

# Kime-no-Kata

The Formal Techniques of Self-Defense (or Combat Forms) of Kodokan Judo is designed to teach the fundamentals of self defense from unexpected attacks or combat situations. Kime-No-Kata is composed of twenty (20) techniques, which include strikes to vital points (applicable in real-life situations, but excluded from Randori (Free-Practice) in Kodokan Judo. The Kata is divided into two groups. Eight (8) techniques are executed from a kneeling posture (Idori) and twelve (12) techniques are executed in a standing position (Tachiai). The Kime-No-Kata's Self-Defense Techniques are as follows:

## **Idori (Techniques executed from a kneeling posture):**

### **Against attacks with bare hand:**

1. Ryote-dori (Two-Hand Hold)
2. Tsukkake (Stomach Punch)
3. Suri-age (Forehead Thrust)
4. Yoko-uchi (Side Blow)
5. Ushiro-dori (Hold From Behind)

### **Against attacks with dagger:**

1. Tsukkomi (Dagger Thrust To Stomach)
2. Kiri-komi (Downward Slash)
3. Yoko-tsuki (Dagger Thrust To Side)

## **Tachiai (Techniques executed from standing Posture):**

### **Against attacks with bare hand:**

1. Ryote-dori (Two-Hand Hold)
2. Sode-tori (Sleeve Grab)
3. Tsukkake (Punch To Face)
4. Tsuki-age (Uppercut)
5. Suri-age (Forehead Thrust)
6. Yoko-uchi (Side Blow)
7. Keage (Groin Kick)
8. Ushiro-dori (Hold From Behind)

### **Against attacks with dagger or sword:**

1. Tsukkomi (Dagger Thrust To Stomach)
2. Kiri-komi (Downward Slash)
3. Nuki-kake (Sword Unsheathing)
4. Kiri-oroshi (Downward Cut)

**NOTE: Refer to the text, *Kodokan Judo* for further details.**