

## AJJF Approved Kata Contest Techniques updated August 2011

<p><b>Pee-Wee Beginner and Intermediate age 1-6</b></p> <p>Specially designed children's techniques All rolls and falls Simple hold downs (osaekomi's) Blocks Simulated strikes SIMULATED KICKS AT WAIST LEVEL OR BELOW Yawara Takedowns will be allowed. Throws will be defined as when both of uke's feet leave the mat. Takedowns are simple throws whereby uke can fall slowly and safely given their level. One foot remains on the mat. Examples of takedowns are heel to heel trip, Osoto Gari, single leg pickups and takedowns where uke is taken down by breaking the frame only.</p>		<p><b>Pee-Wee Advanced age 1-6</b></p> <p>Specially designed children's techniques All rolls and falls Simple hold downs (osaekomi's) Blocks Simulated strikes SIMULATED KICKS AT CHEST LEVEL OR BELOW Yawara Basic hip throws Goshin Jitsu</p>
<p><b>Children Beginner age 7-12</b></p> <p>Specially designed children's techniques All rolls and falls Simple hold downs (osaekomi's) Blocks Simulated strikes SIMULATED KICKS AT WAIST LEVEL OR BELOW Yawara Basic Nage but no one legged throws</p>		<p><b>Children Intermediate and Advanced level age 7-12</b></p> <p>Specially designed children's techniques All rolls and falls Simple hold downs (osaekomi's) Blocks Simulated strikes SIMULATED KICKS AT CHEST LEVEL OR BELOW Yawara Nage Goshin Jitsu Basic carotid chokes and basic submissions</p>

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**Teen Beginner (6<sup>TH</sup> KYU)**

All rolls and falls  
Simple hold downs (osaekomi's)  
Blocks  
Simulated strikes  
SIMULATED KICKS AT CHEST LEVEL OR BELOW  
Yawara  
Basic nage but no one legged throws  
Goshin Jitsu

**Teen Intermediate (5<sup>th</sup> kyu)**

All rolls and falls  
Simple hold downs (osaekomi's)  
Blocks  
Simulated strikes  
SIMULATED KICKS AT CHEST LEVEL OR BELOW  
Yawara  
Basic nage  
Basic carotid chokes and basic submissions  
Goshin Jitsu

**Teen Advanced (4<sup>th</sup> kyu)**

All rolls and falls  
Simple hold downs (osaekomi's)  
Blocks  
Simulated strikes  
SIMULATED KICKS AT CHEST LEVEL OR BELOW  
Yawara  
Basic nage  
Shime  
Goshin Jitsu

**Senior 6<sup>th</sup> and 5<sup>th</sup> kyu**

All rolls and falls  
Simple hold downs (osaekomi's)  
Blocks  
Simulated strikes  
SIMULATED KICKS AT CHEST LEVEL OR BELOW  
Yawara  
Nage  
Goshin Jitsu

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**Senior 4<sup>th</sup> kyu**

All rolls and falls  
Blocks  
Simulated strikes  
SIMULATED KICKS AT CHEST LEVEL OR  
BELOW  
Yawara  
Nage  
Shime  
Goshin Jitsu

**Senior 1<sup>st</sup> Kyu**

All rolls and falls  
Blocks  
Simulated strikes  
SIMULATED KICKS AT CHEST LEVEL OR  
BELOW  
Yawara  
Nage  
Shime  
Goshin Jitsu  
Oku  
Shinnin 1-10  
Weapons at the discretion of contest director

**Senior 3<sup>rd</sup> and 2nd kyu**

All rolls and falls  
Blocks  
Simulated strikes  
SIMULATED KICKS AT CHEST LEVEL OR  
BELOW  
Yawara  
Nage  
Shime  
Goshin Jitsu  
Oku

**Senior Black Belts**

All techniques for 1<sup>st</sup> kyu plus all of Shinnin.  
SIMULATED KICKS ANYWHERE ON THE  
BODY.  
Weapons  
Kiai No Maki  
NO ARTS FROM SHINYO OR KAPPO

