Details of Ju-no-Kata

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Draft for internal discussion

Intention and general notes!

The descriptions below are basically meant to support athletes, teachers, coaches, judges and commisions to improve the performance quality of Ju-no-Kata and to create awareness for the specific technical details. It shall definitelly not be a reinvention of the Kodokan Ju-no-Kata, but a more detailed description, based on a functional analysis of all available sources both media and human experts and affected by personal training.

All descriptions are arranged in four colums:

- official english translation of the Kodokan textbook about Ju-no-Kata as primary source for all further details
- comments on the RIAI (in the meaning of a technique principle) and/or other related questions
- positive indicators, which describe a well demonstrated sequence according to the textbook and the RIAI
- correlating negative indicators, which describe the opposite(s) of the positive indicator (if possible or necessary).

It is important to understand, that indicators are not definitions, but *just* indicators for the correct application of the RIAI of each sequence. Of course, there is a huge amount of positive and correlating negative indicators including redundant informations.

These listings are not intended to be exhaustive, but hopefully well chosen and selected carefully. Some indicators certainly can be found in more than one technique, because the sequence occurs two or more times in the kata (for example Uki-goshi). It was decided to repeat these points every time, the sequence occurs to avoid references.

The description starts with a chapter about general points to be observed. These general points are later found in the descriptions of the individual techniques.

Due to the fact that the current document is a draft, it needs further work to make references clear, sharpen the wording and reduce redundancy.

Special Note!

The document does not claim to be a list of (all) possible mistakes even though it could be used as such. Because it´s very difficult - if not impossible - to master all of the following details, using the document as a checklist for errors could demotivate people to practice Ju-no-Kata.

The document also does not make any attempt to correlate any deviationss/mistakes with scores for judging. This task must be left for judges-training and definition of rules.