

Koshiki-No-Kata from Kito Ryu

KOSHIKI-NO-KATA

(Forms Antique)

Dr. Kano preserved the techniques of this Kata from the Kito-Ryu School of JuJitsu, because of the extent to which these techniques embody the principle and techniques of Kodokan Judo. Since the Forms Antique were intended for the "Kumiuchi", the grappling, of armored warriors in the feudal ages, it is essential to perform the movements imagining that you are clad in heavy armor. The Kata is separated into two parts, omote (front) and ura (back). Also known as the Kito-Ryu No Kata, consists of twenty-one (21) techniques. These techniques are of a high order and highly refined, and their practice brings insight into judo theory. Koshiki-No-Kata Techniques are as follows:

Omote (Front)

1. Tai (Ready Posture)
2. Yume-no-uchi (Dreaming)
3. Ryokuhi (Strength Dodging)
4. Mizu-guruma (Water Wheel)
5. Mizu-nagare (Water Flow)
6. Hikiotoshi (Draw Drop)
7. Ko-daore (Log Fall)
8. Uchikudaki (Smashing)
9. Tani-otoshi (Valley Drop)
10. Kuruma-daore (Wheel Throw)
11. Shikoro-dori (Grabbing the Neckplates)
12. Shikoro-gaeshi (Twisting the Neckplates)
13. Yudachi (Shower)
14. Taki-otoshi (Waterfall Drop)

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