

KATA ENGAGEMENT POSITIONS

Engagement positions are the distances that kata partners are spaced apart from each other during the demonstration of a kata. These distances include spacing requirements during bowing procedures and positions just prior to contact with each other.

Unlike other martial art kata, Judo requires that two persons will be involved in the demonstration. Therefore, spacing and mat positioning are very important elements in performing a meaningful kata. This spacing is not only important for cosmetic purposes but the spaces need to be relevant to the techniques being performed.

For the purpose of this write up we will concentrate on **Nage no Kata engagement positions** of which there are two main segments.

PRE & POST (or **salutation**) ENGAGEMENT POSITIONS: These occur from outside the 6m marks & up to & including the 6m marks on the floor, and encompass bowing into & off of the kata area, and bowing to each other & Joseki. (when stopped in the standing position in this zone, heels will be together)

ACTIVE ENGAGEMENT POSITIONS: Include the 4m marks and anything inside the 4m marks. This positioning is divided into four distances that Uke & Tori will space themselves apart from each other depending on which technique they are preparing to do. (feet will be at least shoulder width apart in this zone)

Close = 30cm. (1ft.)

Near = 60cm. (2ft.)

Semi Far = 1m. (3ft.)

Far = 2m. (6ft.)

Note: The spacing's are approximate measurements. Different individuals may require slight variations to these distances in order to comfortably & safely perform the kata.

There is one **close** position technique, six **near** positions, four **semi far** positions & four **far** positions incorporated into the Nage no kata

Close: Okuri-ashi-barai

Near: Uki-otoshi, Kata-guruma, Harai-goshi, Tsuru-komi-goshi, Sasae-tsuru-komi-ashi, Yoko-gake

Semi Far: Uchi-mate, Tomoe-nage, Sumi-gaeshi, Uki-waza

Far: Ippon-seoi-nage, Uki-goshi, Ura-nage, Yoko-Guruma

A prime objective when performing the Nage no Kata is to attempt to execute you're throws from a two meter radius located at the center of the floor. Using the above mentioned engagement positions can help assist you to realize this goal.

Pat & Blair.