



BRITISH JUDO COUNCIL



Goshin Jitsu Kata Evaluation Sheet

Candidates Name _____ Age _____ Grade _____ Venue _____

Requirement <small>Circle one only</small>	Contest	Non-contest	Shudoshadai	Ichi	Ni	San
---	---------	-------------	-------------	------	----	-----

TORI - UKI <small>Circle as appropriate</small>	Very Good				Good		Satisfactory		Needs Improvement		Comments

Opening & Closing Kata										
------------------------	--	--	--	--	--	--	--	--	--	--

First Set Twelve techniques without a weapon	Grips	Seven Techniques									
	RYOTE-DORI <small>Both hands grip & knee to the groin</small>										
	HIDARI-ERI-DORI <small>Left collar push</small>										
	MIGI-ERI-DORI <small>Right collar pull</small>										
	KATA-UDE-DORI <small>One arm hold from rear</small>										
	USHIRO-ERI-DORI <small>Choke from behind</small>										
	USHIRO-JIME <small>Choke from behind</small>										
	KAKAE-DORI <small>Bear hug from behind</small>										
	Blows or kicks	Five Techniques									
	NANAME-UCHI <small>Oblique blow to left temple</small>										
	AGO-SUKI <small>Uppercut</small>										
	GANMEN-TSUKI <small>Straight blow to the face</small>										
	MAE-GERI <small>Front kick to the testicles</small>										
	YOKO-GERI <small>Side kick</small>										

Second Set Nine techniques with a weapon	Against thrust with a dagger	Three Techniques									
	TSUKKAKE <small>Before the thrust to the stomach</small>										
	CHOKUZUKI <small>Thrust to the stomach</small>										
	NAMAME-ZUKI <small>Oblique strike to left side of neck</small>										
	Against attacks with a cane	Three Techniques									
	FURI-AGE <small>Swinging up a cane</small>										
	FURI-OROSHI <small>Swinging down a cane</small>										
	MOROTE-ZUKI <small>Thrust to stomach with cane</small>										
	Against a pistol	Three Techniques									
	SHOMEN-ZXUKE <small>Pointing the pistol from the front</small>										
	KOSHI-GAME <small>Pointing the pistol from the hip</small>										
	HAIMEN-ZUKE <small>Pointing the pistol from behind</small>										

2nd Dan	Candidates Choice				6	= Failure
3rd Dan	Candidates Choice				4	= Failure
4th Dan	Candidates Choice				3	= Failure
5th Dan	Assessor's Choice				5	= Failure
Shudoshadai Ichi all as Tori					6	= Failure
Shudoshadai Ni all as Tori & Uki					8	= Failure
Shudoshadai San all as Tori & Uki					6	= Failure

Assessors Name _____ Assessors Grade _____ Date _____

Assessors Signature _____ BJC Membership Number _____