

Competition

Nage no Kata

Division: _____

Tori: _____ Current Rank: _____ Dojo: _____

Uke: _____ Current Rank: _____ Dojo: _____

0
omitted

1 – 2
poor

3 – 4
below

5 – 6
average

7
good

8 – 9
very good

10
perfect

SET	TECHNIQUE	POINTS		Comments
		(R)	(L)	
TE WAZA	Uki otoshi			
	Seoi nage			
	Kata guruma			
KOSHI WAZA	Uki goshi			
	Harai goshi			
	Tsurikomi goshi			
ASHI WAZA	Okuri ashi harai			
	Sasae tsurikomi ashi			
	Uchi mata			
MA SUTEMI WAZA	Tomoe nage			
	Ura nage			
	Sumi gaeshi			
YOKO SUTEMI WAZA	Yoko gake			
	Yoko guruma			
	Uki waza			
BOWING (0 – 10 for combined opening/closing)				
ENTIRE FLOW (0 – 10)				
TOTAL POINTS				
AVERAGE SCORE				

Judge: _____

Event: _____ Location: _____ Date: _____