

Katame-No-Kata Course

Date: 14th May 2022

Timings: 0945 – 1600

Cost: £20

Venue: Ivybridge Judo Club, St. John’s Church Hall, Blatchford Road, Ivybridge, Devon, PL21 0AD.

Course Provider: Pete Whitfield 3rd Dan BJA Kata Examiner.

The aim of this course is to introduce players to Katame-No-Kata (Forms of Control). This kata consists of a range of traditional Ne-Waza (Groundwork Techniques). This is an excellent opportunity to further develop your Judo skills*.*

The course and will cover the Kata requirements of 1st Kyu examination, Section 6a of the Competitive Dan Grade examination & Section 7 of the Technical Dan Grade examination, although these will need to be examined at a later date by a suitably qualified ‘examiner’.

This is a British Judo Association Licensed Coach Education Course which is worth one credit.

The course is limited to 8 places, due to the size of the tatami.

All applicants must hold a current FULL BJA membership & be a minimum grade of 3rd Kyu (Green Belt).

Ideally you would attend with a partner to practice with, however we will endeavour to pair up individuals who attend the course.

Further information available from: petewhitfield62@gmail.com

To apply for a place on the course, please complete & return the information slip below, along with a cheque for £20 (made payable to Ivybridge Judo Club) to: Pete Whitfield, 62 Woodfield Crescent, Ivybridge, Devon, PL21 0FB. To receive confirmation of your place on the course, also include a SAE or an email address.

Closing Date: 7th May 2022

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Katame-No-Kata Course Date: 14th May 2022

**Name: ………………………………………………………………… Grade: ……..…………….. BJA Number: ………………………**

Address: …………………………………………………………………………………………………………………………………………………………

Phone Number: ……………………………………………………….. E-mail: ……………………………………………………………

Previous Katame-No-Kata experience: