

Additional Kata for the 2023 Australian Masters Games in Adelaide

NOVICE (YELLOW BELT) ADDITIONAL 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 this additional kata for the 2023 Australian Masters Games, please refer to the video at:

<https://youtu.be/L6DukSxRtlw>

Scoring will generally follow the principles for Nage no kata.

Modifications to enable people over 65 years to perform the kata safely are a standing Reiho rather than in seiza and modified ukemi for safer landing.