

We are challenging you to keep moving and in contact with judo during this period of isolation. **YOU DON'T EVEN HAVE TO LEAVE THE HOUSE!** If you have a camera on your phone and a judogi, you can participate! Don't be left out of this innovative dispute!

WHAT IS IT?

An individual (shadow) performance of kata and/or waza. Tori presents alone, without the presence of uke.

The presentation can be done anywhere. It is not necessary to be in a dojo. It can be in your garage, living room, kitchen, backyard, ...

WHO CAN PARTICIPATE?

EVERYBODY! People of all ages and of all grades.

HOW TO PARTICIPATE?

Record a video of your presentation and send it to us.

You can participate in one WAZA division and in several KATA divisions.

HOW MUCH IS IT?

IT'S JUST US\$ 5. Just click on the link below and follow the instructions.

IT'S FREE to register in the JUDO FOR ALL division for all athletes with disabilities.

REGISTRATION AND VIDEO UPLOAD

Registrations must be done through the website at www.JUDOSUL.com.br UNTIL **JULY 15TH**. After you register you will receive an email with the instructions to upload your video.

ASSESSMENT

The assessment will be made by a CSJ examining board based on official Kodokan standards.

Reference videos of the official versions of the KATA and WAZA are on CSJ's YouTube channel (YouTube).

AWARDS

All participants will receive digital certificates.

All Festival participants (up to 10 years) will receive medals.

All Judo for All participants will receive medals.

In the other divisions, athletes will be awarded medals of 1st, 2nd and 3rd place.

The best teams will be awarded up to 9th place based on the athletes' performance and actions on social media.

The medals and trophies will be delivered at the next physical event of the Brazilian National Judo Circuit or sent by mail (shipping cost by the athlete / team).

WHAT SHOULD THE VIDEO SHOW?

You should shoot with the phone horizontally capturing the entire presentation (without cuts).

The shooting must be done from the position of the examining board (joseki).

The presentations must be done with energy and engagement. Imagine that you are doing the techniques with your uke.

In the WAZA divisions, the techniques must be presented in motion.

All presentations must include the opening and closing bows.

DIVISIONS

The divisions of this event are detailed in the attached tables and are also available on the event website.

NOTES

In case your space is smaller than necessary, you can adjust your position. Points will not be discounted due to these adjustments.

The uniform must be white judogi for kata and white or blue for waza (with white t-shirt for female athletes).

The use of any type of shoes will be allowed when the presentation takes place outside the dojo.

The use of any prop in non-compliance with the competition rules will be penalized.

Any presentation involving ukemi-waza or sutemi-waza must be performed on mats.



WWW.JUDOSUL.COM.BR

1A. DIVISIONS | WAZA

✓ **STEP 1:** FIND YOUR AGE DIVISION

✓ **STEP 2:** FIND YOUR GRADE

✓ **STEP 3:** FIND YOUR DIVISION. IN THE NEXT TABLE FIND YOUR CONTENT ACCORDING TO THE DIVISION.

CATEGORY	DOB	AGE	GRADE	DIVISION
SPECIAL				
JUDO FOR ALL	ATHLETES WITH DISABILITIES OF ALL AGES AND GRADES			W0
FESTIVAL				
U7	2014 or before	4 - 6	ALL	W1
U9	2012 / 2013	7 / 8	ALL	W2
U11	2010 / 2011	9 / 10	UP TO 5TH KYU	W3
			4TH KYU	W4
MAIN				
U13	2008 / 2009	11 / 12	UP TO 5TH KYU	W5
			4TH — 3RD KYU	W6
U15	2006 / 2007	13 / 14	UP TO 5TH KYU	W7
			4TH KYU	W8
			3RD — 1ST KYU	W9
OPEN	1991 — 2005	15 - 29	WHITE BELT	W10
			5TH KYU	W11
			4TH — 3RD KYU	W12
			2ND — 1ST KYU	W13
			BLACK BELTS	W14
VETERANS 1 — 3	1976 — 1990	30 - 44	WHITE BELT	W15
			5TH KYU	W16
			4TH — 3RD KYU	W17
			2ND — 1ST KYU	W18
			BLACK BELTS	W19
VETERANS 4 — 10	1975 and before	45	WHITE BELT	W20
			5TH KYU	W21
			4TH — 3RD KYU	W22
			2ND — 1ST KYU	W23
			BLACK BELTS	W24

1B. CONTENT | WAZA

✓ **SAFETY:** ANY PRESENTATION INVOLVING UKEMI-WAZA / SUTEMI-WAZA MUST BE PERFORMED ON MATS.

✓ OFFICIAL KODOKAN VIDEOS ARE AVAILABLE ON THE CSJ YOUTUBE CHANNEL.

DIVISION	W0	W1	W2	W3	W4
	JUDO FOR ALL	U7	U9	U11 UP TO 5TH KYU	U11 5TH-4TH KYU
CONTENT	THE ATHLETE CAN CHOOSE 5 TECHNIQUES TO PERFORM ACCORDING TO HIS/HER DISABILITIES.	THE ATHLETE MUST DEMONSTRATE: <ul style="list-style-type: none"> TIE THE BELT CORRECTLY COUNT UP TO 5 IN JAPANESE STANDING AND KNELLING BOW TWO TECHNIQUES OF HIS/HER CHOICE * THE ATHLETE CAN BE ASSISTED IN TASKS. * THE ATHLETE MAY USE A DOLL OR TEDDY BEAR TO DEMONSTRATE TECHNIQUES 	THE ATHLETE MUST DEMONSTRATE: <ul style="list-style-type: none"> TIE THE BELT CORRECTLY COUNT UP TO 10 IN JAPANESE STANDING AND KNELLING BOW TWO TECHNIQUES OF HIS/HER CHOICE * THE ATHLETE CAN BE ASSISTED IN TASKS. * THE ATHLETE MAY USE A DOLL OR TEDDY BEAR TO DEMONSTRATE TECHNIQUES 	THE ATHLETE MUST DEMONSTRATE: <ul style="list-style-type: none"> TIE THE BELT CORRECTLY COUNT UP TO 10 IN JAPANESE TWO TECHNIQUES OF HIS/HER CHOICE * THE ATHLETE MUST PERFORM STANDING AND KNELLING BOWS BEFORE AND AFTER THE TECHNIQUES * THE ATHLETE MAY USE A DOLL OR TEDDY BEAR TO DEMONSTRATE TECHNIQUES 	THE ATHLETE MUST DEMONSTRATE: <ul style="list-style-type: none"> TIE THE BELT CORRECTLY COUNT UP TO 10 IN JAPANESE MOVING IN ALL DIRECTIONS WHILE SIM. GRIPPING THREE TECHNIQUES OF HIS/HER CHOICE * THE ATHLETE MUST PERFORM STANDING AND KNELLING BOWS BEFORE AND AFTER THE TECHNIQUES * THE ATHLETE MAY USE A DOLL OR TEDDY BEAR TO DEMONSTRATE TECHNIQUES
DIVISION	W5	W6	W7	W8	W9
	U13 UP TO 5TH KYU	U13 5TH-3RD KYU	U15 UP TO 5TH KYU	U15 5TH-4TH KYU	U15 3RD-1ST KYU
CONTENT	DE-ASHI-HARAI Ô-SOTO-GARI Ô-GOSHI	SASAE-TSURIKOMI-ASHI KOSHI-GURUMA TAI-OTOSHI Ô-UCHI-GARI	DE-ASHI-HARAI HIZA-GURUMA Ô-SOTO-GARI Ô-GOSHI	SASAE-TSURIKOMI-ASHI KOSHI-GURUMA UKI-GOSHI TAI-OTOSHI Ô-UCHI-GARI	KO-SOTO-GARI KO-UCHI-GARI TSURIKOMI-GOSHI OKURI-ASHI-HARAI HARAI-GOSHI UCHI-MATA SEOI-NAGE
DIVISION	W10	W11	W12	W13	W14
	OPEN WHITE BELT	OPEN 5TH KYU	OPEN 4TH-3RD KYU	OPEN 2ND-1ST KYU	OPEN BLACK BELT
CONTENT	DE-ASHI-HARAI HIZA-GURUMA Ô-SOTO-GARI Ô-GOSHI	SASAE-TSURIKOMI-ASHI KOSHI-GURUMA UKI-GOSHI TAI-OTOSHI Ô-UCHI-GARI	KO-SOTO-GARI KO-UCHI-GARI TSURIKOMI-GOSHI OKURI-ASHI-HARAI HARAI-GOSHI UCHI-MATA SEOI-NAGE	KO-SOTO-GAKE TSURI-GOSHI ASHI-GURUMA HANE-GOSHI HARAI-TSURIKOMI-ASHI KATA-GURUMA Ô-SOTO-GURUMA SUKUI-NAGE IPPON-SEOI-NAGE	UTSURI-GOSHI Ô-GURUMA SUMI-OTOSHI UKI-OTOSHI OBI-OTOSHI Ô-SOTO-OTOSHI YAMA-ARASHI SODE-TSURIKOMI-GOSHI OBI-TORI-GAESHI
DIVISION	W15	W16	W17	W18	W19
	VET. 1-3 WHITE BELT	VET. 1-3 5TH KYU	VET. 1-3 4TH-3RD KYU	VET. 1-3 2ND-1ST KYU	VET. 1-3 BLACK BELT
CONTENT	DE-ASHI-HARAI HIZA-GURUMA Ô-SOTO-GARI Ô-GOSHI	SASAE-TSURIKOMI-ASHI KOSHI-GURUMA UKI-GOSHI TAI-OTOSHI Ô-UCHI-GARI	KO-SOTO-GARI KO-UCHI-GARI TSURIKOMI-GOSHI OKURI-ASHI-HARAI HARAI-GOSHI UCHI-MATA SEOI-NAGE	KO-SOTO-GAKE TSURI-GOSHI ASHI-GURUMA HANE-GOSHI HARAI-TSURIKOMI-ASHI KATA-GURUMA Ô-SOTO-GURUMA SUKUI-NAGE IPPON-SEOI-NAGE	UTSURI-GOSHI Ô-GURUMA SUMI-OTOSHI UKI-OTOSHI OBI-OTOSHI Ô-SOTO-OTOSHI YAMA-ARASHI SODE-TSURIKOMI-GOSHI OBI-TORI-GAESHI
DIVISION	W20	W21	W22	W23	W24
	VET. 4-10 WHITE BELT	VET. 4-10 5TH KYU	VET. 4-10 4TH-3RD KYU	VET. 4-10 2ND-1ST KYU	VET. 4-10 BLACK BELT
CONTENT	DE-ASHI-HARAI HIZA-GURUMA Ô-SOTO-GARI Ô-GOSHI	SASAE-TSURIKOMI-ASHI KOSHI-GURUMA UKI-GOSHI TAI-OTOSHI Ô-UCHI-GARI	KO-SOTO-GARI KO-UCHI-GARI TSURIKOMI-GOSHI OKURI-ASHI-HARAI HARAI-GOSHI UCHI-MATA SEOI-NAGE	KO-SOTO-GAKE TSURI-GOSHI ASHI-GURUMA HANE-GOSHI HARAI-TSURIKOMI-ASHI KATA-GURUMA Ô-SOTO-GURUMA SUKUI-NAGE IPPON-SEOI-NAGE	UTSURI-GOSHI Ô-GURUMA SUMI-OTOSHI UKI-OTOSHI OBI-OTOSHI Ô-SOTO-OTOSHI YAMA-ARASHI SODE-TSURIKOMI-GOSHI OBI-TORI-GAESHI

2A. DIVISIONS | KATA

✓ **STEP 1:** FIND YOUR AGE DIVISION

✓ **STEP 2:** FIND YOUR GRADE

✓ **STEP 3:** FIND YOUR DIVISION. IN THE NEXT TABLE FIND YOUR CONTENT ACCORDING TO THE DIVISION.

CATEGORY	DOB	AGE	GRADE	DIVISIONS AVAILABLE FOR REGISTRATION
ESPECIAL				
JUDO FOR ALL	ATHLETES WITH DISABILITIES OF ALL AGES AND GRADES			K0
FESTIVAL				
U7	2014 and after	4 - 6	ALL	K1
U9	2012 / 2013	7 / 8	ALL	K1 / K2
U11	2010 / 2011	9 / 10	UP TO 5TH KYU	K1 / K2 / K3 / K17
			4TH KYU	K3 / K4 / K5 / K8 / K10 / K17
MAIN				
U13	2008 / 2009	11 / 12	UP TO 5TH KYU	K2 / K3 / K4 / K17
			4TH — 3RD KYU	K4 / K5 / K6 / K8 / K10 / K17
U15	2006 / 2007	13 / 14	UP TO 5TH KYU	K2 / K3 / K4 / K8 / K10 / K17
			4TH — 1ST KYU	K6 / K7 / K8 / K9 / K10 / K17
OPEN	1991 — 2005	15 - 29	WHITE BELT	K3 / K4 / K5 / K8 / K10 / K17 / K18
			5TH — 4TH KYU	K6 / K7 / K8 / K10 / K17 / K18
			3RD— 2ND KYU	K7 / K8 / K9 / K10 / K11 / K14 / K16 / K17 / K18
			1ST KYU — BLACK BELTS	K8 / K9 / K11 / K12 / K13 / K15 / K16 / K17
VETERANS 1 — 3	1976 — 1990	30 - 44	WHITE BELT	K3 / K4 / K5 / K8 / K10 / K17 / K18
			5TH — 4TH KYU	K6 / K7 / K8 / K10 / K17 / K18
			3RD— 2ND KYU	K7 / K8 / K9 / K10 / K11 / K14 / K16 / K17 / K18
			1ST KYU — BLACK BELTS	K8 / K9 / K11 / K12 / K13 / K15 / K16 / K17
VETERANS 4 — 10	1975 and before	45	WHITE BELT	K3 / K4 / K5 / K8 / K10 / K17 / K18
			5TH — 4TH KYU	K6 / K7 / K8 / K10 / K17 / K18
			3RD— 2ND KYU	K7 / K8 / K9 / K10 / K11 / K14 / K16 / K17 / K18
			1ST KYU — BLACK BELTS	K8 / K9 / K11 / K12 / K13 / K15 / K16 / K17

2B. CONTENT | KATA

✓ **SAFETY:** ANY PRESENTATION INVOLVING UKEMI-WAZA / SUTEMI-WAZA MUST BE PERFORMED ON MATS.

✓ OFFICIAL KODOKAN VIDEOS ARE AVAILABLE ON THE CSJ YOUTUBE CHANNEL.

DIVISION	K1	K2	K3
	KODOMO-NO-KATA 7	KODOMO-NO-KATA 6	KODOMO-NO-KATA 5
CONTENT	KODOMO-NO-KATA 7 (NANA) 1. RITSU-REI E ZA-REI 2. USHIRO-UKEMI 3. YOKO-UKEMI 4. OUTEN-UKEMI 5. TAI-SABAKI 6. AYUMI-ASHI 7. TSUGI-ASHI 8. PROJEÇÃO POR MAE-SABAKI 9. PROJEÇÃO POR USHIRO-SABAKI 10. ZA-REI E RITSU-REI	KODOMO-NO-KATA 6 (ROKU) 1. RITSU-REI E ZA-REI 2. USHIRO-UKEMI 3. YOKO-UKEMI 4. OUTEN-UKEMI 5. TAI-SABAKI 6. AYUMI-ASHI 7. TSUGI-ASHI 8. HIZA-GURUMA 9. TAI-OTOSHI 10. ZA-REI E RITSU-REI	KODOMO-NO-KATA 5 (GO) 1. RITSU-REI E ZA-REI 2. USHIRO-UKEMI 3. YOKO-UKEMI 4. MAE-MAWARI-UKEMI 5. HAPPO-NO-KUZUSHI 6. DE-ASHI-HARAI 7. UKI-OTOSHI 8. UKI-GOSHI 9. ZA-REI E RITSU-REI
DIVISION	K4	K5	K6
	KODOMO-NO-KATA 4	KODOMO-NO-KATA 3	KODOMO-NO-KATA 2
CONTENT	KODOMO-NO-KATA 4 (YON) 1. RITSU-REI E ZA-REI 2. USHIRO-UKEMI 3. YOKO-UKEMI 4. MAE-MAWARI-UKEMI 5. TAI-SABAKI 6. HAPPO-NO-KUZUSHI COM MOVIMENTO 7. HIZA-GURUMA 8. TAI-OTOSHI 9. O-GOSHI 10. ZA-REI E RITSU-REI	KODOMO-NO-KATA 3 (SAN) 1. RITSU-REI E ZA-REI 2. MAE-UKEMI 3. MAE-MAWARI-UKEMI 4. TAI-SABAKI 5. KUZUSHI COM MOVIMENTO 6. SASAE-TSURIKOMI-ASHI 7. IPPON-SEOI-NAGE 8. TSURIKOMI-GOSHI 9. SASAE-TSURIKOMI-ASHI → KESA-GATAME 10. ZA-REI E RITSU-REI	KODOMO-NO-KATA 2 (NI) 1. RITSU-REI E ZA-REI 2. MAE-UKEMI 3. MAE-MAWARI-UKEMI 4. O-UCHI-GARI 5. KO-UCHI-GARI 6. O-SOTO-GARI 7. O-UCHI-GARI → KOUCHI-GARI 8. O-SOTO-GARI → YOKO-SHIHO-GATAME → TATE-SHIHO-GATAME → KATA-GATAME 9. ZA-REI E RITSU-REI
DIVISION	K7	K8	K9
	KODOMO-NO-KATA 1	NAGE-NO-KATA	NAGE-NO-KATA
CONTENT	KODOMO-NO-KATA 1 (ICHI) 1. RITSU-REI E ZA-REI 2. MAE-MAWARI-UKEMI 3. UCHI-MATA 4. HARAI-GOSHI 5. KO-UCHI-GARI → IPPON-SEOI-NAGE 6. IPPON-SEOI-NAGE → KESA-GATAME → USHIRO-KESA-GATAME → YOKO-SHIHO-GATAME → KAMI-SHIHO-GATAME 7. ZA-REI E RITSU-REI	NAGE-NO-KATA (TACHI-WAZA) 1. TE-WAZA 2. KOSHI-WAZA 3. ASHI-WAZA 4. — 5. —	NAGE-NO-KATA (COMPLETO) 1. TE-WAZA 2. KOSHI-WAZA 3. ASHI-WAZA 4. MA-SUTEMI-WAZA 5. YOKO-SUTEMI-WAZA
DIVISION	K10	K11	K12
	KATAME-NO-KATA	KATAME-NO-KATA	KIME-NO-KATA
CONTENT	KATAME-NO-KATA (OSAEKOMI-WAZA) 1. OSAEKOMI-WAZA 2. — 3. —	KATAME-NO-KATA (COMPLETO) 1. OSAEKOMI-WAZA 2. SHIME-WAZA 3. KANSETSU-WAZA	KIME-NO-KATA (TACHIAI) 1. — 2. TACHIAI
DIVISION	K13	K14	K15
	KIME-NO-KATA	KODOKAN GOSHIN-JUTSU	KODOKAN GOSHIN-JUTSU
CONTENT	KIME-NO-KATA (COMPLETO) 1. IDORI 2. TACHIAI	KODOKAN GOSHIN-JUTSU (TOSHU-NO-BU) 1. TOSHU-NO-BU 2. —	KODOKAN GOSHIN-JUTSU (COMPLETO) 1. TOSHU-NO-BU 2. BUKI-NO-BU
DIVISION	K16	K17	K18
	JU-NO-KATA	SEIRYOKU-ZENYO-KOKUMIN-TAIKU	SEIRYOKU-ZENYO-KOKUMIN-TAIKU
CONTENT	JU-NO-KATA (COMPLETO) 1. DAI-IKKYO 2. DAI-NIKYO 3. DAI-SANKYO	SEIRYOKU-ZENYO-KOKUMIN-TAIKU (TANDOKU-RENSHU) 1. TANDOKU-RENSHU 2. —	SEIRYOKU-ZENYO-KOKUMIN-TAIKU (COMPLETO) 1. TANDOKU-RENSHU 2. SOTAI-RENSHU