

Kodokan Goshin Jitsu Score Form

FORMS OF SELF-DEFENSE

TORI _____ DATE _____

SUBTOTALS

UKE _____ CLUB _____

NAME OF TOURNAMENT _____



Score Opening/Weapons Handling, Closing/Weapons Handling, Techniques, and Flow on a scale of 0 to 10.

OPENING AND WEAPONS HANDLING _____ → .

UNARMED ATTACK WHEN HELD

- | | | | | |
|---|-----------------|---------------------|---|---|
| 1 | RYOTE DORI | BOTH WRISTS SEIZURE | → | . |
| 2 | HIDARI ERI DORI | LEFT LAPEL SEIZURE | → | . |
| 3 | MIGI ERI DORI | RIGHT LAPEL SEIZURE | → | . |
| 4 | KATA UDE DORI | SINGLE ARM SEIZURE | → | . |
| 5 | USHIRO ERI DORI | REAR COLLAR SEIZURE | → | . |
| 6 | USHIRO JIME | REAR CHOKE | → | . |
| 7 | KAKAE DORI | REAR BODY SEIZURE | → | . |

UNARMED ATTACK AT A DISTANCE

- | | | | | |
|----|--------------|---------------|---|---|
| 8 | NANAME UCHI | DIAGONAL BLOW | → | . |
| 9 | AGO TSUKI | UPPERCUT | → | . |
| 10 | GANMEN TSUKI | JAB TO FACE | → | . |
| 11 | MAE GERI | FRONT KICK | → | . |
| 12 | YOKO GERI | SIDE KICK | → | . |

AGAINST ARMED ATTACK

DAGGER

- | | | | | |
|----|-------------|-----------------------|---|---|
| 13 | TSUKKAKE | BEFORE STOMACH THRUST | → | . |
| 14 | CHOKU ZUKI | STOMACH THRUST | → | . |
| 15 | NANAME ZUKI | DIAGONAL THRUST | → | . |

CANE

- | | | | | |
|----|-------------|-------------------|---|---|
| 16 | FURI AGE | SWINGING UPWARD | → | . |
| 17 | FURI OROSHI | SWINGING DOWNWARD | → | . |
| 18 | MOROTE ZUKI | TWO HANDED THRUST | → | . |

PISTOL

- | | | | | |
|----|-------------|-----------------------------|---|---|
| 19 | SHOMEN ZUKE | SHOOTING FROM FRONT | → | . |
| 20 | KOSHI GAMAE | SHOOTING WITH PISTOL AT HIP | → | . |
| 21 | HAIMEN ZUKE | SHOOTING FROM BEHIND | → | . |

CLOSING AND WEAPONS HANDLING _____ → .

FLOW _____ → .

ACCUMULATED SCORE (ADD ALL SUBTOTALS) _____ → .

JUDGE _____

RECORDER _____