

TRADITION

“THE BASIC FORM IS ALWAYS THERE TO RETURN TO. IT IS A PERMANENT BASE WITHOUT WHICH THE INNOVATOR MIGHT GET LOST IN HIS OWN FAILURES. KNOWING IT IS THERE, KNOWING THAT HE CAN ALWAYS GET BACK TO THE STANDARD PATTERN, THE COACH NEEDS TO HAVE NO FEARS ABOUT TRYING NEW IDEAS AND PERFORMANCES.”

DISCIPLINE / SELF-DISCIPLINE

...BUT INTRINSICALLY IT IS ALSO A DIFFICULT EXERCISE, A RIGOROUS
DISCIPLINE AND IT IS EQUALLY UNDER THIS ASPECT THAT IT OUGHT
TO BE CONSIDERED”.

INCLUSIVITY

“.....OR INDEED HAS NEVER BEEN INTERESTED IN THE COMPETITIVE SIDE OF JUDO, CAN, BY STUDYING KATA FIND A FULFILLING STUDY BOTH PHYSICALLY AND MENTALLY. LET US HONOUR THE GENIUS OF DOCTOR JIGORO KANO BY STUDYING JUDO KATA.”

INTERNATIONAL DEVELOPMENT

‘STRIVING FOR EXCELLENCE ISN’T JUST ABOUT WINNING CONTESTS
IT’S ABOUT IMPROVING AS A PERSON.’

HISTORICAL

OUR HISTORY IS SURELY VERY IMPORTANT TO US

OUR HISTORY INCLUDED KATA

OUR FUTURE MUST INCLUDE KATA

“THE EXCLUSION OF KATA AND OTHER TRADITIONAL ASPECTS FROM TRAINING, IS DETRACTING FROM THE OVERALL APPEAL AND VALUE OF THE ACTIVITY.”

“....THERE IS NO POINT IN DOING THAT [KATA] BECAUSE IT DOES NOT HAPPEN IN A CONTEST. THE PRESSURE TO BE CONTEST-EFFECTIVE ALL THE TIME LEADS TO A NARROWING OF FOCUS AND PREVENTS A LOT OF PEOPLE ENJOYING OTHER ASPECTS OF JUDO.”

“....HOWEVER, THE PRACTICE OF THE ASPECTS OF JUDO WHICH RELATE TO SELF DEFENCE, SPECIFICALLY KATA AND ATEMI-WAZA, HAVE TENDED TO BE IGNORED IN THE FRENZIED PROMOTION OF THE SPORT OF JUDO.”

“IF YOU DO IT KATA STYLE, YOU CAN'T ARGUE WITH IT AT ALL.”