took one step forward after the kneeling bow at the beginning of the kata.

### **Closing Movements:**

At the end of the kata Uke turns around and goes to where the dagger is laying on the mat. Uke sits, removes the sword from his left hip, and returns it to its original position on the mat. Then he picks up the dagger and the sword feeding them into his left hand with his right hand. Uke places the weapons at his right hip as before, stands, and returns to his original position to face Tori. Tori and Uke step back together; right foot first then left foot to a closed stance and kneel down to perform zareai. Uke lays the weapons on the mat to his right, as he did at the beginning of the kata, before he bows. They bow. Uke picks up the weapons, as he did at the beginning of the kata, first the dagger, then the sword and takes them on his right side. Tori and Uke stand up and turn toward the Shomen, and perform a standing bow.

Combined US Standards and IJF Evaluation Criteria  
(changes from IJF Evaluation Criteria are in bold)  
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