



## KATA Required Techniques

### Juniors Division: Age 15 and under

Combative Sequence is optional for these divisions. It will be scored separately.

Division		Chart
Age 4 - 6 years	Beginner	A
	Intermediate	B
	Advanced	B
Age 7 - 9 years	Beginner	A
	Intermediate	B
	Advanced	B
Age 10 -12 years	Beginner	B
	Intermediate	B
	Advanced	C
Age 13 -15 years	Beginner	B
	Intermediate	C
	Advanced	C

#### Division Guidelines:

"Beginner" = up to 1 year training

"Intermediate" = 1 - 3 years

"Advanced" = 3 years +

(Sensei – you may place your juniors in whichever division you feel is appropriate.)

No Shime allowed in Juniors Division

Juniors Green Belt and higher must compete in the Seniors Division regardless of age

Chart	Techniques	
A	Strength/Coordination	2 arts
	Rolls/Falls	2 arts
	Yawara	1 art
	Contestant's Choice	3 arts
B	Rolls/Falls	2 arts
	Yawara	2 arts
	Nage	1 art
	Contestant's Choice	3 arts
C	Rolls/Falls	1 art
	Yawara	2 arts
	Nage	2 arts
	Contestant's Choice	3 arts

### Seniors Division: Age 16 and up

Senior White	Senior Blue	Senior Green	Brown	Black
Side Fall	Back Fall	Ryoeri Tori	Tatsumaki Jime	Yawara
Katate Hazushi Ichi	Katate Tori	Yama Arashi	Deashi Hayanada	Nage
Kubi Nuki Shime	Uchi Gama	Hane Goshi	Kazaguruma	Shime
Deashi Harai	Tsurikomi Goshi	Eri Gatame	Hibara Hazushi (tanto)	Keri Te
Ogoshi	Harai Goshi	Hadaka Jime San	Ushiro Osaegami Nage	Shinnin
+3 Elective Arts	+3 Elective Arts	+3 Elective Arts	+3 Elective Arts	+3 Elective Arts
Combative Seq	Combative Seq	Combative Seq	Combative Seq	Combative Seq

Combative sequence: Minimum of 5 techniques, of which 2 to 3 come from the required kata techniques.

**Kyu ranks may use variations only in their *elective* arts. CLEARLY write a "V" and circle it next to the technique. (When in doubt, write the "V"!) Required arts shall be demonstrated as written in the AJJF Kata Manual. Black Belts may choose to demonstrate variations throughout their techniques (indicate with a "V").**

Kata Techniques will be judged on: Balance, Continuous Motion, Confidence, Effectiveness.