



## Nage-no-kata & Katame-no-kata Course

Saturday 4<sup>th</sup> May 2024

Samurai Judo Club, Zortech Avenue, Kidderminster DY11 7DY

### Details

This course will cover the full Nage-no-kata (morning) and Katame-no-kata (afternoon). The course focuses on how kata can inform and improve judo for all players including competitors. It is also relevant to and acceptable for dan grade theory (see below).

### Prior Knowledge

Some very basic knowledge of the first three sets of Nage-no-kata is preferable. Candidates could also look at the Kodokan Nage-no-kata video and the Malaga 2014 World Championships video (just google "Malaga Nage no kata"). The Kodokan videos, also available on YouTube, give a more detailed explanation.

### Coach Revalidation

Full day attendance counts as TWO coach revalidation modules.

### Dan Grade, Technical Dan Grade & Kata Certification

Together with the Dan Grade competitive skills course on May 6, this course will complete all competitive skills needed for up to 5<sup>th</sup> dan, subject to successful assessment. Assessments can be done at the end of the day if time is available.

This course should also prepare players for Kata certification if required, or for assessment on the day for Nage and Katame sections of Technical Dan Grade.

### Booking & Times

Course fee £20 (includes assessment where applicable but not Kata Certificate).

There is a BJA charge of £10 per Kata Certificate if anybody wants these.

Pay on the day (cash or cheque) but book in advance by email: [samurajudoclub@yahoo.co.uk](mailto:samurajudoclub@yahoo.co.uk)

Closing date for bookings: April 28 or when event is full if earlier.

Course starts promptly at 10am on the mat (club open 9.30 to book in). Course is expected to end at 4.30pm with assessments possible afterwards.

Enquiries: e-mail: [samurajudoclub@yahoo.co.uk](mailto:samurajudoclub@yahoo.co.uk) website: [www.samurai.org.uk](http://www.samurai.org.uk) or our Facebook page: [www.facebook.com/samurajjc](https://www.facebook.com/samurajjc)

For contact in case of emergency on day of competition only: 07986 422335