

KOSHIHI NO KATA

General Information

The techniques in this kata were designed for armor-clad warriors of the Kito-ryu Jujitsu school. Dr. Jigoro Kano studied the Kito-ryu Jujitsu and he decided to preserve the techniques in Koshihi no Kata because of the extent to which they embody the principle and techniques of Kodokan Judo and also very useful for cultivation of human mind. This kata was composed mainly of the throwing techniques of a “Yoroi-kumiuchi” fighting samurai warrior wearing armor.

Key points for practice:

1. It is essential while performing the kata to imagine oneself wearing heavy armor.
2. The kata is divided into two parts, OMOTE (front) - 14 techniques and URA (back) - 7 techniques.

Kito-ryu school explains the kata as follows:

Action is started by “KI” and end by “KI”. It is called Ki no Dan (steps). However, as there are four seasons in a year, yet we cannot distinguish the change of each season clearly. The purpose of OMOTE practice is to teach how techniques develop and when they end. Each movement is done very slowly, clearly, solemnity and gracefully. Tori must show his response, using the uke’s attack to control, and when to throw uke. Keep the body posture correct and keep the mind calm throughout OMOTE practice. But, on other hand, the purpose of URA practice is to teach the application of OMOTE practice show the depth of offensive and defensive Judo theory. Tori must respond to the uke’s attack freely and without taking many steps. Perform the URA movements smoothly, boldly swiftly and strongly without stopping between all seven techniques.

Sequence of kata:

Omote:

- | | |
|---------------------------------------|---|
| 1. Tai (Ready-posture) | 8. Uchi kudaki (Smashing) |
| 2. Yume no uchi (Dreaming) | 9. Tani otoshi (Valley-drop) |
| 3. Ryoku hi (Strength-dodging) | 10. Kuruma daoshi (Wheel-throw) |
| 4. Mizu guruma (Water-wheel) | 11. Shikoro dori (Grabbing-the-neckplates) |
| 5. Mizu nagare (Water-flow) | 12. Shikoro gaeshi (Twisting-the-neckplates) |
| 6. Hiki otoshi (Draw-drop) | 13. Yudachi (Shower) |
| 7. Ko daore (Log-fall) | 14. Taki otoshi (Water-fall-drop) |

Ura:

1. **Mi kudaki** (Body-smashing)
2. **Kuruma gaeshi** (Wheel-throw)
3. **Mizu iri** (Water-plunge)

4. **Ryu setsu** (Willow-snow)
5. **Saka otoshi** (Incline-drop)
6. **Yuki ore** (Snow-break)
7. **Iwa nami** (Wave on the rocks)

Starting positioning

Tori (left side - as seen from shomen) and Uke stand apart about 5.4 meters. Turning toward the shomen, they perform a standing bow. This is followed by a kneeling bow - left knee down, right knee down, then place hands on the mat (perform as though wearing heavy armor).

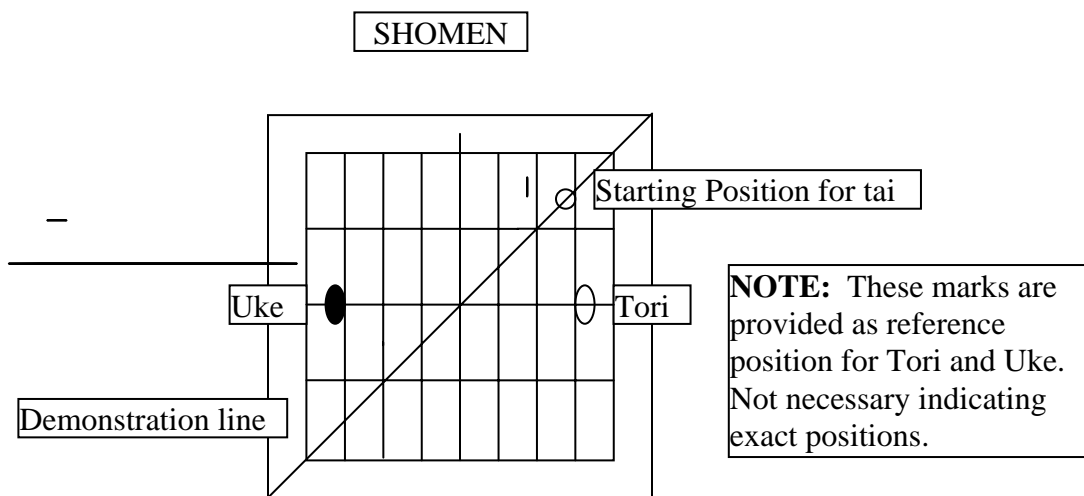
When ending the kata, a kneeling bow is done first and followed by a standing bow.

Note: Standing bow is optional instead of a kneeling bow.

OMOTE

1. TAI

Tori steps forward with the left foot and turn to his right to face shomen. Tori steps forward with ayumiahi from the left foot and the right foot, stand up straight with heels apart slightly. Tori steps forward the left foot and the right foot into shizenhontai.



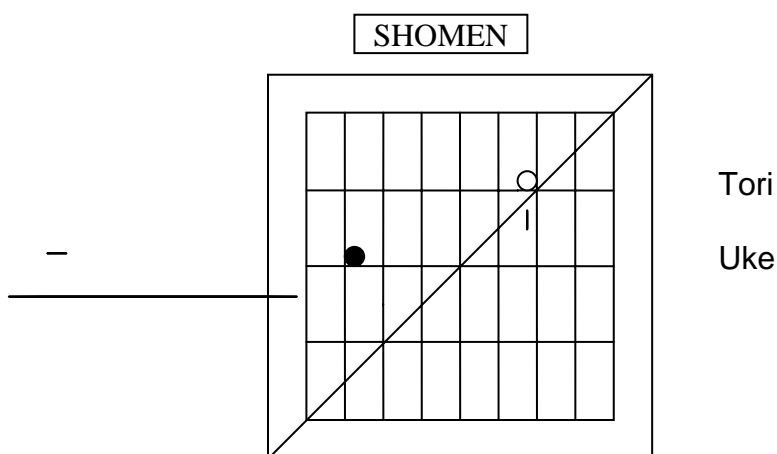
Uke pivots left to face tori. Uke steps forward from the left foot with slightly larger steps on first step. Takes 6 steps. Uke places his right foot in front of tori's left foot. Place the right side of uke's hip to tori's left front side hip. Uke grabs tori's front and back belt. Uke brings his left foot in front of tori's right knee. As uke swings own left foot back, pulls tori's belt toward uke to apply hip throw.

Tori get into jigotai slightly, insert left arm under uke's right arm pit, hold uke's left back hip deeply and place right palm (fingers up) on uke's left chest. Following uke's pull, tori steps toward back corner from left foot using tsugiahi. (follow demonstration line) Tori takes several steps. After apply good kuzushi to uke, tori brings right foot behind uke and places

right knee near the left heel. Tori using arms and throws uke over left knee. Tori places left palm on left knee and open left knee to the left and takes kuraidori.

Uke takes big step with left foot toward left side and then brings right foot to the left foot, takes another step with left foot to the left side to avoid Tori's knee, takes ukemi with left hand. Then sit straight up with legs apart, extended and toes up while hands on thighs.

2. YUME NO UCHI



Tori takes position at left back corner from Tai starting position.

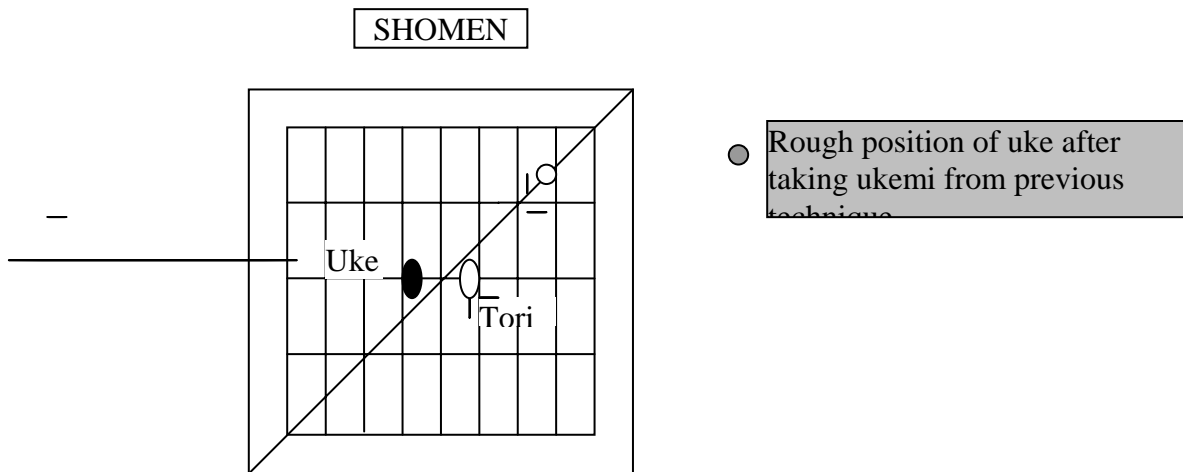
Tori and **Uku** repeat same movement as in Tai. At the end, as tori pushes uke's body back, uke takes left foot back to resist Tori's push. As uke starts to push forward, tori changes the direction of the attack by using uke's push, then tori moves the left hand from uke's back hip to uke's right back shoulder area. Tori makes uke off-balance uke's body up and forward by tori's left arm movement.

Uke steps left foot forward to stops tori's off-balancing.

Tori at the same time, brings right arm over uke's left upper arm just above elbow area and turns right toes inward and pulls left foot to right foot and turn body to the left. Tori's feet are outside of uke's right foot. Tori keep weight on heels and start stepping back with small steps. When uke no longer able to support balance, Tori throws uke over left shoulder with sutemiwaza (Yoko wakare). Tori's body is like a Dai no ji (arms and legs spread apart on the mat).

Uke places right hand over tori's left shoulder, takes the right zenpokaiten ukemi and stand up into shizenhontai.

3. RYOKU HI



Tori stands at the center of dojo with shizentai.

Uke walks back around tori to one step distance. Uke steps his right foot forward and bring arms up and forward to grab Tori's front belt (right wrist over left).

Tori steps right foot toward right back corner slightly while pulling hips backward. As uke loses balance forward slightly, tori sweep right wrist with left hand (thumb up) and pull uke forward. Tori step right foot back and turn y body to the right, at the same time bring your hand (palm up) over left arm to garb slightly above uke's right elbow and pull uke to right front corner.

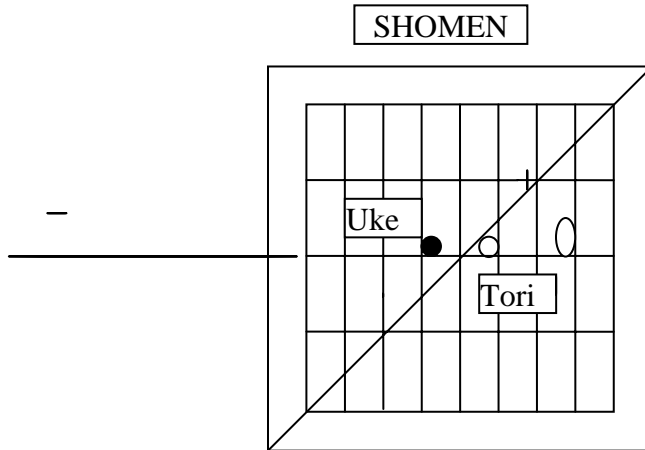
Uke uke tries to keep balance by stepping forward with right foot by tsugiahi with hanmi.

Tori follows uke's movement to the right front corner while pushing uke's right elbow upward and place left hand around uke's left mid to upper arm while taking several steps to the right front corner. Tori lift uke's body upward with both hands while contacting right side chest on left side of uke's back. Now, uke is standing on toes while arcing body backward.

When tori releases pressure from arms, uke bring heels back down to mat to keep own balance. At this moment, tori place right hand on uke's right front shoulder and slides left hand up from uke's left upper arm to front part of left shoulder. Tori draw left foot back with large step and drops onto left knee while keeping right knee up and pulls uke's body back hard to throw uke.

Uke takes one big step to the right back corner and slaps mat with right hand. Then sits up keeping legs spread open with straight legs and toes up.

4. MIZU GURUMA



Tori stand at the center of dojo with shizenhontai (shomen on right).

Uke walks back around tori to one step distance. Uke try to garb tori's belt as in Ryokuhi

Tori steps right foot back to make uke miss grabbing front belt. Simultaneously, grab uke's right wrist with right hand and also grab just above uke's left elbow area with left hand then pull uke downward to throw.

Uke counters by stepping right foot forward slightly and brings own body upright.

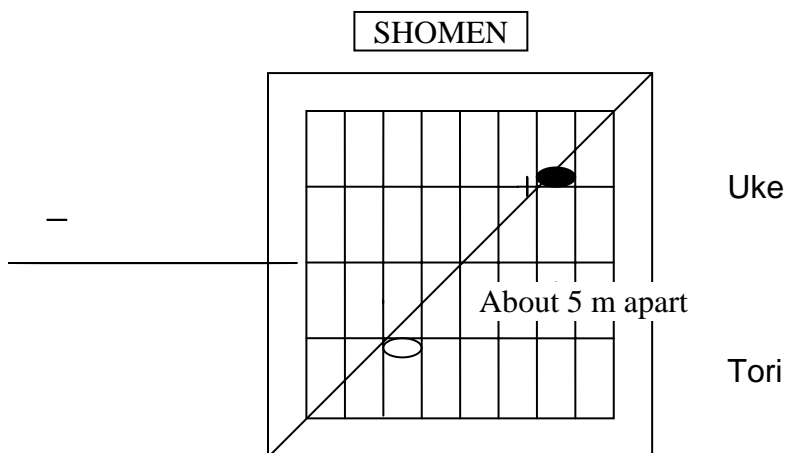
Tori at the same time, relax pulling and steps right foot outside and behind of uke's right foot and then left foot to uke's back left side. Tori pushes uke's right wrist to uke's forehead and hold uke's back, around hips area, while lowering body and using arms to make uke off balance backward.

Uke when uke's weight shifts onto heels, uke steps left foot backward while placing left hand to tori's right elbow and pushes it forward.

Tori use uke's push and relaxes pushing action then slide left hand from back of waist area to uke's right back shoulder area to float uke's body forward and bring right hand over uke's left elbow and throw uke as in Yume no uchi

Uke places right hand over tori's left shoulder, takes right zenpokaiten and stand up into shizenhontai.

5. MIZU NAGARE



Tori gets up and walks toward the left back corner of dojo and **Uke** after the ukemi, turns toward **Tori** and face each other, about 5m apart.

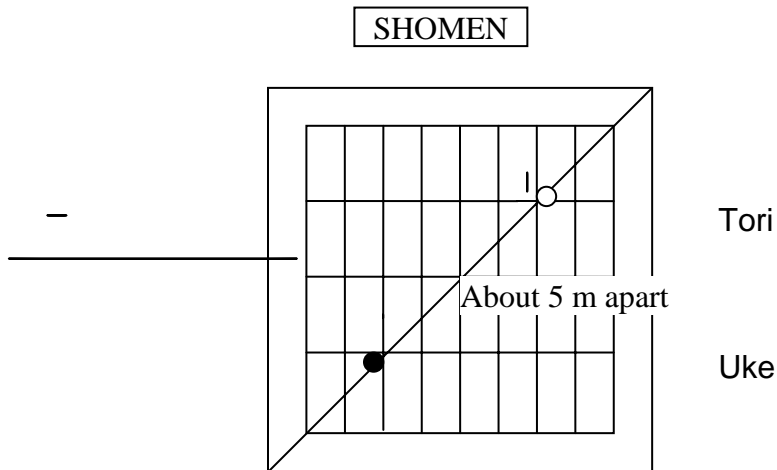
Tori and **Uke** start walk toward each other.

Uke uke advances several steps, brings right hand behind right hip, simulate to holding Yoroi doshi, bending his right fingers inward. At the same time, Uke starts to bring left hand, upward with palm side down. When uke reaches in maai that is uke can grab tori's chest protecting armor, uke takes the left foot forward with large step toward **Tori** and simulates to grab tori's chest plate of Yoroi (armor) by left four fingers. (uke's intention is to grab the tori's chest plate with left hand and pulls tori toward uke and stab with sharp spear like weapon called Yoroidoshi. This weapon can penetrate through Yoroi).

Tori at this moment, step right foot back slightly while pulling own chin in and lean backward slightly to evade uke's left hand. When Uke loses balance forward, tori quickly step back from right and left foot with tsugiashi simultaneously grab uke's left hand from little finger side with right hand and place and push uke's left upper arm from underneath (uke's elbow side) with left hand. By using both hands, tori makes uke's body float forward for more kuzushi. As uke's weight shifts toward left toes, tori draw right foot back and place right knee on the mat and bring left hand around under uke's left upper arm to inside of left upper arm. **Tori** pulls uke downward hard, at the same time pushes his left upper arm to uke's left and throw uke down.

Uke rolls sideways to take ukemi and sits up with legs open sitting position.

6. HIKI OTOSHI

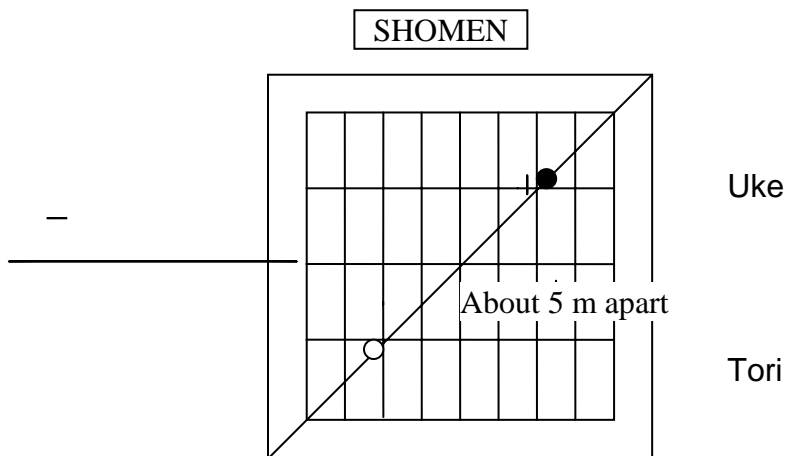


Tori and **uke** take opposite position from Mizu nagare about 5m apart. Both start walk toward each other.

Uke when uke reaches in maai that uke can reach Tori's sword on Tori's right hip, uke steps right foot toward tori and simulate grabbing tori's weapon on tori's right hips.

Tori at this moment, tori step left and right foot back with tsugiahi simultaneously grab the top of uke's right wrist with left hand and place right hand at uke's right upper arm with right thumb up. Further, tori step your left foot back and place left knee on the mat and pull uke's body down. Uke falls over on right toes and takes ukemi and immediately takes leg stretched open sitting position.

7. KO DAORE



Tori and **uke** take opposite position from Hiki otoshi at 5m apart. Both start walk toward each other.

Tori after take several steps, make right hand onto shuto, thumb side up, gradually raising right shuto hand upward. As soon as tori reaches maai, thrust uke's Uto, between the eyes, while advancing right foot toward uke.

Uke turns body to right and grabs tori's right wrist with right hand, fingers pointing upward and back of the right hand facing toward face. Uke evades attack and pulls tori's right arm same direction of thrust and steps left foot on front of tori's feet and insert left arm around tori's back and applies left hip throw.

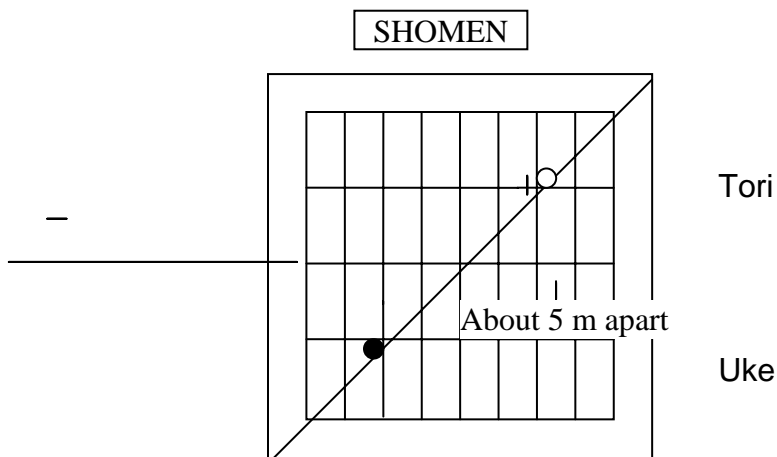
Tori let uke keep right hand on right wrist, extend own right arm out strongly, place right forearm to uke's face and place right front hip to uke's left back hip then place left hand on the front of uke's belt. Using tsugiahi from right foot toward uke's right rear and insert hip deeply and make uke's body off-balance toward right rear.

Uke pulls back feet to recover balance but tori keeps uke off-balance. When tori off-balance uke totally, place r left knee behind right heel and push uke's body backward with right arm and left hand then drop uke backward.

Uke takes his right foot toward his right rear and takes ukemi with right arm. Avoid tori's knee and immediately takes leg stretched open sitting position.

Tori takes kuraidori by opening right foot to right side.

8. UCHI KUDAKI



Tori and **uke** take opposite position from Kodaore, 5m apart. Both start walk toward each other.

Tori after take several steps, makes left hand into tegatana, thumb side up, gradually raising left tegatana hand upward. As soon as reach to maai, thrust uke's Suigetsu, stomach, while advancing left foot toward uke.

Uke turns body to left and grabs tori's left wrist with left hand, four fingers on the top toward left wrist to evade tori's attack. Uke pulls tori's left arm same direction of thrust and step right foot in front of tori's feet and wraps right arm around tori's back and applies right hip throw.

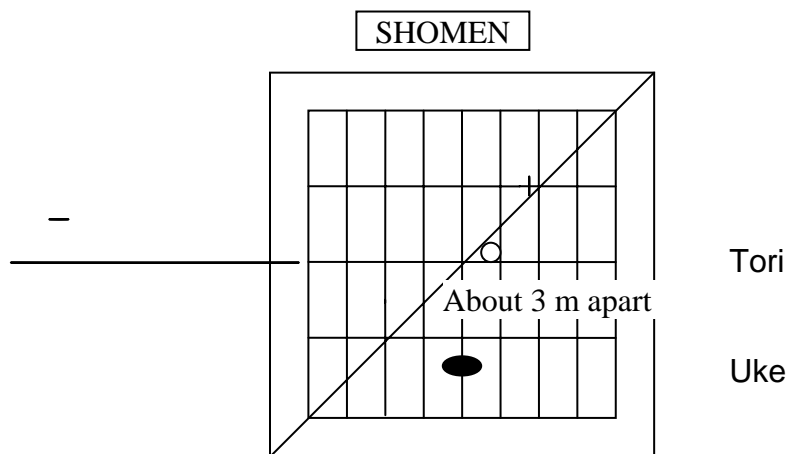
Tori let uke keep pulling left arm then extend left arm farther more and twist left wrist to make little finger side up then hold uke's hip from front to scoop up body while placing right hand on uke's front belt. Using tsugiaihi from left foot toward uke's left rear and insert hip deeply and make uke's body off-balance toward left rear.

Uke pulls back feet to recover balance but tori keeps uke off-balance. When tori off-balance uke totally, place right knee behind left heel and drop uke's body backward.

Uke takes left foot wide toward left rear and takes ukemi with left arm. Avoid Tori's knee and immediately takes leg stretched open sitting position.

Tori takes kuraidori by opening left foot to left side.

9. TANI OTOSHI



Tori moves to the center of the dojo, facing shomen.

Uke stands with shizenhontai, also facing shomen at tori's left side rear about 3m back of tori.

Uke walks toward tori and takes one step maai. Then uke advances left foot to beside tori's left foot, places right hand on tori's right back shoulder and pushes forward, at the same time uke places left hand to tori's stomach to take tori's body down to the ground.

Tori let uke push, takes right foot forward while bending upper body forward to defense uke's right hand push on right shoulder. At this moment, uke loses balance forward and slips right hand over tori's right shoulder, tori grabs uke's right hand from little finger side and attempt throw uke forward with makikomi waza.

Uke steps right foot forward and brings body up right while pulling right hand back to defense tori's makikomi waza.

Tori use uke's action, rise uke's right hand upward, wrap left arm around uke's left hip, place left leg behind uke's feet. Tori brings upper body upright while pulling uke's right hand upward strongly, holding uke's body with left arm while taking tsugiahi from left foot toward left corner several steps. Tori's hip is deeply placed behind uke's body.

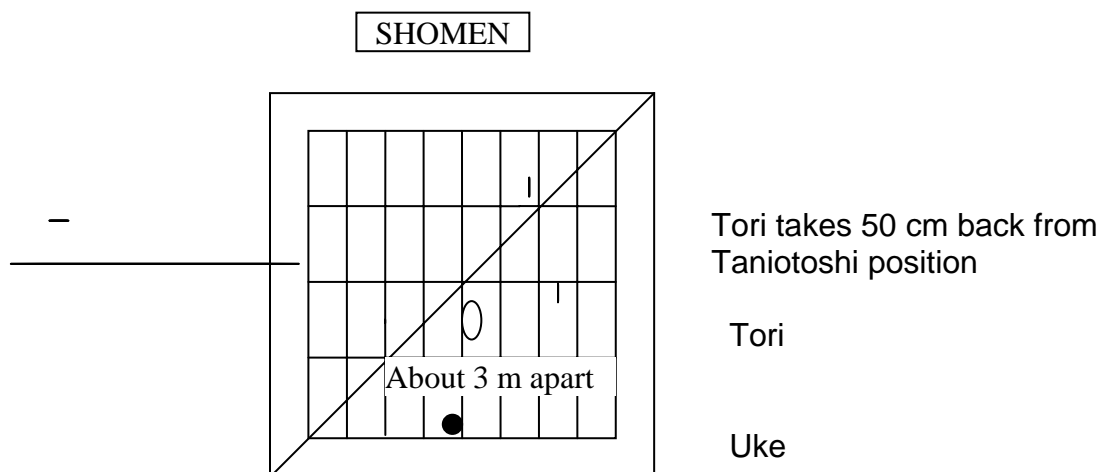
Uke Try to gain balance by placing feet firmly on ground.

Tori continue making off-balance uke and release uke's right hand and places right knee behind left heel and pushes uke's body backward and drop uke backward.

Uke takes left foot toward left rear and takes ukemi with left arm. Avoid tori's knee and immediately takes leg stretched open sitting position.

Tori takes kuraidori by opening left foot to left side.

10. KURUMA DAORE



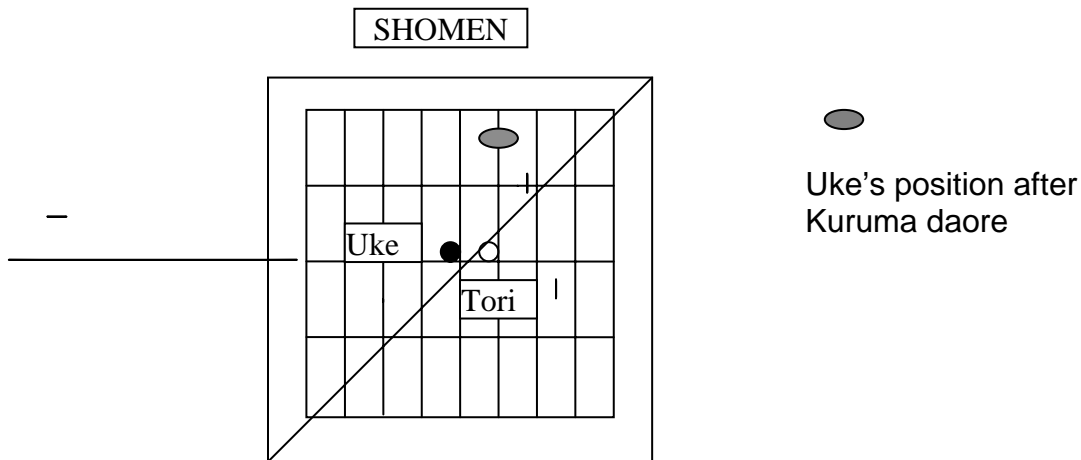
Tori facing to the shomen.

Uke stands with shizenhontai, facing to shomen at tori's left side rear about 3m back. Uke walks toward tori and takes one step maai with Tori. Uke brings the both hands up and places right hand on tori's right shoulder blade area and pushes the right side of tori's back forward, at same time hooks his left hand in front of tori's left shoulder and pulls left shoulder toward uke. Uke is trying to take tori down by twisting body to the counterclockwise hard.

Tori turn on right foot to counterclockwise and step left foot and right foot to the right side uke's right foot. Places both hands under uke's armpits area and make uke off-balance forward by pulling from tori's arms and turning action then start leaning backward to throw uke over tori's body with sutemiwaza (yokowakare). Tori's body is like in Dai no Ji.

Uke places right hand over tori's left shoulder, takes right zenpokaiten and stand up into shizenhontai.

11. SHIKORO DORI



Tori stands at the center of dojo in shizentai shomen is right side of tori.

Uke walks back around tori and takes position at a half step distance from tori. Both in shizen hontai. Uke try to insert his left hand, palm facing inside, into your front belt.

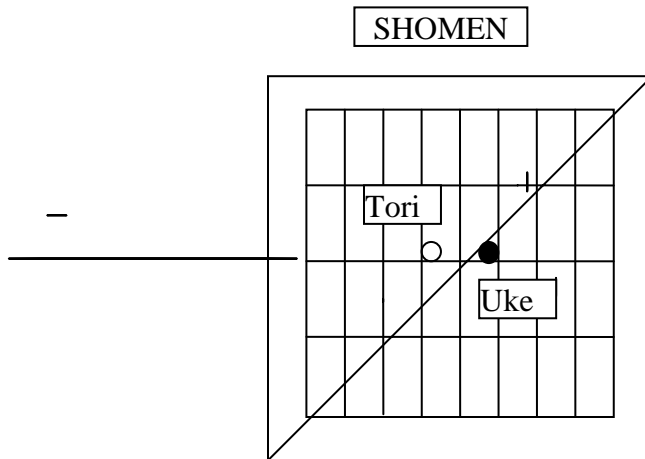
Tori evades uke's left hand grab by pulling hips back slightly. As uke looses balance to the front, tori sweep and grab uke's left wrist with right hand, palm up, and at the same time reach to uke's chin with left palm and pushes to right and diagonally upward.

Because of uke's neck is twisted to right, uke turns on left foot and brings right foot even to left foot. (Now uke facing 180 degree from beginning position) and looses balance backward.

At this moment, tori shift right hand from uke's left wrist to right shoulder and left hand from uke's chin to left shoulder then draw tori's left foot backward and lower body and places left knee on the mat. Simultaneously pull uke's body backward to throw.

Uke Steps right foot back slightly and takes backward ukemi with both hands and sit up to open legs sitting position.

12. SHIKORO GAESHI



Tori stands at the center of dojo with shizenhontai, shomen is left side of tori

Uke walks toward tori and takes a half step distance from tori. Uke inserts left hand, palm down, into tori's front belt and grabs it. Then uke takes a large step back with right foot while turning body to the right. At the same time, uke bends right knee and lower hips then pulls tori's body toward left hip with strong pulling with left arm.

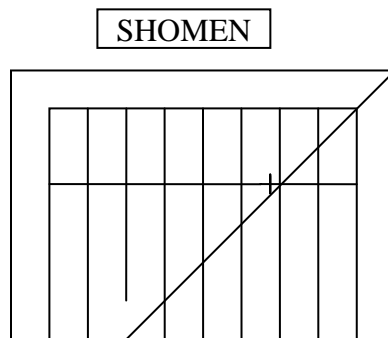
Tori using uke's pull, steps right foot forward and place it behind uke and at the same time place right hand on the left side of uke's head and push it and also place left hand on the right side of uke's cheek and pull it attempt to control uke by twisting neck.

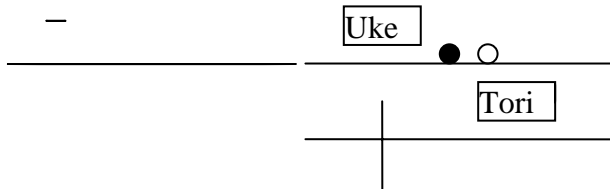
Uke bear tori's attack, pushes tori's trunk backward and try to recover from attack.

Tori releases power from hands. As uke's upper body coming upright, places right hand on uke's right shoulder with finger tips are front of uke's right shoulder and also places left hand on uke's left shoulder with fingers in front. Then pull uke backward, simultaneously slide left foot to outside of uke's left foot and right foot between uke's feet and sweep uke's left leg with the inside of right leg while dropping hip, is in open straight leg sitting position, on the mat and throw uke backward.

Uke takes ukemi with right hand and sit up to open straight leg sitting position.

13 YU DACHI





Tori stands at the center of dojo in shizentai, shomen is right side of tori.

Uke walks toward tori and takes to one step distance from tori like in Ryokuhi

Tori:

Grab uke's lapel with both hands and feed ule's right lapel into right hand with using left hand, right index finger insert between lapels, and bring left arm down to the left side of the body naturally.

Uke immediately pushes tori by advancing left foot forward, simultaneously hold underneath of tori's right elbow.

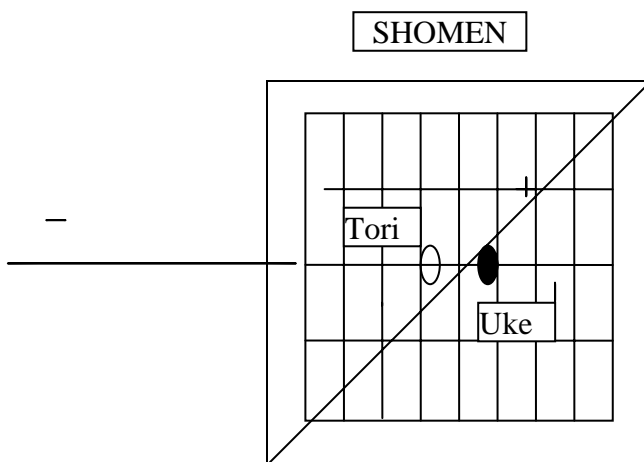
Tori steps right foot back as uke steps left foot forward.

Uke as tori steps right foot back, uke steps right foot forward, somewhat a large step, and attempts the right hip throw by inserting right arm around the left side of tori's hip.

Tori hold uke's right arm under left arm pit area and maintain holding uke's lapel with right hand. Tori pulls uke's body downward hard while drowing left foot back and placing left knee on the mat.

Uke takes ukemi like in Hiki otashi and sits up to open straight legs sitting position.

14. TAKI OTOSHI



Tori stands at the center of dojo with shizenhontai, shomen is left side of Tori.

Uke walks toward tori and takes one step distance from tori as in Ryokuhi.

Tori grab uke's lapel with both hands and feed right lapel into right hand using left hand, right index finger insert between lapels, and bring left arm down to the left side of their body naturally.

Uke immediately pushes tori by advancing left foot forward, then tori steps right foot back. Uke steps right foot forward, somewhat large step, attempts right side throw by reaching arm over tori's left shoulder.

Tori quickly lower body and turn to left and hold uke's waist with left arm and place right hand in front of uke's chest area and pushes uke's body upward while taking several tsugiashi toward left corner.

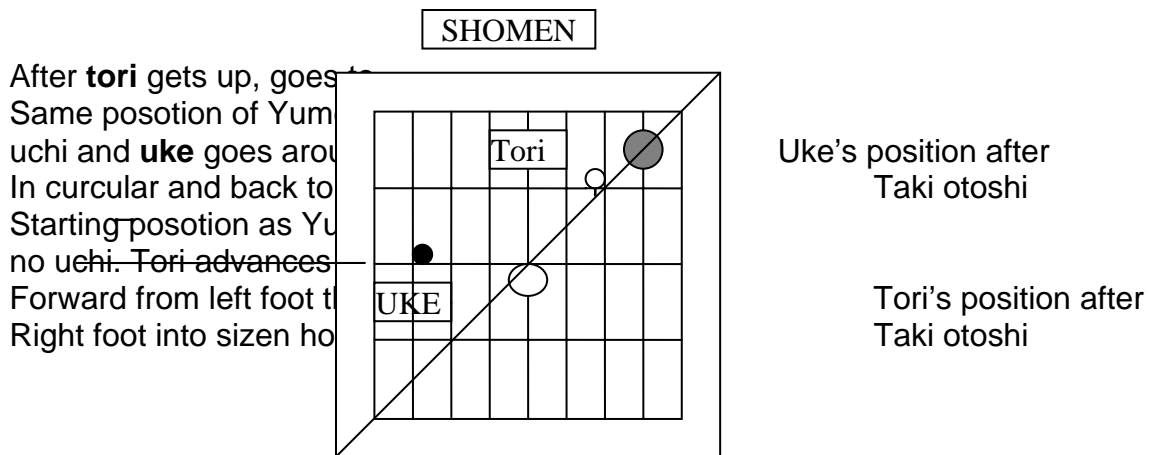
Uke try to recover balance by taking small step back with left foot and pushes tori forward.

Tori use uke's push, relax pushing action with right hand and let uke come up forward, at the same time left hand slide upward from uke's back waist area to the back of the right shoulder and also using right hand grip to make uke off-balance forward and throw as in Yume no uchi.

Uke takes zenpokaiten ukemi over tori's body.

URA

1. MI KUDAKI



After **tori** gets up, goes to
Same position of Yume no uchi and **uke** goes around tori in a circular path and back to starting position as Yume no uchi. **Tori** advances forward from left foot then right foot into sizen ho

Uke's position after
Taki otoshi

Tori's position after
Taki otoshi

Uke pivots slightly to left to face tori. Uke steps forward from left foot. With 6 steps, uke places right foot in front of tori's left foot. Places right side hip to tori's left front side hip. Grabs tori's front and back belt and brings left foot in front of tori's right knee. As uke swings left foot back, pulls tori's belt toward to apply hip throw.

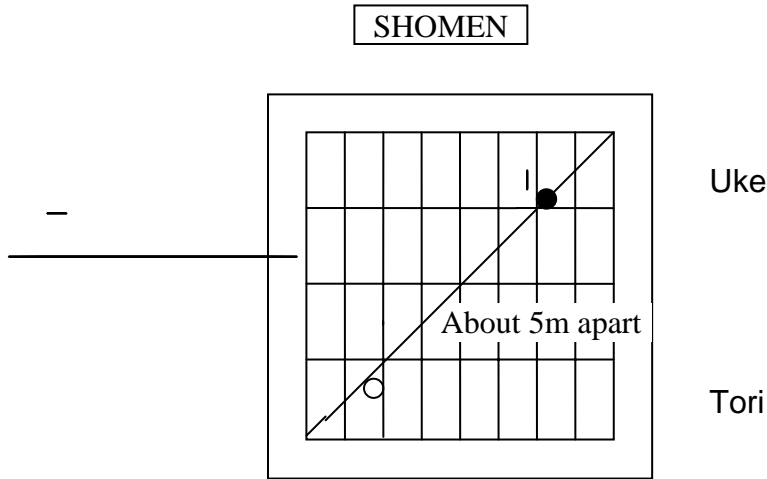
Tori Get into jigotai slightly as grab uke's left wrist from the top and push it downward hard to take uke's hand off from belt. At the same time, insert left arm under uke's left arm pit, pointing left little finger side up and start to taking several small step tsugiashi toward left corner while pushing uke backward.

Uke Steps backward with several ayumiashi then try to recover balance by pushing tori backward.

Tori As uke pushes, draw left foot backward toward left rear and turn the body to left then steps right foot outside of uke's right foot while making uke off-balance forward by left arm lifting up and pushing uke's left arm downward with right hand. When uke totally off-balanced, apply yokowakare and throw uke over left shoulder.

Uke takes big zenpokaiten ukemi and stand up.

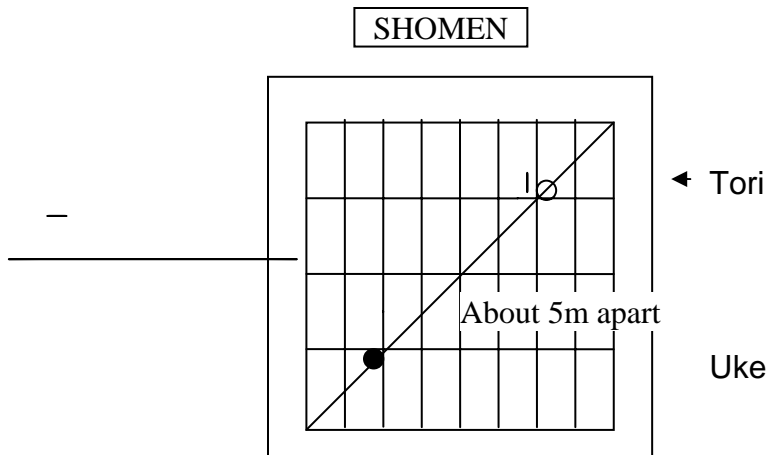
2. KURUMA GAESHI



Tori and **Uke** face each other, tori is left side and uke is right side facing to Shomen. Both walk toward each other in quick steps. As getting into maai, uke tries to push tori's shoulders with both of hands while taking right foot forward.

At this moment, tori steps left foot then right foot just out side of uke's right foot while placing hands under uke's elbow, with palms up, to evading uke's push. Tori falls backward while keep pushing uke's arms upward and throw uke over body and quickly stands up. Uke takes big zenpokaiten ukemi and stands up.

3. MIZU IRI



Tori and **Uke** face each other like in above drawing, tori's right side and uke's left side facing to shomen. Both walk toward each other in quick steps. As getting into proper maai, uke tries to push tori's left shoulders with right arm while taking right foot toward tori.

At this moment, tori steps left foot then right foot just out side of uke's right foot while arching body, turning left shoulder toward left side and evading uke's push by grabbing uke's right wrist with your left hand and placing right hand under uke's right arm pit with palm up. Tori falls backward near the uke's feet and throw uke over left shoulder and stands up quickly for next technique.

Uke takes big zenpokaiten ukemi and stands up.

4. RYU SETSU

Tori and **Uke** face each other like in the drawing, tori's left side and uke's right side facing to shomen.

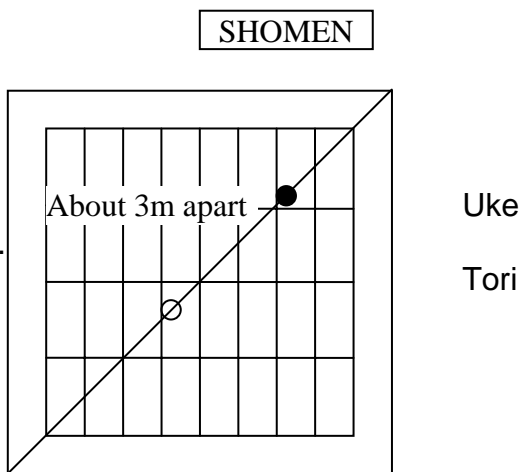
Uke takes one or two steps toward you in quick steps.

Tori takes several steps toward uke in quick steps. As soon as get into the maai, give right back hand scooping strike (katate kasumi) to uke's eye area while taking right foot forward.

Uke leans back to evade tori's attack.

Tori as uke's face coming back forward, step left foot then right foot just out side of uke's right foot while grabbing uke's left lapel with right hand and placing left hand under uke's right shoulder by inserting through uke's right arm pit. Tori falls backward and throw uke over left shoulder and stand up quickly for next technique.

Uke takes big zenpokaiten ukemi and stands up.

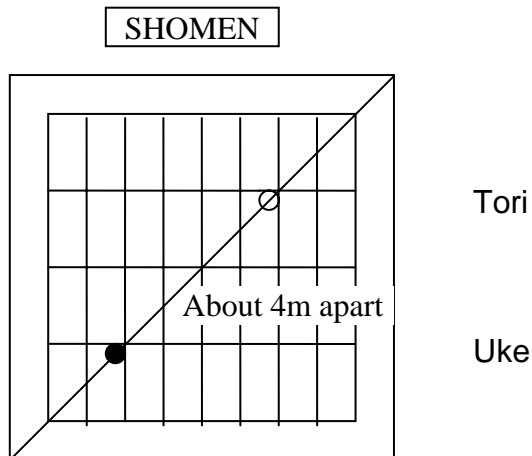


5. SAKA OTOSHI

Tori and **Uke** face each other like in the drawing, tori's right side and uke's left side facing to shomen.

Uke takes one or two steps toward tori in quick steps.

Tori takes several steps toward uke in quick steps.



Uke as soon as getting into the maai, uke thrust Tori's suigetsu (solar plexus) with left shuto hand while taking his left foot toward tori.

Tori at this moment, step right foot back quickly and evade uke's left hand thrust. Then grab uke's left wrist from top with right hand and placing left hand under and inside of uke's left upper arm. Then pull downward hard and throw uke.

Uke takes left sideways rolling ukemi and stands up.

6. YUKI ORE

Tori takes a couple of steps from left foot and
Uke
 right foot toward uke and turns tori's back to uke
 who just get up from taking ukemi from #5
Tori
 Saka otoshi. Then tori starts to walking
 forward.

Uke chases tori in quick steps and gives a bear hug from behind over tori's upper arms with the both arms while stepping right foot outside of tori's right foot..

Tori at this moment, expand both of arms out then grab at uke's right upper arm with right hand and at the same time grab uke's right forearm with left hand. Tori drops right knee to the mat and apply seoi otoshi type throw to throw uke over right shoulder.

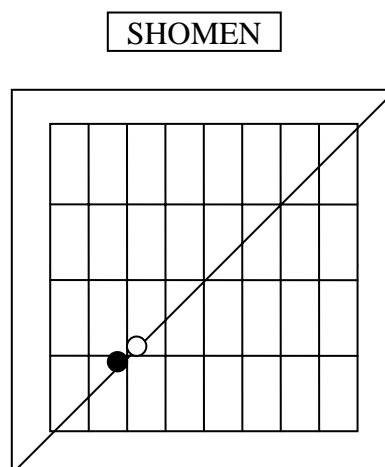
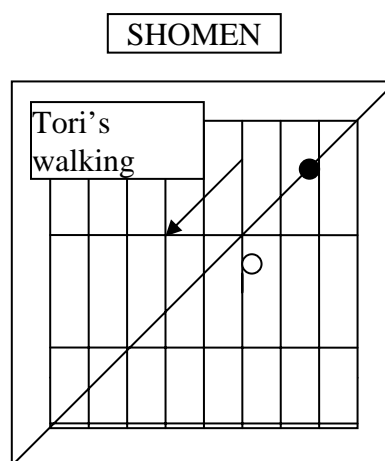
Uke takes right sideway rolling ukemi and stands up.

7. IWA NAMI

Uke quickly stands up and turns toward tori.

Tori takes a one or two steps toward uke.
 As soon as get into striking distance, tori give back hand striking with both hands to uke's eye (Ryote kasumi).

Uke leans back slightly to evade your ryote kasumi.
Tori



Tori uke's head come back toward tori, steps

Uke

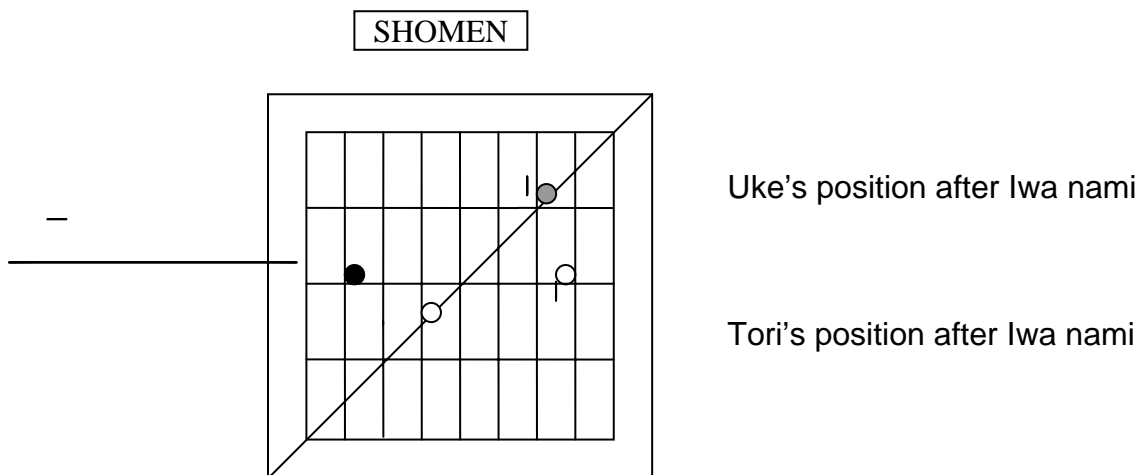
left foot and right foot to the outside and

even with uke's right foot. While tori taking steps, grab uke's lapel with the both hands. Tori's right hand on uke's left lapel and left hand on uke's right lapel. Tori pulls uke's body up and forward with both arms while starting to lean backward. Then fall on back to throw uke over tori's body and take Dai no ji position

Uke takes big right zenpokaiten ukemi and stands up.

Finishing

Tori and **Uke** go back to original position and assuming shizenhontai and take one step back together from the right foot and the left foot to heels slightly open shizentai and perform Koshiki no Kata kneeling bow.



Reference Books:

Kodokan Judo Jigoro Kano by Kodokan

Kodokan Koshiki no Kata - Published Heisei 4, July 14.

Judo no Kata by Sumiyuki Kotani

Hitsuroku Nippon Judo by Raisuke Kudo

Video Tape Koshiki no kata, published by Kodokan.

