

KODOMO-NO-KATA

This guide was designed to support young judokas in the progressive learning of Kodomo-no-Kata. It serves as a teaching tool for athletes, coaches, clubs, and evaluators. The content is based on the official Kodokan Judo Institute program and the pedagogical structure developed by British Judo, while being adapted to the needs of Judo New Brunswick.

GENERAL INFORMATION

The Japanese word **Kodomo** means "child" or "children". Therefore, **Kodomo-no-Kata** may be translated as "Forms for Children".

The kata was developed by the **Kodokan Judo Institute**, in cooperation with the **International Judo Federation (IJF)** and the **French Judo Federation**, to help children learn the fundamentals of judo in a safe, progressive and systematic manner.

Although Kodomo-no-Kata is primarily intended for children, it may also be used by teenagers and adults beginning their judo journey.

Kodomo-no-Kata was officially introduced during the 2019 World Judo Championships at the Nippon Budokan in Tokyo. Demonstrations performed by young Kodokan judoka were very well received by the audience.



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WHY PRACTICE KATA AS A YOUNG JUDOKA?

Kodomo-no-Kata allows young judokas to develop the technical foundations of judo in a structured, safe, and motivating environment. Kata practice promotes:

- A better understanding of techniques.
- The development of coordination.
- Improved footwork.
- Respect for judo etiquette.
- Self-confidence.
- Teamwork between Tori and Uke.
- Better preparation for competition.
- A natural transition to traditional Kodokan kata

TECHNICAL CONTENTS OF KODOMO-NO-KATA

Kodomo-no-Kata consists of a **Prologue** and **seven grades**, providing a progressive pathway for developing the fundamental skills of judo.

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 behaviors, various ukemi and basic movements on the mat in a gradual and step-by-step manner.

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Potential to use the content of Kodomo-no-kata as the basis of a grading test and also rearrange the basic skills in other ways depending on the specific situation in a particular dojo, club or school. This way enables young judoka to perform original and innovative demonstrations.

LINKS TO THE VIDEOS OF THE KODOMO-NO-KATA TECHNIQUES PRESENTATION

<https://www.facebook.com/kodokanjudoinstitut/videos/2397470973825301/>

[Video | Facebook](#)

[Kodomo no Kata - YouTube](#)

KODOMO-NO-KATA		
Element	Kodokan Official YouTube Channel	Start Time on the Film of the complete Kata(min,sec)
Prologue	https://youtu.be/XQHhDxi4-eg	00:00
Niveau 7 (Nana)	https://youtu.be/LhVvmFDLMo0	07:44
Niveau 6 (Roku)	https://youtu.be/VpLdKj5KvuM	11:26
Niveau 5 (Go)	https://youtu.be/2-5at8cWc0E	15:14
Niveau 4 (Yon)	https://youtu.be/FQ6eJxB421o	19:14
Niveau 3 (San)	https://youtu.be/FT3kgec9JEM	22:49
Niveau 2 (Ni)	https://youtu.be/1Op61cPa-80	27:00
Niveau 1 (Ichi)	https://youtu.be/-wZKFsubC04	31:29

KODOMO-NO-KATA PROLOGUE		
Basics - How to wear judogi properly-trousers, jacket, tying the belt - How to properly and neatly line up footwear (zori) side-by-side heels towards the mat		
In Japanese	In English	Remarks
Reiho - Ritsurei - Zarei	Etiquette - Standing bow - Seated bow	As a pair- kata style From seiza
Shizentai - Shizenhontai - Jigotai	Natural posture - Straight natural posture - Defensive posture	- Left and right - Left and right
Ukemi - Ushiro ukemi - Yoko-ukemi - Outen-ukemi - Mae-ukemi - Mae-mawari-ukemi - Ushiro-ukemi in a pair - Mae-wakari-ukemi in a pair	Breakfall - Rear breakfall - Side breakfall - Rolling to the side breakfall - Rear breakfall in a pair - Forward rolling breakfall in a pair	- Supine both hands x 3 - Sitting-up then roll back x 5-first both hands x 3 then one hand each side x 2 - Supine x 4 – to each side x 2 - On one knee x 2-roll to each side x1 - From kneeling on both knees x1 - From kneeling on one knee x4- to each side x2 - In pair Tori rolls backwards from sitting on a prone Uke's back x2 - In pair Tori sitting on a prone Uke's back who rolls to face upwards x2 - In pair Tori sitting on Uke's back with Uke on all fours- to each side x2 - In pair, Tori rolls forwards from standing up straddling Uke on all fours x2 to each side - In a pair, Tori rolls forwards from standing up between Uke's legs – Uke prone on floor legs apart fours x2-each side x1
Shintai-dosa - Ayumi-ashi - Tsugi-ashi	Basic footwork - Natural walking - Shuffle stepping	- Gripped up forward-back - Gripped up to the side
Kumi-kata		Forwards and back
Ugoki-kata	Free movement	To the side and circular
Tai-sabaki - Mae-sabaki - Ushiro-sabaki - Mae-mawari-sabaki - Ushiro-mawari-sabaki	Body control - From shifting - Rear shifting - Turning to the front - Turning to the rear	Not gripped up throughout

KODOMO-NO-KATA 7 (Nana)		
In Japanese	In English	Remarks
Reiho - Ritsurei - Zarei	Etiquette - Standing bow - Seated bow	As a pair- kata style From seiza
Ukemi - Ushiro ukemi - Yoko-ukemi - Outen-ukemi	Breakfall - Rear breakfall - Side breakfall - Rolling to the side breakfall	- Supine both hands X2 - Sitting-up then roll back X2 - Supine legs in air X2 - All fours rolls X2- one to each side
Tai-sabaki - Mae-sabaki - Ushiro-sabaki	Body control - From shifting - Rear shifting	
Shintai-dosa - Ayumi-ashi - Tsugi-ashi	Basic footwork - Natural walking - Shuffle stepping	- Gripped up forward-back - Gripped up to the side
Mae-sabaki (throwing)	Throwing by Front shifting	X 2 Uke kneeling on one knee -one each side
Ushiro-sabaki (Throwing)	Throwing by Rear shifting	X 2 Uke kneeling on one knee -one each side
Reiho - Zarei - Ritsurei	Etiquette - Seated bow - Standing bow	As a pair- kata style From seiza
KODOMO-NO-KATA 6 (Roke)		
In Japanese	In English	Remarks
Reiho - Ritsurei - Zarei	Etiquette - Standing bow - Seated bow	As a pair- kata style From seiza
Ukemi - Ushiro ukemi - Yoko-ukemi - Mae-mawari-ukemi	Breakfall - Rear breakfall - Side breakfall - Rolling to the side breakfall	- Sitting then roll back X2 - Gripped up and squatting then roll back X2 - Squatting X2- one each side - Arm roll to the front over Uke on all fours rolls - one to each side
Tai-sabaki - Mae-mawari-sabaki - Ushiro-mawari-sabaki	Body control - Turning to the front - Turning to rear	
Shintai-dosa - Ayumi-ashi - Tsugi-ashi	Basic footwork - Natural walking style - Shuffle stepping	- Gripped up forward-back - Gripped up to the side and circle
Ashi-waza: Hiza-guruma	Leg technique: knee wheel	X 2 Uke kneeling -one each side
Tw-waza: Tai-otoshi	Hand technique: Body drop	X 2 Uke kneeling -one each side
Reiho - Zarei - Ritsurei	Etiquette - Seated bow - Standing bow	As a pair- kata style From seiza

KODOMO-NO-KATA 5 (Go)		
In Japanese	In English	Remarks
Reiho - Ritsurei - Zarei	Etiquette - Standing bow - Seated bow	As a pair- kata style From seiza
Ukemi - Ushiro ukemi - Yoko-ukemi - Mae-mawari-ukemi	Breakfall - Rear breakfall - Side breakfall - Forward rolling breakfall	- Standing then roll back X2 - Standing X2 one each side - On one knee rolling to the front – each side
Kumi-kata	Gripping	
Ugoki-kata	Gripping and moving	
Kusushi Happo-no-kuzushi	Balance breaking Eight directions off balancing	
Ashi-waza: De-ashi-harai	Leg technique: front foot sweep	X 2 one each side
Te-waza: Uki-otoshi	Hand technique: Floating drop	X 2 one each side
Koshi-waza: Uki-otoshi	Hip technique: Floating hip	X 2 one each side
Reiho - Zarei - Ritsurei	Etiquette - Seated bow - Standing bow	As a pair- kata style From seiza
KODOMO-NO-KATA 4 (Yon)		
In Japanese	In English	Remarks
Reiho - Ritsurei - Zarei	Etiquette - Standing bow - Seated bow	As a pair- kata style From seiza
Ukemi - Ushiro ukemi - Yoko-ukemi - Mae-mawari-ukemi	Breakfall - Rear breakfall - Side breakfall - Forward rolling breakfall	- Standing then roll back X2 - Standing X2 one each side - On one knee rolling to the front – each side
Tai-sabaki - Mae-sabaki - Ushiro-sabaki - Mae-mawari-sabaki - Ushiro-mawari-sabaki	Body control - From shifting - Rear shifting - Turning to the front - Turning to the rear	
Kuzushi Happo-no-kuzushi on the move	Balance breaking Eight directions off balancing	
Ashi-waza: Hiza-guruma	Leg technique: Knee wheeling	X 2 -one each side
Te-waza: Tai-otoshi	Hand technique: Body drop	X 2 U -one each side
Koshi-waza: O-goshi	Hip technique: Large hip throw	X 2 U -one each side
Reiho - Zarei - Ritsurei	Etiquette - Seated bow - Standing bow	As a pair- kata style From seiza

KODOMO-NO-KATA 3 (San)		
In Japanese	In English	Remarks
Reiho - Ritsurei - Zarei	Etiquette - Standing bow - Seated bow	As a pair- kata style From seiza
Ukemi - Mae-ukemi - Mae-mawari-ukemi	Breakfall - Forward breakfall - Forward rolling breakfall	- From kneeling X1 - Crouching position X2, one each side - From standing X2, one each side
Tai-sabaki - Mae-sabaki - Ushiro-sabaki - Mae-mawari-sabaki - Ushiro-mawari-sabaki	Body control - Turning to the front - Turning to the rear - Turning to the front - Turning to the rear	- Grip end of sleeves, turn to right and lift Uke - Grip end of sleeves, turn to right and lift Uke - Grip end of sleeves, turn to left and lift Uke - Grip end of sleeves, turn to left and lift Uke
Kusushi Tai-sabaki	Balance breaking Body movement	Energetically on the move
Ashi-waza: Sasae-tsuru-komi-ashi	Leg technique: Blocking foot lift-pull throw	X 2 one each side
Te-waza: Ippon-soei-nage	Hand technique: Single back carry throw	X 2 one each side
Koshi-waza: Tsuru-komi-goshi	Hip technique: Lift-pull hip throw	X 2 one each side
Transition into Osae-komi-waza from Tashi-waza Sasae-tsuru-komi-ashi to Kesa-gatame	Transition into holding technique from standing Blocking foot lift-pull throw to Scarf hold	
Reiho - Zarei - Ritsurei	Etiquette - Seated bow - Standing bow	As a pair- kata style From seiza

KODOMO-NO-KATA 2 (Ni)		
In Japanese	In English	Remarks
Reiho - Ritsurei - Zarei	Etiquette - Standing bow - Seated bow	As a pair- kata style From seiza
Ukemi - Mae-ukemi - Mae-mawari-ukemi	Breakfall - Forward breakfall - Forward rolling breakfall	- From standing X1 - From standing X2, one each side
Ashi-waza: O-uchi-gari	Leg technique: Larger inner reap	X 4 - 2 each side first static X2- then push back and pull forward X2
Ashi-waza: Ko-uchi-gari	Leg technique : Small inner reap	X 4 - 2 each side first static X2- then push back and pull forward X2
Ashi-waza: O-soto-gari	Leg technique: Large outer reap	X 4 - 2 each side first lift and rock Uke's leg then throw X2- then step entry and throw X2
Ashi-waza combination: O-uchi-gari to Ko-uchi-gari	Leg technique combination: Large inner reap to small inner reap	
Transitio to Osaekomi-waza from Tashi-waza: O-soto-gari: - Yoko-shiho-gatame - Tate-shiho-gatame - Kata-shiho-gatame	Transition into holding from Standing: Large outer reap > Side locking four corner-hold >Straight four-corner hold >Shoulder hold	
Reiho - Zarei - Ritsurei	Etiquette - Seated bow - Standing bow	As a pair- kata style From seiza

KODOMO-NO-KATA 1 (Itchi)		
In Japanese	In English	Remarks
Reiho - Ritsurei - Zarei	Etiquette - Standing bow - Seated bow	As a pair- kata style From seiza
Ukemi Mae-mawari-ukemi	Breakfall Forward rolling breakfall	From standing X2 – Tori rolls over Uke who is on all fours – both side
Ashi-waza: Utchi-mata	Leg technique: Inner thigh throw	X 4 - 2 each side first linear movement X2- then circular movement X2
Koshi-waza: Harai-goshi	Leg technique : Sweeping hip throw	X 4 - 2 each side first static X2- then linear movement X2
Ashi-waza: O-soto-gari	Leg technique: Large outer reap	X 4 - 2 each side first lift and rock Uke's leg then throw X2- then step entry and throw X2
Ashi-waza to Te-waza: Ko-uchi-gari to Ippon-seoi-nage	Leg technique combination: Small inner reap to Single back carry throw	X 2 U -one each side - static
Transitio to Osaekomi-waza from Tashi-waza: Ippon seoi-nagei: - Kesa-gatame - Ushiro Kesa-gatame - Yoko-shio-gatame - Kami-shio-gatame	Transition into holding from Standing: Single back carry throw > Scarf hold > Reverse scarf hold > Side locking four corner-hold > Upper four corner hold	
Reiho - Zarei - Ritsurei	Etiquette - Seated bow - Standing bow	As a pair- kata style From seiza

Evaluation Criteria

The purpose of the Kodomo-no-Kata evaluation is to encourage learning, safety and the progressive development of young judoka.

Evaluation Criteria

Criterion	Description
Reiho (Etiquette)	Demonstrates proper bowing, etiquette and respectful behaviour.
Posture (Shisei)	Maintains good posture, balance and body control.
Movement (Shintai-dosa / Tai-sabaki)	Performs smooth, balanced and appropriate movement.
Technical Execution	Performs the required techniques correctly for the assessed level.
Control	Demonstrates control of both self and partner throughout the techniques.
Safety	Performs all techniques safely for both Tori and Uke.
Coordination	Demonstrates good cooperation and timing with the partner.
Rhythm and Flow	Performs the sequence smoothly and continuously.
Knowledge	Knows the Japanese terminology and understands the purpose of the techniques.
Attitude	Demonstrates concentration, respect, discipline and good sportsmanship.

KODOMO-NO-KATA



Rating Scale

Rating Description

- 1 Needs Improvement**
- 2 Developing**
- 3 Satisfactory**
- 4 Very Good**
- 5 Excellent**

Result

- ☐ **Pass**
- ☐ **Needs Improvement**
- ☐ **Reassessment Required**

Comments

Evaluator: _____

Date: _____

Signature: _____

KODOMO-NO-KATA



This guide was developed to support coaches, clubs, and young judokas in learning Kodomo-no-Kata.

Inspired by the official Kodokan program.

Developed for Judo New Brunswick

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Kata Committee – Judo New Brunswick