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**Part 5.2**      **Itsutsu-no-Kata**      Demonstrate competencies in the performance of this kata; and explain the meaning of each of the five forms.

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### ITSUTSU NO KATA – THE FIVE FORMS

The Kōdōkan promote this Kata as being incomplete and created by Jigorō Kanō (1860-1938). The first two techniques as having a connection with Kitō-ryū, and the final three represent the movement of water, heavenly bodies, and other traits of the universe to be emulated by the human body.

Kanō established his own style of jūjutsu adopting the name judō and called it Nihon-den Kōdōkan Jūdō (1882), at the time being a student of two styles of jūjutsu Tenjin Shinyō-ryū (since 1877) in which techniques centre on throws, strikes and grappling in ordinary clothing; and Kitō-ryū (since 1881) based primarily on battlefield throwing techniques wearing armour.

Within Tenjin Shinyō-ryū there is a Kata very similar to the Itsutsu-no-Kata, known as the “five teachings of the kuden”. With the following names of the five techniques:

1. Oshikaeshi (Continuous Pushing)
2. Eige (Draw Drop)
3. Tomowakare (Separation)
4. Roin (Pulling Tide)
5. Settsuka no wakare (Instant Separation)

The Itsutsu-no-Kata – an explanation

1. Demonstrates the principle that rationalized, continuous attack will bring defeat, even against a strong power. This technique represents the impeccable strength of justice. A small power applied continuously, in a rational manner, can control a huge power.
2. Demonstrates the principle of using the energy of the opponent's attack to defeat them, or victory through yielding.
3. Demonstrates the principle of the whirlpool, wherein the inner circle controls the outer circle. Two objects revolving in giant circles, inevitably they close in on each other, and then part without damage.
4. Demonstrates the power of the ocean's tide. The tide will draw everything on the shore into the ocean, no matter how large, as a giant wave sweeping the beach clean of all debris and impurity.
5. Demonstrates the principle of yielding: when unlimited energies collide with each other, one yields to avoid destroying both. This technique shows that a clash between two strong forces can only result in mutual doom, but if you step aside and give way there will be peace and coexistence.