

KATAME-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 Katame-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 | | | |
| OSA EKOMI-WAZA | | | HOLDING TECHNIQUES |
| 1. | KESA-GATAME | SCARF HOLD | |
| 2. | KATA-GATAME | SHOULDER HOLD | |
| 3. | HON-KAMI-SHIHO-GATAME | UPPER FOUR-QUARTERS HOLD | |
| 4. | HON-YOKO-SHIHO-GATAME | SIDE FOUR-QUARTERS HOLD | |
| 5. | KUZURE-KAMI-SHIHO-GATAME | MODIFIED UPPER 4-QUARTERS HOLD | |
| SHIME-WAZA | | | CHOKING TECHNIQUES |
| 6. | KATA-JUJI-JIME | SINGLE CROSS CHOKE | |
| 7. | HADAKA-JIME | NAKED CHOKE | |
| 8. | OKURI-ERI-JIME | SLIDING COLLAR CHOKE | |
| 9. | KATA-HA-JIME | SINGLE WING CHOKE | |
| 10. | GYAKU-JUJI-JIME | REVERSE CROSS CHOKE | |
| KANSETSU-WAZA | | | JOINT LOCKING TECHNIQUES |
| 11. | UDE-GARAMI | ENTANGLED ARMLOCK | |
| 12. | JUJI-GATAME | CROSS ARMLOCK | |
| 13. | UDE-GATAME | ARM ARMLOCK | |
| 14. | HIZA-GATAME | KNEE ARMLOCK | |
| 15. | ASHI-GARAMI | ENTANGLED LEGLOCK | |
| CLOSING CEREMONY | | | |
| OVERALL FLOW | | | |
| Total Marks: | | | |

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|----------------------|-------------------------|
| Examiners Name: | BJA Membership Number: |
| 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