

## KODOMO-NO-KATA

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/kodokanjudoinstitute/videos/2397470973825301/>

[https://www.youtube.com/watch?v=Oz\\_pG2E47YI](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       | <a href="https://youtu.be/XQHhDxi4-eg">https://youtu.be/XQHhDxi4-eg</a><br><a href="https://youtu.be/BBZG9N4cW0U">https://youtu.be/BBZG9N4cW0U</a><br><a href="https://youtu.be/VoktcQAxEpg">https://youtu.be/VoktcQAxEpg</a><br><a href="https://youtu.be/zbBtzBd9Eg4">https://youtu.be/zbBtzBd9Eg4</a> | 00'00"  |
| 7              | <a href="https://youtu.be/LhVvmFDLMO0">https://youtu.be/LhVvmFDLMO0</a>  | 07'44"  |
| 6              | <a href="https://youtu.be/VpLdKj5KvuM">https://youtu.be/VpLdKj5KvuM</a>  | 11'26"  |
| 5              | <a href="https://youtu.be/2-5at8cWc0E">https://youtu.be/2-5at8cWc0E</a>  | 15'14"  |
| 4              | <a href="https://youtu.be/FQ6eJxB421o">https://youtu.be/FQ6eJxB421o</a>  | 19'14"  |
| 3              | <a href="https://youtu.be/FT3kgec9JEM">https://youtu.be/FT3kgec9JEM</a>  | 22'49"  |
| 2              | <a href="https://youtu.be/1Op61cPa-80">https://youtu.be/1Op61cPa-80</a>  | 27'00"  |
| 1              | <a href="https://youtu.be/-wZKFsubC04">https://youtu.be/-wZKFsubC04</a>  | 31'29"  |

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

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

| Kodomo-no-Kata 6 (Roku)   |  |   |
|---|--|---|
| In Japanese   | In Japanese  | In Japanese   |
| Reiho<br>• Ritsurei<br>• Zarei                                    | Etiquette<br>• Standing bow<br>• Seating bow   | As a pair – kata style<br>• From seiza  |
| Ukemi<br>• Ushiro-ukemi<br><br>• Yoko-ukemi<br>• Mae-mawari-ukemi | Breakfall<br>• Rear breakfall<br><br>• Side breakfall<br>• Forward rolling breakfall | • Sitting-up then roll back x2<br>• Gripped up and squatting then roll back x2<br>• Squatting x2 – one to each side<br>• Arm roll to the front over Uke on all fours – one to each side |
| Tai-sabaki<br>• Mae-mawari-sabaki<br>• Ushiro-mawari-sabaki       | Body control<br>• Turning to the front<br>• Turning to the rear                      |   |
| Shintai-dosa<br>• Ayumi-ashi<br>• Tsugi-ashi                      | Basic Footwork<br>• Natural walking style<br>• Shuffle stepping                      | • Gripped up forwards-back<br>• 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<br>• Zarei<br>• Ritsurei                                    | Etiquette<br>• Seated bow<br>• Standing bow  | As a pair – kata style<br>• From seiza  |

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| Kodomo-no-Kata 5 (Go)   |  |  |
|---|--|--|
| In Japanese   | In Japanese  | In Japanese  |
| Reiho<br>• Ritsurei<br>• Zarei                                | Etiquette<br>• Standing bow<br>• Seating bow                                     | As a pair – kata style<br>• From seiza   |
| Ukemi<br>• Ushiro-ukemi<br>• Yoko-ukemi<br>• Mae-mawari-ukemi | Breakfall<br>• Rear breakfall<br>• Side breakfall<br>• Forward rolling breakfall | • Standing then roll back x2<br>• Standing x2 – one to each side<br>• x2 – on one knee rolling to the front – one to each side |
| Kumi-kata   | Gripping   |  |
| Ugoki-kata  | Gripping and moving  |  |
| Kuzushi<br>• Happo-no-kuzushi                                 | Balance Breaking<br>• 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<br>• Zarei<br>• Ritsurei                                | Etiquette<br>• Seated bow<br>• Standing bow                                      | As a pair – kata style<br>• From seiza   |

| Kodomo-no-Kata 4 (Yon)   |  |  |
|--|--|--|
| In Japanese  | In Japanese  | In Japanese  |
| Reiho<br>• Ritsurei<br>• Zarei   | Etiquette<br>• Standing bow<br>• Seating bow   | As a pair – kata style<br>• From seiza   |
| Ukemi<br>• Ushiro-ukemi<br>• Yoko-ukemi<br>• Mae-mawari-ukemi                                  | Breakfall<br>• Rear breakfall<br>• Side breakfall<br>• Forward rolling breakfall                       | • Standing then roll back x2<br>• Standing x2 – one to each side<br>• x2 – on one knee rolling to the front – one to each side |
| Tai-sabaki<br>• Mae-sabaki<br>• Ushiro-sabaki<br>• Mae-mawari-sabaki<br>• Ushiro-mawari-sabaki | Body control<br>• Front shifting<br>• Rear shifting<br>• Turning to the front<br>• Turning to the rear |  |
| Kuzushi<br>• Happo-no-kuzushi on the move  | Balance breaking<br>• 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<br>• Zarei<br>• Ritsurei   | Etiquette<br>• Seated bow<br>• Standing bow  | As a pair – kata style<br>• From seiza   |

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

| Kodomo-no-Kata 2 (Ni)   |   |  |
|---|---|--|
| In Japanese   | In Japanese   | In Japanese  |
| Reiho<br>• Ritsurei<br>• Zarei  | Etiquette<br>• Standing bow<br>• Seating bow  | As a pair – kata style<br><br>From seiza   |
| Ukemi<br>• Mae-ukemi<br>• Mae-mawari-ukemi  | Breakfall<br>• Forward breakfall<br>• Forward rolling breakfall   | • From standing x1<br>• 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<br>• Zarei<br>• Ritsurei  | Etiquette<br>• Seated bow<br>• Standing bow   | As a pair – kata style<br>• From seiza   |



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| Kodomo-no-Kata 1 (Ichi)   |  |  |
|---|--|--|
| In Japanese   | In Japanese  | In Japanese  |
| Reiho<br>• Ritsurei<br>• Zarei  | Etiquette<br>• Standing bow<br>• Seating bow   | As a pair – kata style<br><br>From seiza                                   |
| Ukemi<br>• Mae-mawari-ukemi   | Breakfall<br>• Forward rolling<br>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<br>• Zarei<br>• Ritsurei  | Etiquette<br>• Seated bow<br>• Standing bow  | As a pair – kata style<br>• From seiza                                     |