



NORTHERN HOME COUNTIES AREA LEVEL 1 KATA CHAMPIONSHIPS

Open to all Judoka this kata Competition is limited up to 25 pairs only

(But will cater for up to 30 individual Kata's. So, this means that any kata pair could do 1 or more kata. This will be done on a First come First served bases)

Date: **Sunday 20th December 2026**

Cost: **Senior: £30** per Kata (£15 per judoka)
 Junior: Category A £10 per Kata (£5 per Judoka)
 Junior: Category B £20 per Kata (£10 per Judoka)

Booking in: 9 am to 9.30 am for a 10 am start time

Venue: High Wycombe Judo Centre, Barry Close, High Wycombe, HP12 4UE

Northern Home County Rules for this Event:

- 1)** Players must have an up-to-date Judo licence.
- 2)** Strictly White Judogi Only
- 3)** There will only be Gold, Silver and 1 Bronze per kata
- 4)** In the event of a draw the ones that have drawn will do that entire kata again.
- 5)** A pair cannot change roles in the same kata in the same age group.
- 6)** If a player gets injured and cannot continue, they are out of that contest.
- 7)** If a player has a minor injury the kata will stop and when possible, start again from beginning.
- 8)** There will be three judges and they will be seated approximately 1 meter apart, and they will score each technique 0 to 10
- 9)** As the **Gonosen-no-kata** can be done in different ways, the format for this event will be: Two sets of 6 attacks with 6 counters as laid down in the BJA Dan grade technical theory Exam. This will also include the correct **Kodokan Nage-no-kata** Bowing procedure at start and finish with the in-between tidy up at the end of the first set.

Entries By: Wednesday 16th December 2026

Enquiries Contact Paul Jordan on 07746 572527 or

Email: pauljor61jc@hotmail.co.uk



Juniors – Category A £10 Category B £20 per Kata

Category A: 8-11

Demonstrate sets 2 & 3 of **Nage-no-kata**

Demonstrate sets 1 of **Katame-no-kata**

Category B: 12-15

Demonstrate sets 1,2 & 3 of **Nage-no-kata**

Demonstrate sets 1 & 2 of **Katame-no-kata**

Demonstrate sets 1& 2 of **Ju-no-kata**.

Seniors - £30 per Kata

Senior: 16+

Demonstrate the entire **Nage-no-kata**

Demonstrate the entire **Katame-no-kata**

Demonstrate the entire **Ju-no-kata**

Demonstrate the entire **Kodokan Goshin-Jutsu**.

Demonstrate the entire **Kime-no-kata**

Demonstrate the entire **Koshiki-no-kata**

Demonstrate the entire **Gonosen-no-kata**

Demonstrate the entire **Itsutsu-no-kata**

Entries By: Wednesday 16th December 2026

Payment by online entry <https://form.jotform.com/232162725176354>

NHC Kata Competition Junior – 20th December 2026

ENTRY FORM

Category	Kata to be demonstrated	
Participant Details	Tori	Uke
Name		
Date of Birth / Age		
Licence No		
Expiry Date		
Club / Area		
Address		
Contact Number		

Category	Kata to be demonstrated	
Participant Details	Tori	Uke
Name		
Date of Birth / Age		
Licence No		
Expiry Date		
Club / Area		
Address		
Contact Number		

Category	Kata to be demonstrated	
Participant Details	Tori	Uke
Name		
Date of Birth / Age		
Licence No		
Expiry Date		
Club / Area		
Address		
Contact Number		

NHC Kata Competition Senior- 20th December 2026

ENTRY FORM

Category	Kata to be demonstrated	
Participant Details	Tori	Uke
Name		
Date of Birth / Age		
Licence No		
Expiry Date		
Club / Area		
Address		
Contact Number		

Category	Kata to be demonstrated	
Participant Details	Tori	Uke
Name		
Date of Birth / Age		
Licence No		
Expiry Date		
Club / Area		
Address		
Contact Number		

Category	Kata to be demonstrated	
Participant Details	Tori	Uke
Name		
Date of Birth / Age		
Licence No		
Expiry Date		
Club / Area		
Address		
Contact Number		