



EUROPEAN JUDO UNION

European Judo Union Rules for Adapted Judo Kata

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1. Introduction

1. Adapted Judo rules for Kata were created with the aim that every judoka, regardless of ability, could get the opportunity to participate equally in Kata tournaments.
2. This document is linked to the original document EJU Adapted Judo rules, but due to the different divisions of levels and categories, a separate document was created.
3. These Adapted Judo rules for Kata competitions will be applied during 2024 at all EJU Adapted Judo tournaments. At the end of 2024, the rules will be revised and, if necessary, changed for 2025.



2. Levels and categories

To ensure a fair and meaningful Kata competition, judokas are assigned a Kata level. The Kata levels differ from the Adapted Judo levels for competition.

There is a distinction between “levels” and “categories”.

- A *level* is assigned to a judoka and describes his¹ proficiency in judo.
- A *category* is a competition type. For instance, some judokas have a disability that requires a more extensive modification to an existing Kata, or Kata bespoke to their disability. Proficient Adaptive Kata judoka can compete under regular/mainstream Kata rules.

2.1 Levels

Level 1

This is a judoka with a minor social, mental or physical disability. This judoka has a good feel of judo and is aware of the significance of Kata. Furthermore, this judoka profoundly understands his disability and adeptly manages its constraints. On a technical level, this judoka is on par with his mainstream colleagues.

Level 2

This judoka has a social, mental or physical disability. This judoka has a reasonable feel for judo and requires a large amount of explanation to grasp the meaning of Kata. Under the guidance of his coach, trainer, and/or uke, this judoka exhibits the capability to manage his disability effectively. Training alongside mainstream judoka requires additional adjustments.

Level 3

This judokas impairment requires increased guidance and explanations to perform Kata. Training in Adapted classes or, training alongside mainstream judokas takes a lot of adjustments.

¹ Where the male form is used, the female form is meant implicitly.



2.2 Categories

Category 1

These judokas that can perform in mainstream European Kata Championships and European Cup Championships.

Category 2

These judokas are on a national level. If/when they compete on European level, this competition is a European Kata Championships and European Cup Championships.

Category 3 and Category 4

These judokas are on a regional level. When competing (inter)nationally, these competitions are called “games”, and also European Kata Championships and European Cup Championships.



3. Kata

3.1 Official Kodokan competition Kata

- Nage-no-Kata (first three series)
- Ne-waza Nage-no-Kata (first three series)
- Katame-no-Kata
- Ju-no-Kata
- Kime-no-Kata
- Kodokan-Goshin-Jutsu

3.2 Additional Kata

- Itsutsu-no-Kata
- Itsutsu-no-Kata wheelchair
- Koshiki-no-Kata

3.3 Special ENBU Kata

- A Kata defined especially for the type of disability of the judoka. The referees need to know what they are about to see and judge. Therefore, a description of the shown Kata must have been provided to them before.
- A Kata with adjustments in the essence of the Kata or where techniques are changed for another technique is *not* an official Kata anymore; hence, it falls into the Special Kata category. Like Kodomo-no-Kata or Nage-waza Kata.
- EBNU evaluation:

1. Technical

- Efficiency
- Accuracy
- Difficulty

2. Choreography

- Variety
- Choreography

3. Judo Spirit

- Originality
- Tradition
- Spirit



4. Scoring

Scoring is meant to be educational so that judokas can keep improving their skills.

- **Category 1** will be scored as per the regular Kata rules. Note that these judoka score in the same points bandwidth as their mainstream colleagues.
- **Category 2** will be scored per regular rules; however, the scoring will be done on the 10-points list, allowing the referees to make notes on those lists to guide improvement. Scoring will be done on a local level.
- **Category 3 and Category 4** are also scored using the 10-points list; however, scoring is done on things that are performed right rather than on faults. Or referees can score according to what they see as correct:
 - Excellent 10
 - Good 8
 - Medium 6
 - Almost 4
 - Not so good 2
 - Forgotten 1



5. Class overview

CATEGORY 1 All Kodokan and additional Kata	Scoring is identical to mainstream Kata. Judoka take part in official Kata tournaments. Every adjustment is a point demerit.		
1A	Full kata*	Tori is A-judoka	Uke is A-judoka ²
1B	Full kata*	Tori is A-judoka	Uke is mainstream

CATEGORY 2 All Kodokan and additional Kata	Scoring is identical to mainstream Kata. 10-point score form is used. Any adjustment to the kata <i>may</i> cause points demerit.		
2A	Full Kata*	Tori is A-judoka	Uke is A-judoka level 2
2B	Full kata*	Tori is A-judoka	Uke is mainstream or level 1 judoka

CATEGORY 3 All Kodokan and additional Kata	Scoring is like an examination. Judges look to what is right. 10-point score form is used. Adjustments to the Kata must be reported before the performance.		
3A	1 to 3 series of the Kata	Tori is A-judoka	Uke is A-judoka level 3
3B	1 to 3 series of the Kata	Tori is A-judoka	Uke is mainstream or level 1 or level 2 judoka

CATEGORY 4 ENBU Kata	Own-defined Kata. The Kata must be described in appropriate detail and this document must be supplied to the organisation in 5-fold.		
4A	Own definition	Tori is A-judoka Level 1	Uke is mainstream or A-judoka
4B	Own definition	Tori is A-judoka Level 2	Uke is mainstream or A-judoka
4C	Own definition	Tori is A-judoka Level 3	Uke is mainstream or A-judoka

*For Categories 1 and 2, Full Nage Nage-no-Kata and Full Ne-Waza Nage-no-Kata include the first three series.

² A-judoka means a judoka with a disability who must adapt the judo technique.