

AJJF Sanctioned Kata Contest Saturday 23 February 2013

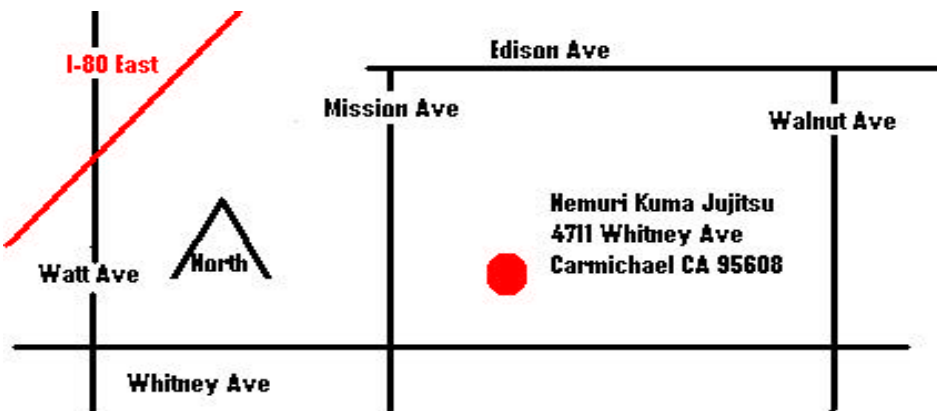
Current AJJF Membership Required

Children's Division

Beginner-Required Arts	Intermediate-Required Arts	Advanced-Required Arts
1 Judo Roll 2 Backward Roll 3 Side Fall 4 Momiji Hazushi 5 O Soto Gake (Heel-to-heel trip) Three Electives Combative Sequence-Optional Age Categories: 5-6 7-8 9-10 11-12	1 No-hands Straight-over Sutemi 2 Side Fall 3 Katate Tori 4 Uchi Gama 5 Seoi Nage Three Electives Combative sequence-Optional Age Categories: 5-6 7-8 9-10 11-12	1 No-hands Straight-over Sutemi 2 Moro Yubi Tori 3 Seoi Goshi 4 Hane Goshi 5 Uchi Momo Harai Three Electives Combative Sequence-Required Age Categories: 6-7 8-9 10-11 12-13

Youth & Adult Division

White Belts-Required Arts	Green Belts-Required Arts	Black Belts-Required Arts
1 Morote Hazushi 2 Tekubi Tori Ichi 3 Yama Arashi 4 Uchi Gama 5 Ogoshi Three Electives Combative Sequence Minimum five arts using two of the first five demonstrated <b style="color: blue;">Blue Belts-Required Arts 1 Morote Hazushi 2 Akushu Ude Tori 3 Soto Gama 4 Seoi Goshi 5 Kani Sute Three Electives Combative Sequence Minimum five arts using two of the first five demonstrated	1 Moroyubi Tori 2 Uchi Momo Harai 3 Uki Otoshi 4 Eri Katame 5 Tenada Jime Three Electives Combative Sequence Minimum five arts using five of the first five demonstrated <b style="color: brown;">Brown Belts-Required Arts 1 Ryo Eri Hazushi 2 Hane Goshi 3 Okuri Harai 4 Kotegaeshi 5 Kine Katsugi Three Electives Combative Sequence Minimum five arts using two of the first five demonstrated	1 Goshin Jitsu 2 Nage Te - From Yawara 3 Shime Te 4 Oku No Te - From Knife Attack 5 Shinin No Maki Three Additional Electives Combative Sequence Minimum five arts using two of the first five demonstrated



Nemuri Kuma

4711 Whitney Avenue
 Carmichael, CA 95608
 916-300-5257

sensei@nemurikuma.com
www.nemurikuma.com