

There are seven modern kata being used for competition & grading purposes.

- 1.) Nage no Kata
- 2.) Katame no Kata
- 3.) Goshin Jutsu
- 4.) Ju no Kata
- 5.) Kime no Kata
- 6.) Koshiki no Kata
- 7.) Itsutsu no Kata

The following is a list of some of the different formal kata that have been practiced over the last century.

Some of the other listed kata can be found on various video sites. Thanks to Blair for researching this for us.

Kodokan Kata

Nage no Kata: The kata of throws. Includes examples of hand, hip, leg and sacrifice throws.

Katame no Kata: The kata of grappling. Includes examples of holds, strangles and chokes and joint locks.

Kime no Kata: The kata of decision. This is the traditional judo self-defence kata. Includes both standing and kneeling defence against empty handed, knife and sword attacks using strikes, chokes, joint locks and throws. Note that the Kime no Kata is also known as the Shinken Shobu no Kata (Combat Forms).

Kodokan Goshin Jutsu: The modern Kodokan self defence kata. Includes defence against empty hand, knife, stick (jo), and pistol attacks using strikes, joint locks and throws.

Kodokan Joshi Goshin-Ho: The Kodokan's women's judo self defence kata. This kata includes a number of escapes from holds and grabs, some basic striking techniques and one throw.

Ju no Kata: The kata of gentleness/flexibility. Includes a number of attacks and defences demonstrating the efficient redirection of force and movement.

Go no Kata: The kata of the correct use of force or blows. This kata teaches the proper use of force and can also be used as a physical conditioning exercise.

Koshiki no Kata: The ancient kata. This kata has its origins in Kito-ryu jujitsu and demonstrates the techniques of kumiuchi or fighting while wearing armour (yoroi) and is intended to illustrate the historical origins of judo principles.

Itsutsu no Kata: The kata of five principles. This kata is intended for the demonstration and practice of body movement (tai-sabaki) and for the application and redirection of energy as in nature.

Seiryoku-Zenyo Kokumin-Taiiku: The national exercise based on the principles of maximum efficiency. This kata is atypical of judo in being a completely solo kata and comprises of a variety of striking and kicking techniques.

Other Kodokan Kata

Kimi-Shiki: The kata of decision. This kata emphasises the use of body movement in responding to attacks and includes both kneeling and standing defences against empty hand, knife and sword attacks. This kata used to be considered a separate kata, but today forms part of the Seiryoku-Zenyo Kokumin-Taiiku.

Ju-Shiki: The kata of yielding. This kata includes a number of attacks and defences demonstrating the efficient redirection of force and movement. This kata used to be considered a separate kata, but today forms part of the Seiryoku-ZenyoKokumin-Taiiku.

Renko ho: The kata of arresting techniques. This kata includes a number of control and submission holds useful in restraining criminals.

Defunct Kodokan Kata

Shobu no Kata: The kata of attack. Little definitive information exists on this kata. Some speculate that this is an early version of the Kime-no-Kata (original name Shinken Shobu no Kata.)

Other Japanese Kata – non Kodokan approved - Ura no Kata

Nage-waza Ura no Kata: This kata is a study in counter techniques and is due to Kyuzo Mifune, 10 dan. It contains counters for all of the non-sacrificial throwing techniques in the Nage no Kata plus the techniques that Mifune believed to be omitted from Nage no Kata.

Katame-waza Ura no Kata: This kata is a study in counter techniques to the Katame no Kata. It was consolidated by Kazuzo Ito, 9 dan and includes individual moves due to Ito-sensei's own sensei - Kyuzo Mifune.

Other Japanese Kata – non Kodokan approved

Gonosen no Kata: The kata of counters. This kata includes counter throws for a number of common techniques. Waseda University has a prominent role in the popularity of this kata. Despite some speculation, this kata was not created by Miconosuke Kawaishi.

Goshin Jutsu: This self-defence kata was created by Kyuzo Mifune and is more similar to torite (grabbing the hands) techniques taught to the police than judo.

Nanami no Kata: This kata was created by Tokio Hirano and is a study in the application of his wave ('nami') system. Slightly different versions of this kata appear to exist.

Kaeshi no Kata: An alternative kata of counters. It was allegedly developed by Yukio Tani (a jujutsu instructor and challenge wrestler who eventually taught judo in the United Kingdom) in the early part of the 20th century. Masutaro Otani had a role in the promotion of this kata and it remains popular within the British Judo Council. Slightly different versions of this kata appear to exist.

Non Japanese Kata – non Kodokan approved

Budokwai Goshin Jutsu: This is a solo self defence kata created at the London Budokwai.

Hikomi no Kata: This is a contemporary Dutch creation due to Mark Bette and Berber Roorda who created the “kata” as part of a project for their 3 dan promotion exam.

Hoho Kata: This “methods” kata is the study in throwing techniques with various step patterns using backwards, sideways and forward movements. It is a contemporary German creation due to, Wolfgang Hofmann.

Kansetsu no Kata: This contemporary kata is a study in armlocks.

Kyushin-no-Kata: This contemporary kata was created by Alfred Bates in the United Kingdom to illustrate the principles of Kenshiro Abbe’s Kyushindo philosophy.

Renraku no Kata: This contemporary kata was created by Edward Szejter in the United States and is kata of combination techniques using the Nage no Kata as a base.

Rensa no Kata: This contemporary kata is a study in the transition from a standing position to a ground position (rensa = chain.) Every action gets closed with a technique for the grounding position. It is a German creation due to Gerhard Steidele.