

# NAGE-NO-KATA

Mat # 1

Tori: Mike Cypert

Uke: Josh Cypert

Set	Technique	Points	
		Right Side	Left Side
	Beginning Bow	6.5	
Set I	Uki-Otoshi	7	6.5
Te-Waza	Seoi-Nage	6.5	5.5
	Kata-Guruma	5	4.5
Set II	Uki-Goshi	5	5
Koshi-Waza	Harai-Goshi	5	5
	Tsurikomi-Goshi	5.5	5
Set III	Okuri-Ashi-Harai	6	6
Ashi-Waza	Sasae-Tsurikomi-Ashi	5	5.5
	Uchimata	4.5	4.5
Set IV	Tomoe-Nage	5.5	5
Masutemi-Waza	Ura-Nage	4	6
	Sumi-Gaeshi	6	6
Set V	Yoko-Gake	4	4
Yoko-Sutemi	Yoko-Guruma	4.5	4.5
	Uki-Waza	5	5
	Ending Bow (10)	5.0	
Scoring: Each technique is worth 10 points. 0 (very poor) - 10 points (perfect)	Total Points =	168	
Maximum Possible Points 320	Divided By 32 = Average Score	5.25	

Judge: Matthew J. Carpenter

Recorder: \_\_\_\_\_

Date: 4-4-09

# NAGE-NO-KATA

Mat # \_\_\_\_\_

Tori: Mike Cypert

Uke: Josh Cypert

Set	Technique	Points	
		Right Side	Left Side
	Beginning Bow	6	
Set I	Uki-Otoshi	5	5
Te-Waza	Seoi-Nage	6	5
	Kata-Guruma	6	5
Set II	Uki-Goshi	5	6
Koshi-Waza	Harai-Goshi	6	5
	Tsurikomi-Goshi	7	6
Set III	Okuri-Ashi-Harai	7	7
Ashi-Waza	Sasae-Tsurikomi-Ashi	4	4
	Uchimata	5	5
Set IV	Tomoe-Nage	7	6
Masutemi-Waza	Ura-Nage	8	7
	Sumi-Gaeshi	6	6
Set V	Yoko-Gake	4	4
Yoko-Sutemi	Yoko-Guruma	5	5
	Uki-Waza	7	6
	Ending Bow (10)	5	
Scoring: Each technique is worth 10 points. 0 (very poor) - 10 points (perfect)	Total Points =	181	
Maximum Possible Points 320	Divided By 32 = Average Score	5.6	

← MISSED FOOT

← MISSED 3RD STEP

← UKE HOPPED TOPI/ UKE OFF CENTER

Judge: Dennis Storal  
Recorder: \_\_\_\_\_

Date: 4/4/2009

MORE "KUZUSHI" ON ALL TECHNIQUES