

NAGE-NO-KATA EXAMINATION FORM



Candidate Name:		BJA Membership No:	
Tori or Uke (L4 only):		Membership Expiry Date:	
Exam Venue:		Exam Date:	

Indicate which level of examination is being taken. Note: Each level must be taken and passed before the next level can be attempted and a high pass mark at Level 1 is awarded as a Level 1 certificate since higher levels have a stricter marking criterion. BJA Senior Examiners may examine Nage-no-Kata up to Level 2, maximum.	Level			
	L1	L2	L3	L4
	Pass Mark			
	108 (60%)	117 (65%)	126 (70%)	135 (75%)

Marking Guide – Score Opening, Closing, Techniques, and Flow on a scale of 0 to 10.

ELEMENT			MARKS
OPENING CEREMONY			
TE-WAZA		HAND TECHNIQUES	
1.	UKI-OTOSHI	FLOATING DROP	
2.	SEOI-NAGE	BACK-CARRY THROW	
3.	KATA-GURUMA	SHOULDER WHEEL	
KOSHI-WAZA		HIP TECHNIQUES	
4.	UKI-GOSHI	FLOATING HIP THROW	
5.	HARAI-GOSHI	SWEEPING HIP THROW	
6.	TSURI-KOMIGOSHI	LIFTING-PULLING HIP THROW	
ASHI-WAZA		FOOT & LEG TECHNIQUES	
7.	OKURI-ASHI-BARAI	SLIDING FOOT SWEEP	
8.	SASAE-TSURIKOMI-ASHI	PROPPING-DRAWING ANKLE THROW	
9.	UCHI-MATA	INNER THIGH THROW	
MA-SUTEMI-WAZA		SUPINE SACRIFICE TECHNIQUES	
10.	TOMOE-NAGE	CIRCLE THROW	
11.	URA-NAGE	REAR THROW	
12.	SUMI-GAESHI	CORNER REVERSAL THROW	
YOKO-SUTEMI-WAZA		SIDE SACRIFICE TECHNIQUES	
13.	YOKO-GAKE	SIDE HOOK	
14.	YOKO-GURUMA	SIDE WHEEL	
15.	UKI-WAZA	FLOATING TECHNIQUE	
CLOSING CEREMONY			
OVERALL FLOW			
Total Marks:			

Examiners Name:	BJA Membership No:
Examiners Signature:	Membership Expiry Date:

Return Completed Sheet to the Kata Registrar at

British Judo Head Office, University of Wolverhampton (Walsall Campus), Gorway Road, Walsall. WS1 3BD