



# Kata: Reloaded

**Kata Seminar at Shinojimakai Judo Club  
Rear, 33 Raymond St Ashwood.  
Sunday 13<sup>th</sup> August 2017  
Wear a White Gi**

**Instructors: Rod Cox (5<sup>th</sup> Dan) &  
Michelle Matthews (5<sup>th</sup> Dan)  
Qualified NCAS Coaches & Kata Judges**

- Do you need to **learn** these Kata for your grading?
- Do you need to **improve** upon your Nage-No-Kata & Katame no Kata skills for a higher grade?
- Do you wish to **learn** how to **judge** Nage no Kata?

This seminar will provide the above and more. You will discover why the role of Uke is as important as Tori in order to present properly and where and why the transfer of initiative occurs.

As a student, you will leave with an understanding of what level of competence you will need to work to and a greater appreciation for the importance of Kata as part of your personal development.

If you are a Judo coach, you will be able to coach Kata in a way that your students will enjoy and be happy to be involved with.

You will learn how to judge Nage no Kata. By doing so you will get a much deeper insight into the kata.

**There are no pre-requisites to attend.**

**Time: 9 – 12 noon Nage no Kata & Kata Judge Training**

**1 – 4pm Katame no Kata**

**Cost: \$50 (day) \$30 (1/2 day)**

**Lunch & Morning Tea provided**

**Online Entry closes midnight 9<sup>th</sup> August**

**Wear a White Gi**



If you have any queries, please send an email to [michelle.ann.matthews@gmail.com](mailto:michelle.ann.matthews@gmail.com)