

Additional Kata for the 2023 Australian Masters Games in Adelaide

MUKAI NO KATA

This introduction to Nage-no-kata for children and novice older adults consists of 6 throwing techniques Right and Left and showcases the principles of taisabaki, kuzushi and controlled ukemi.

- Uki otoshi – hand throw
- Deashi harai – side foot sweep
- Hiza guruma – knee wheel
- Uki goshi – hip throw
- Tai otoshi – leg trip
- Osoto gari – backwards leg reap

For details of the kata as demonstrated by Mukai Sensei, please refer to the video at:

<https://youtu.be/L6DukSxRtlw>

Scoring will generally follow the principles for Nage no kata.

Modifications to enable novice judoka over 65 years to perform the kata safely are:

1. Standing rei ho rather than in seiza;
2. Modified ukemi for safer landing from uki otoshi and tai otoshi;
3. Rising from the mat with a hand on the mat is acceptable; and
4. Osotogari has only one attack, without the backwards and forwards leg rocking motion.