

KODOMO-NO-KATA



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The following is an introduction to Kodomo-no-Kata – a new, official Kodokan kata.

GENERAL INFORMATION

In the Japanese language “kodomo” means “child/children”, so the literal translation of Kodomo-no-Kata is “Forms for Children”. The kata was created by the Kodokan Judo Institute, in cooperation with the International Judo Federation (IJF) and the French Judo Federation, to help children learn the basics of judo in a safe and systematic manner. Another motivation for developing Kodomo-no-Kata was to provide a tool for judo teachers working in countries where there are very few experienced instructors.

Although Kodomo-no-kata is specifically aimed at children, it can of course be used by adults when they first begin practicing judo.

OFFICIAL INTRODUCTION OF KODOMO-NO-KATA

Kodomo-no-kata was showcased during the 2019 World Judo Championships held at the Nippon Budokan in Tokyo from 25 August to 1 September 2019. The kata was presented twice (on Tuesday, 27 August 2019 and on Thursday, 29 August 2019) and the demonstrations by young judoka from the Kodokan were well received by the audience.



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Present at the demonstrations were Kodokan President **Haruki Uemura**, IJF General Secretary, Jean-Luc Rouge and Mikihiro Mukai from the Kodokan’s Education and Instruction Department and who is also a Kodokan expert within the IJF Kata Commission. Also present was a member of the Japanese Imperial Family – Her Imperial Highness, and IJF Ambassador, Princess Tomohito of Mikasa.

Mukai-sensei, who had a leading role in the development of Kodomo-no-Kata, later stated that “Kata is important for judoka of all ages and we believe Kodomo-no-Kata can become a popular and essential tool for development at the grassroots level around the world”.

TECHNICAL CONTENTS OF KODOMO-NO-KATA

Kodomo-no-Kata consists of an introductory “Prologue” and seven “grades”.

The Prologue starts with how to properly wear a judogi and the correct protocol for removing one's shoes when entering the dojo. It is designed in such a way that children can learn proper attitude and behaviours, various ukemi and basic movements on the mat in a gradual and step-by-step manner.

Kodomo-no-Kata helps teach the principles and actions of judo in a spirit of cooperation and aesthetics and the seven elements include the basic movements, falls, kuzushi, throwing and holding techniques that need to be progressively learnt at each grade.

Potential exists to use the content of Kodomo-no-Kata as the basis of a grading test and also to rearrange the basic skills in the other ways depending on the specific situation in a particular dojo, club or school. This way it can enable young judoka to perform original and innovative new demonstrations.

Like most judo kata, Kodomo-no-Kata should be practiced in pairs – either as a single pair or as part of a larger group. It can also serve as an introduction to other Kodokan kata – particularly Nage-no-Kata and Katame-no-Kata.

The technical content of Kodomo-no-Kata is later presented in a series of Tables.

FILMED INSTRUCTIONAL MATERIAL FOR KODOMO-NO-KATA

A film of Kodomo-no-Kata was produced as part of the Judo Exchange Programme “Japan-ASEAN Jita-Kyoei Project”, through which the Japan Foundation Asia Centre and the Kodokan are collaborating with their ASEAN counterparts.

The film of the complete Kodomo-no-Kata can be found on the Kodokan Judo Institute's Official Facebook page and also on Metz Judo's YouTube channel. The URL links to these resources are:

<https://www.facebook.com/kodokanjudoinstitutel/videos/2397470973825301/>

https://www.youtube.com/watch?v=Oz_pG2E47YI

The table below provides URL links to the separate films of the various distinct elements of Kodomo-no-Kata on the Kodokan Official YouTube channel. The start times in the final column refer to when the elements can be found on the film of the complete kata.

Kodomo-no-Kata		
Element	Kodokan Official YouTube Channel	Start Time on the Film of the Complete Kata (min' sec")
Prologue	https://youtu.be/XQHhDxi4-eg https://youtu.be/BBZC9N4cW0U https://youtu.be/VoktcQAxEpG https://youtu.be/zbBtzBd9Eg4	00'00"
7	https://youtu.be/LhVvmFDLMO0	07'44"
6	https://youtu.be/VpLdKj5KvuM	11'26"
5	https://youtu.be/2-5at8cWc0E	15'14"
4	https://youtu.be/FQ6eJxB421o	19'14"
3	https://youtu.be/FT3kgec9JEM	22'49"
2	https://youtu.be/lOp61cPa-80	27'00"
1	https://youtu.be/-wZKFsubC04	31'29"

Kodomo-no-Kata Prologue		
In Japanese	In English	Remarks
Basics <ul style="list-style-type: none"> How to wear judogi properly - trousers, jacket, tying the belt How to properly and neatly line up footwear (zori) – side-by-side and heels towards the mat 		
Reiho <ul style="list-style-type: none"> Ritsurei Zarei 	Etiquette <ul style="list-style-type: none"> Standing bow Seated bow 	As a pair – kata style <ul style="list-style-type: none"> From seiza
Shizentai <ul style="list-style-type: none"> Shizenhontai Jigotai 	Natural posture <ul style="list-style-type: none"> Straight natural posture Defensive posture 	<ul style="list-style-type: none"> Left and right Left and right
Ukemi <ul style="list-style-type: none"> Ushiro-ukemi Yoko-ukemi Outen-ukemi Mae-ukemi Mae-mawari-ukemi Ushiro-ukemi in a pair Mae-mawari-ukemi in a pair 	Breakfall <ul style="list-style-type: none"> Rear breakfall Side breakfall Rolling to the side breakfall Forward breakfall Forward rolling breakfall Rear breakfall in a pair Forward rolling breakfall in a pair 	<ul style="list-style-type: none"> Supine both hands x3 Sitting-up then roll back x5 – first both hands x3 then one hand each side x2 Supine x4 – to each side x2 On one knee x2 – roll to each side x1 From kneeling on both knees x1 From kneeling one knee x4 – to each side x2 In a pair, Tori rolls backwards from sitting on a prone Uke's back x2 In a pair, Tori sitting on a prone Uke's back who rolls to face upwards x2 In a pair, Tori sitting Uke's back with Uke on all fours x2 In a pair, Tori rolls forwards from standing up straddling Uke on all fours x2 – to each side x1 In a pair, Tori rolls forwards from standing up between Uke's legs – Uke prone on floor legs apart fours x2 – to each side x1
Shintai-dosa <ul style="list-style-type: none"> Ayumi-ashi Tsugi-ashi 	Basic Footwork <ul style="list-style-type: none"> Natural walking style Shuffle stepping 	Not gripped up <ul style="list-style-type: none"> How to step – forward and back – linear How to step – forward and back – linear
Kumi-kata	Gripping	Forwards and back
Ugoki-kata	Free movement	To the side and circular
Tai-sabaki <ul style="list-style-type: none"> Mae-sabaki Ushiro-sabaki Mae-mawari-sabaki Ushiro-mawari-sabaki 	Body control <ul style="list-style-type: none"> Front shifting Rear shifting Turning to the front Turning to the rear 	Not gripped up throughout.

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Kodomo-no-Kata 7 (Nana)		
In Japanese	In English	Remarks
Reiho • Ritsurei • Zarei	Etiquette • Standing bow • Seating bow	As a pair – kata style • From seiza
Ukemi • Ushiro-ukemi • Yoko-ukemi • Outen-ukemi	Breakfall • Rear breakfall • Side breakfall • Rolling to the side breakfall	• Supine both hands x2 • Sitting-up then roll back x2 • Supine legs in air x2 – one to each side • All fours roll x2 – one to each side
Tai-sabaki • Mae-sabaki • Ushiro-sabaki	Body control • Front shifting • Rear shifting	
Shintai-dosa • Ayumi-ashi • Tsugi-ashi	Basic Footwork • Natural walking style • Shuffle stepping	• Gripped up forwards-back • Gripped up to the side
Mae-sabaki – throwing	Throwing by Front shifting	x2 Uke kneeling up both knees – one to each side
Ushiro-sabaki-throwing	Throwing by Rear shifting	x2 Uke kneeling on one knee – one to each side
Reiho • Zarei • Ritsurei	Etiquette • Seated bow • Standing bow	As a pair – kata style • From seiza

Kodomo-no-Kata 6 (Roku)		
In Japanese	In Japanese	In Japanese
Reiho • Ritsurei • Zarei	Etiquette • Standing bow • Seating bow	As a pair – kata style • From seiza
Ukemi • Ushiro-ukemi • Yoko-ukemi • Mae-mawari-ukemi	Breakfall • Rear breakfall • Side breakfall • Forward rolling breakfall	• Sitting-up then roll back x2 • Gripped up and squatting then roll back x2 • Squatting x2 – one to each side • Arm roll to the front over Uke on all fours – one to each side
Tai-sabaki • Mae-mawari-sabaki • Ushiro-mawari-sabaki	Body control • Turning to the front • Turning to the rear	
Shintai-dosa • Ayumi-ashi • Tsugi-ashi	Basic Footwork • Natural walking style • Shuffle stepping	• Gripped up forwards-back • Gripped up to the side and in a circle
Ashi-waza: Hiza-guruma	Leg technique: Knee wheel	x2 Uke kneeling – one to each side
Te-waza: Tai-otoshi	Hand technique: Body drop	x2 Uke kneeling – one to each side
Reiho • Zarei • Ritsurei	Etiquette • Seated bow • Standing bow	As a pair – kata style • From seiza

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Kodomo-no-Kata 5 (Go)		
In Japanese	In Japanese	In Japanese
Reiho • Ritsurei • Zarei	Etiquette • Standing bow • Seating bow	As a pair – kata style • From seiza
Ukemi • Ushiro-ukemi • Yoko-ukemi • Mae-mawari-ukemi	Breakfall • Rear breakfall • Side breakfall • Forward rolling breakfall	• Standing then roll back x2 • Standing x2 – one to each side • x2 – on one knee rolling to the front – one to each side
Kumi-kata	Gripping	
Ugoki-kata	Gripping and moving	
Kuzushi • Happo-no-kuzushi	Balance Breaking • Eight direction off-balancing	
Ashi-waza: De-ashi-harai	Leg technique: Front foot-sweep	x2 one to each side
Te-waza: Uki-otoshi	Hand technique: Floating drop	x2 Uke one to each side
Koshi-waza: Uki-goshi	Hip technique: Floating hip	x2 one to each side
Reiho • Zarei • Ritsurei	Etiquette • Seated bow • Standing bow	As a pair – kata style • From seiza

Kodomo-no-Kata 4 (Yon)		
In Japanese	In Japanese	In Japanese
Reiho • Ritsurei • Zarei	Etiquette • Standing bow • Seating bow	As a pair – kata style • From seiza
Ukemi • Ushiro-ukemi • Yoko-ukemi • Mae-mawari-ukemi	Breakfall • Rear breakfall • Side breakfall • Forward rolling breakfall	• Standing then roll back x2 • Standing x2 – one to each side • x2 – on one knee rolling to the front – one to each side
Tai-sabaki • Mae-sabaki • Ushiro-sabaki • Mae-mawari-sabaki • Ushiro-mawari-sabaki	Body control • Front shifting • Rear shifting • Turning to the front • Turning to the rear	
Kuzushi • Happo-no-kuzushi on the move	Balance breaking • Eight direction off-balancing with movement	
Ashi-waza: Hiza-guruma	Leg technique: Knee wheel	x2 one to each side
Te-waza: Tai-otoshi	Hand technique: Body drop	x2 one to each side
Koshi-waza: O-goshi	Hip technique: Large hip throw	x2 one to each side
Reiho • Zarei • Ritsurei	Etiquette • Seated bow • Standing bow	As a pair – kata style • From seiza

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Kodomo-no-Kata 3 (San)		
In Japanese	In Japanese	In Japanese
Reiho <ul style="list-style-type: none"> • Ritsurei • Zarei 	Etiquette <ul style="list-style-type: none"> • Standing bow • Seating bow 	As a pair – kata style <ul style="list-style-type: none"> • From seiza
Ukemi <ul style="list-style-type: none"> • Mae-ukemi • Mae-mawari-ukemi 	Breakfall <ul style="list-style-type: none"> • Forward breakfall • Forward rolling breakfall 	<ul style="list-style-type: none"> • From kneeling x1 • Crouching position x2 – one to each side • From standing x2 – one to each side
Tai-sabaki <ul style="list-style-type: none"> • Mae-mawari-sabaki • Ushiro-mawari-sabaki • Mae-mawari-sabaki • Ushiro-mawari-sabaki 	Body control <ul style="list-style-type: none"> • Turning to the front • Turning to the rear • Turning to the front • Turning to the rear 	<ul style="list-style-type: none"> • Grip end of sleeves, turn to right and lift uke • Grip end of sleeves, turn to right and lift uke • Grip end of sleeves, turn to left and lift uke • Grip end of sleeves, turn to left and lift uke
Kuzushi <ul style="list-style-type: none"> • Tai-sabaki 	Balance breaking <ul style="list-style-type: none"> • Body Movement 	Energetically on the move
Ashi-waza <ul style="list-style-type: none"> • Sasaie-tsurukomi-ashi 	Leg technique <ul style="list-style-type: none"> • Supporting foot lift-pull throw 	x2 – 1 to each side
Te-waza: Ippon-seoinage	Hand technique <ul style="list-style-type: none"> • Single back-carry throw 	x2 – 1 to each side
Koshi-waza: Tsuru-komi-goshi	Hip technique: Lift-pull hip throw	x2 – 1 to each side
Transition into Osaekomi-waza from tachi-waza <ul style="list-style-type: none"> • Sasaie-tsurikomi-ashi → Kesa-gatame 	Transition into Holding technique from standing <ul style="list-style-type: none"> • Supporting foot lift-pull throw → Scarf hold 	
Reiho <ul style="list-style-type: none"> • Zarei • Ritsurei 	Etiquette <ul style="list-style-type: none"> • Seated bow • Standing bow 	As a pair – kata style <ul style="list-style-type: none"> • From seiza

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Kodomo-no-Kata 2 (Ni)		
In Japanese	In Japanese	In Japanese
Reiho • Ritsurei • Zarei	Etiquette • Standing bow • Seating bow	As a pair – kata style From seiza
Ukemi • Mae-ukemi • Mae-mawari-ukemi	Breakfall • Forward breakfall • Forward rolling breakfall	• From standing x1 • From standing x2 – 1 to each side
Ashi-waza: O-uchi-gari	Leg technique: Large inner reap	x4 – 2 to each side – first static x2 – then push back then pull forwards x2
Ashi-waza: Ko-uchi-gari	Leg technique: Small inner reap	x4 – 2 to each side – first static x2 – then push back then pull forwards x2
Ashi-waza: O-soto-gari	Hip technique: Large outer reap	x4 – 2 to each side – first lift and rock Uke's leg then throw x2 – then step entry and throw x2
Ashi-waza combination: O-uchi-gari → Ko-uchi-gari	Leg technique combination: Large inner reap → Small inner reap	
Transition into Osaekomi-waza from Tachi-waza: O-soto-gari → Yoko-shiho-gatame → Tate-shiho-gatame → Kata -gatame	Transition into Holding from Standing: Large outer reap → Side locking four-corner hold → Straight four-corner hold → Shoulder hold	
Reiho • Zarei • Ritsurei	Etiquette • Seated bow • Standing bow	As a pair – kata style • From seiza

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Kodomo-no-Kata 1 (Ichi)		
In Japanese	In Japanese	In Japanese
Reiho <ul style="list-style-type: none"> Ritsurei Zarei 	Etiquette <ul style="list-style-type: none"> Standing bow Seating bow 	As a pair – kata style From seiza
Ukemi <ul style="list-style-type: none"> Mae-mawari-ukemi 	Breakfall <ul style="list-style-type: none"> Forward rolling breakfall 	From standing x2 – Tori rolls over Uke who is on all fours – both sides
Ashi-waza: Uchi-mata	Leg technique: Inner thigh throw	x4 – 2 to each side – first linear movement x2 – then circular movement x2
Koshi-waza: Harai-goshi	Leg technique: Sweeping hip throw	x4 – 2 to each side – first static x2 – then linear movement x2
Ashi-waza to Te-waza combination: Ko-uchi-gari → Ippon-seoinage	Leg technique combination: Small inner reap → Single back carry throw	x2 – 1 to each side – static
Transition - Osaekomi-waza from Tachi-waza: Ippon-seoinage → Kesa-gatame → Ushiro-kesa-gatame → Yoko-shiho-gatame → Kami-shiho-gatame	Transition - Holding from standing: Single back carry throw → Scarf hold → Reverse scarf hold → Side locking four-corner hold → Upper four-corner hold	
Reiho <ul style="list-style-type: none"> Zarei Ritsurei 	Etiquette <ul style="list-style-type: none"> Seated bow Standing bow 	As a pair – kata style <ul style="list-style-type: none"> From seiza